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AIRHOT TM401

AIRHOT TM401 Foldable Treadmill User Manual

Model: TM401 | Brand: AIRHOT

1. INTRODUCTION

Thank you for choosing the AIRHOT TM401 Foldable Treadmill. This manual provides essential information for the safe and effective use, assembly, 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

To ensure your safety and prolong the life of your treadmill, please observe the following precautions:

- Consult a physician before starting any exercise program, especially if you have pre-existing health conditions.
- Always wear appropriate athletic footwear while using the treadmill.
- Ensure the area around the treadmill is clear of obstructions before and during use.
- Keep children and pets away from the treadmill during operation.
- Do not place a mat or any other object under the front motor cover during operation. This can obstruct heat dissipation, potentially leading to motor damage and shortening the treadmill's lifespan.
- Do not exceed the maximum user weight capacity of 120 kg.
- Use the emergency stop feature if you feel unwell or lose balance.

3. PRODUCT OVERVIEW

The AIRHOT TM401 is a versatile and compact foldable treadmill designed for home use. It features a quiet

motor, a wide running belt, and multiple exercise modes to suit various fitness needs.

Key Features:

- **Space-Saving Foldable Design:** Folds in one step for convenient storage, with a thickness of approximately 15 cm.
- **Wide Running Belt:** A 40 cm wide, 5-layer anti-slip running belt ensures a safe and comfortable workout experience.
- **2-in-1 Functionality:** Supports both jogging/brisk walking (with handrail) and walking under a desk (handrail folded).
- **Quiet 2.25 HP Motor:** Provides smooth operation with minimal noise, allowing for undisturbed workouts.
- **Multi-functional LED Display:** Tracks real-time data including speed, distance, time, and calories burned.
- **Speed Range:** Adjustable from 1 km/h to 10 km/h.

Components:

Familiarize yourself with the main components of your treadmill:

- Running Belt
- Motor Cover (front)
- Handrail/Armrests
- Control Panel with LED Display
- Remote Control
- Emergency Stop Key

AIRHOTの最新ランニングマシンは人間工学に合った鋼製設計を採用し、ランニング時の衝撃力を軽減し、膝の圧力を軽減するのに効果的です。



Figure 1: Illustration of the 5-layer running belt, designed for comfort and safety.

2つの制御モード

ワンタッチ一時停止機能により、データを失うことなく休むことができます。



Figure 2: The control panel with LED display and the included remote control for easy operation.

4. SETUP

Unpacking:

1. Carefully remove the treadmill from its packaging.
2. Remove all packing materials and inspect the treadmill for any damage. If damaged, contact customer support immediately.
3. Ensure all components listed in the packing list are present.

Unfolding the Treadmill:

3秒で折りたたんで収納可能

厚さ12cmしかなく、ソファの下、ベッドの下、壁際にも収納できます！



Figure 3: The treadmill can be easily folded for compact storage, reducing its height to approximately 15 cm.

1. Place the treadmill on a flat, stable surface.
2. Gently lift the handrail assembly until it locks into the upright position. Ensure it is securely locked before use.
3. Connect the power cord to a grounded electrical outlet.

Placement:

Choose a location with sufficient space around the treadmill for safe operation. Avoid placing it near water or in direct sunlight. Ensure the floor is level.

5. OPERATING INSTRUCTIONS

Powering On:

1. Plug the power cord into a suitable outlet.
2. Insert the emergency stop key into its designated slot on the control panel. The display will illuminate.

Starting a Workout:

1. Step onto the treadmill belt, holding onto the handrails for balance.
2. Press the START button on the control panel or remote control. The treadmill will begin at a low speed (e.g., 1 km/h) after a short countdown.
3. Adjust the speed using the '+' and '-' buttons on the control panel or remote control.

2-in-1 Modes:



Figure 4: The treadmill supports both walking (1.0-6.0 km/h) with the handrail folded and running (6.0-10.0 km/h) with the handrail upright.

- **Walking Mode (1.0-6.0 km/h):** For walking, the handrail can be folded down, allowing the treadmill to be used under a standing desk.
- **Running Mode (6.0-10.0 km/h):** For jogging or running, ensure the handrail is securely locked in the upright position.

Using the Remote Control:

The remote control allows for convenient adjustment of speed and mode. The 'M' button can be used to set customized target goals for your workout.

Monitoring Your Workout:

The LED display shows your current speed, distance covered, workout duration, and estimated calories burned. This data helps you track your progress and achieve your fitness goals.

Stopping the Treadmill:

- Press the STOP button on the control panel or remote control. The treadmill will gradually slow down and stop.
- For emergency stops, pull the emergency stop key from its slot. The treadmill will immediately cease operation.

6. MAINTENANCE

Cleaning:

Regularly wipe down the treadmill with a damp cloth to remove dust and sweat. Do not use abrasive cleaners or solvents.

Lubrication:

The running belt requires periodic lubrication to ensure smooth operation and prevent wear. Refer to the specific lubrication instructions provided with your treadmill or contact customer support for guidance.

Belt Tension and Alignment:

Check the running belt tension and alignment periodically. If the belt feels loose or is drifting to one side, consult the detailed instructions in the full product manual or contact customer support for adjustment procedures.

Storage:

超静音設計 家庭と仕事を両立して、完璧なバランスをとることができます



Figure 5: The treadmill operates quietly at 45dB, making it suitable for use in shared spaces or while working. When not in use, fold the treadmill for compact storage. Store it in a dry, cool place away from direct sunlight and moisture. The compact design allows it to be stored under a sofa, bed, or against a wall.

7. TROUBLESHOOTING

If you encounter any issues with your AIRHOT TM401 treadmill, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not power on	Power cord not plugged in, emergency key not inserted, power switch off, circuit breaker tripped.	Ensure power cord is securely plugged in. Insert emergency stop key. Check the main power switch. Reset circuit breaker if necessary.
Running belt slips or hesitates	Belt too loose, insufficient lubrication, worn belt.	Adjust belt tension (refer to full manual). Apply lubricant as per instructions. If worn, contact customer support for replacement.
Unusual noise during operation	Loose components, motor issue, belt friction.	Check for loose screws and tighten. Ensure proper lubrication. If noise persists, discontinue use and contact customer support.
Display not working correctly	Loose cable connection, electronic malfunction.	Check all cable connections. If the issue persists, contact customer support.

For problems not listed here or if solutions do not resolve the issue, please contact AIRHOT customer support.

8. SPECIFICATIONS

Feature	Specification
Model Number	TM401 (Product Type Number: TM400-200-800)
Max Speed	10 km/h
Load Capacity	120 kg
Product Dimensions (L x W x H)	135 x 65 x 15 cm (folded)
Product Weight	26 kg
Motor Power	2.25 HP
Material	Alloy Steel
Color	White
Target User	Adult

9. WARRANTY AND SUPPORT

AIRHOT is committed to providing high-quality fitness products and excellent customer service. We offer a 100% satisfaction guarantee.

Customer Support:

If you have any questions, concerns, or require assistance with your AIRHOT TM401 treadmill, please do not hesitate to contact us via email. Our professional customer service team aims to respond to all inquiries within 24 hours.

For contact information, please refer to the product packaging or the official AIRHOT website.