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TODO exercise-treadmills

TODO Folding Treadmill User Manual

Model: exercise-treadmills

1. Introduction

This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your new TODO Folding Treadmill. Please read this manual thoroughly before using the product and retain it for future reference.
The TODO Folding Treadmill is designed for home use, offering a compact and space-saving solution for cardio training. Its foldable design allows for easy storage when not in use, making it ideal for various living spaces.

Image: The TODO Folding Treadmill in its operational state with a user, and a smaller inset showing the treadmill in its folded, compact form.

2. Safety Instructions

WARNING: Before starting any exercise program, consult your physician. This is especially important for individuals over the age of 35 or those with pre-existing health problems.

- Always place the treadmill on a flat, stable surface.
- Ensure adequate clear space (at least 2 meters behind and 0.6 meters on each side) around the treadmill for safe operation.
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Always use the safety key. Attach the clip to your clothing before starting. The treadmill will stop if the safety key is

disengaged.

- Wear appropriate athletic footwear. Do not use the treadmill barefoot or in socks.
- Do not step on or off the treadmill while the belt is moving.
- Unplug the treadmill from the power outlet when not in use, before cleaning, or before performing maintenance.
- The maximum user weight for this treadmill is 110 Kilograms (242 lbs).

3. Package Contents

Carefully unpack all components and ensure you have received the following items:

- TODO Folding Treadmill (Main Unit)
- Safety Key
- Power Cord
- Remote Control
- Phone Holder
- User Manual (this document)

4. Setup

The TODO Folding Treadmill comes largely pre-assembled. Follow these steps for initial setup:

1. **Unpacking:** Remove the treadmill from its packaging. Place it on a flat, level surface.
2. **Unfolding:** Gently lift the handle bar until it locks into the upright position. Ensure all locking mechanisms are securely engaged.
3. **Attach Phone Holder:** Attach the phone holder to the designated slot on the handle bar.
4. **Power Connection:** Plug the power cord into the treadmill's power input, then into a grounded electrical outlet.
5. **Safety Key:** Locate the safety key and attach the clip to your clothing. Insert the magnetic end of the safety key into the designated slot on the console. The treadmill will not operate without the safety key properly inserted.

Image: Visual representation of the treadmill's dimensions and its folding mechanism for convenient storage.

5. Operating Instructions

Your TODO Folding Treadmill offers two primary control methods for ease of use.

5.1. Control Methods

The treadmill can be controlled via the included remote control or directly from the treadmill's console.

Image: Illustration demonstrating the two methods of controlling the treadmill's speed and settings: via remote control and directly on the console.

5.2. Getting Started

1. **Power On:** Flip the main power switch located near the power cord input. The display will illuminate.
2. **Insert Safety Key:** Ensure the safety key is properly inserted into its slot on the console.
3. **Start:** Press the "START" button on the remote control or console. The treadmill will typically start at a low speed after a short countdown.
4. **Adjust Speed:** Use the "+" and "-" buttons on the remote or console to increase or decrease the speed.

5. **Stop:** Press the "STOP" button to gradually slow down and stop the treadmill. Alternatively, pulling the safety key will immediately stop the treadmill.

5.3. Modes of Operation

The treadmill supports different speed ranges depending on its configuration:

- **Walking Mode (Handle Bar Down):** When the handle bar is folded down, the treadmill operates as a walking pad, with speeds ranging from 1 km/h to 6 km/h (approximately 0.6 mph to 3.7 mph). This mode is ideal for walking while working or light exercise.
- **Running Mode (Handle Bar Up):** With the handle bar in the upright position, the treadmill can reach speeds from 6 km/h up to 12 km/h (approximately 3.7 mph to 7.5 mph), suitable for jogging and running.

Image: Visual comparison of walking mode (handle bar down, lower speeds) and running mode (handle bar up, higher speeds), illustrating typical activities for each.

5.4. Display Functions

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

- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.

- **Speed:** Current speed of the treadmill belt.

Image: A user demonstrating the treadmill's use in an office setting, highlighting its suitability for under-desk operation and remote control functionality.

6. Maintenance

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

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Lubrication:** The running belt may require lubrication periodically (e.g., every 3-6 months depending on usage). Refer to the specific instructions for lubricating the belt, usually involving lifting the belt and applying silicone lubricant to the deck.
- **Belt Adjustment:** If the running belt starts to shift to one side or slips, it may need adjustment. Use the provided Allen wrench to turn the rear roller bolts in small increments until the belt is centered and tensioned correctly.

- **Storage:** When not in use, fold the treadmill and store it in a dry, cool place away from direct sunlight and moisture.

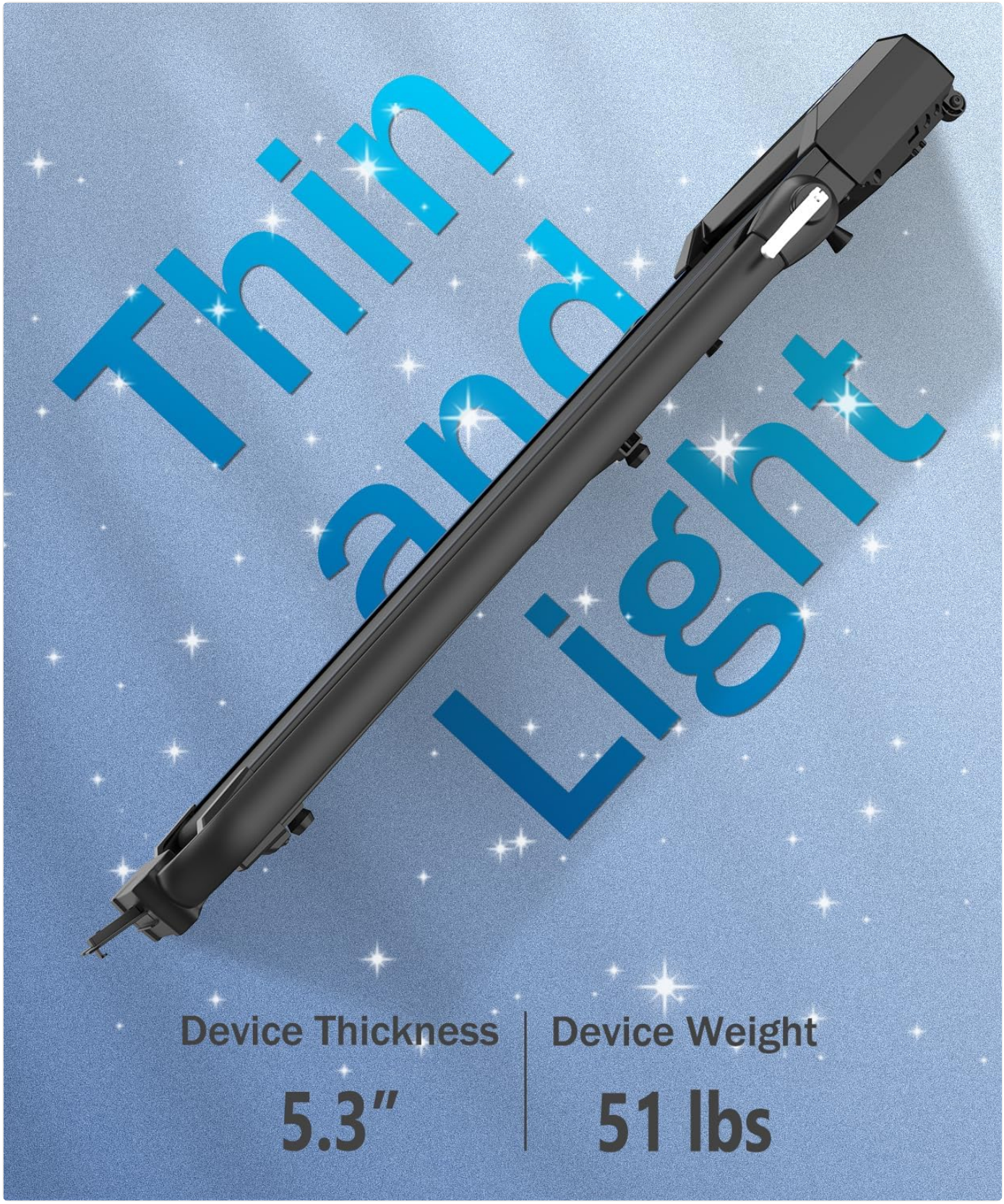

Image: The treadmill's slim profile and light weight, emphasizing its ease of storage and portability.

7. Troubleshooting

Refer to this section for common issues and their solutions.

Problem	Possible Cause	Solution

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; Main power switch off; Safety key not inserted.	Check power cord connection; Turn on main power switch; Ensure safety key is fully inserted.
Belt stops or slips during use.	Belt too loose; Lack of lubrication; Overload (user weight exceeds limit).	Adjust belt tension; Lubricate the running belt; Ensure user weight is within specifications.
Unusual noise from the treadmill.	Loose parts; Belt friction; Motor issue.	Check and tighten all visible bolts and screws; Lubricate the belt; If noise persists, contact customer support.
Remote control not working.	Dead batteries; Remote not paired; Obstruction.	Replace batteries; Refer to manual for pairing instructions (if applicable); Ensure no obstructions between remote and treadmill.
Error Code 08 (Communication Error).	Loose internal wire connection.	This indicates a communication error between the lower and upper control boards. It may require checking internal wire connections. If uncomfortable performing this, contact customer support.

8. Specifications

Feature	Detail
Brand	TODO
Model Name	exercise-treadmills
Color	Black
Product Dimensions (D x W x H)	52.75"D x 25"W x 7"H
Item Weight	24 Kilograms (51 lbs)
Material	Alloy Steel
Maximum Speed	Up to 12 km/h (approx. 7.5 mph)
Special Feature	Foldable
Target Audience	Adult
Maximum Horsepower	2 Horsepower
Assembly Required	No (Minor assembly for phone holder)
Included Components	Safety Key
Maximum Weight Recommendation	110 Kilograms (242 lbs)
Deck Length	40 Inches
Input Power	5.25 Horsepower

9. Warranty and Support

Warranty: This product comes with a 1 Year Warranty from the date of purchase.
For technical support, warranty claims, or any questions regarding your TODO Folding Treadmill, please contact the manufacturer or seller through the platform where you purchased the product. Please have your model name and purchase date ready when contacting support.
Note: If you encounter issues such as remote control malfunction or an "Error 08" code, please reach out to customer support for assistance.

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