

Esteira Ergométrica

Generic Silent Electric Ergonomic Treadmill (220 Volts)

User Manual

1. INTRODUCTION

Thank you for choosing the Generic Silent Electric Ergonomic Treadmill. This manual provides essential information for the safe and efficient operation, maintenance, and troubleshooting of your new fitness equipment. Designed for home use, this foldable electric treadmill offers practicality, comfort, and efficiency for your workouts. It supports users up to 120 kg and features a 0.7 HP motor for consistent, quiet performance. The running area measures 103 x 38 cm, providing ample space for stability and movement.

2. SAFETY INFORMATION

Please read all instructions carefully before using the treadmill. Keep this manual for future reference.

- **Electrical Safety:** Ensure the treadmill is connected to a 220 Volt power outlet. Do not use extension cords or adapters. Keep the power cord away from heated surfaces.
- **Placement:** Place the treadmill on a flat, stable surface with adequate clearance around it (at least 2 meters behind and 0.6 meters on each side).
- **User Weight:** Do not exceed the maximum user weight of 120 kg.
- **Children and Pets:** Keep children and pets away from the treadmill during operation.
- **Medical Conditions:** Consult a physician before starting any exercise program, especially if you have pre-existing medical conditions.
- **Emergency Stop:** Familiarize yourself with the emergency stop procedure.
- **Footwear:** Always wear appropriate athletic footwear when using the treadmill.
- **Maintenance:** Perform regular maintenance as described in this manual to ensure safe operation.

3. SETUP AND ASSEMBLY

Your treadmill comes largely pre-assembled. Follow these steps for final setup.

3.1 Unpacking

Carefully remove all packaging materials. Inspect the treadmill for any damage incurred during shipping. Report any damage immediately to your retailer.

3.2 Unfolding the Treadmill

1. Place the treadmill on a flat, stable surface.

2. Gently lift the handlebar assembly until it locks into the upright position. Ensure the locking mechanisms are securely engaged.
3. Connect any necessary cables as indicated in the quick start guide (if provided).



Image: The treadmill shown in both its unfolded, ready-to-use state and its folded, compact storage state.

3.3 Connecting to Power

Plug the power cord into a grounded 220 Volt electrical outlet. Ensure the power switch (usually located near the power cord inlet) is in the OFF position before plugging in.



Image: An overview of the treadmill highlighting its dimensions (120cm length, 38cm width, 90cm height for the handle) and key features like weight capacity (100kg) and speed range (1-12 km/h).

4. OPERATING INSTRUCTIONS

This section details how to use your treadmill for effective workouts.

4.1 Powering On and Off

1. Ensure the treadmill is plugged in.
2. Flip the main power switch (often red) to the ON position. The digital display will illuminate.
3. To turn off, press the power button on the remote control or the main power switch.

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Video: This video demonstrates the treadmill's operation, including powering on, adjusting speed with the remote control, and showing users walking and running. It also illustrates the folding mechanism for storage.

4.2 Using the Digital Panel and Remote Control

The intuitive digital panel displays key workout metrics, and the remote control allows for easy adjustments.

- **Display:** The panel shows time, speed, distance, and calories burned.
- **Remote Control:** Use the remote to start/stop the treadmill and adjust the speed. The '+' button increases speed, and the '-' button decreases speed.
- **Incline:** The treadmill features automatically adjustable incline to simulate uphill training.



Image: A close-up of the treadmill's digital display showing metrics like speed, calories, distance, and time. The remote control is also visible, indicating its function for adjusting these settings.



Image: A detailed view of the remote control, showing the power button, speed increase (+), and speed decrease (-) buttons.

4.3 Starting a Workout

1. Stand on the side rails of the treadmill, not on the running belt.
2. Press the START button on the remote control. The belt will begin to move at a low speed.
3. Carefully step onto the moving belt and begin walking.
4. Adjust the speed using the '+' and '-' buttons on the remote control to your desired intensity.



Image: A woman running on the treadmill, illustrating the cushioning system that reduces impact on joints.

5. MAINTENANCE

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

5.1 Cleaning

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

5.2 Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the specific instructions provided with your treadmill's lubrication kit or consult customer support for guidance on frequency and type of lubricant.

5.3 Belt Adjustment

If the running belt becomes off-center or slips, it may need adjustment. Consult the specific instructions for belt tension and alignment in your quick start guide or contact customer support.

6. TROUBLESHOOTING

This section addresses common issues you might encounter.

- **Treadmill does not power on:**
 - Check if the power cord is securely plugged into a 220V outlet.
 - Ensure the main power switch is in the ON position.
 - Check the circuit breaker in your home.
- **Running belt stops or slows down unexpectedly:**
 - Ensure the user weight does not exceed 120 kg.
 - The belt may require lubrication. Refer to the maintenance section.
 - The motor may be overheating. Turn off the treadmill and let it cool down.
- **Unusual noises from the treadmill:**
 - Check for loose parts and tighten them.
 - The running belt may need lubrication or adjustment.
 - If the noise persists, discontinue use and contact customer support.
- **Remote control not working:**
 - Replace the batteries in the remote control.
 - Ensure there are no obstructions between the remote and the treadmill's receiver.

For issues not listed here, please contact customer support.

7. SPECIFICATIONS

Feature	Detail
Model Name	Ergonomic Treadmill
Brand	Generic
Manufacturer	AEON
Color	Black
Product Dimensions (L x W x H)	122 x 70 x 150 cm
Product Weight	20 kg
Max User Weight Capacity	120 kg

Feature	Detail
Motor Horsepower	0.7 HP (600 Watt)
Running Area	103 x 38 cm
Power Source	Electric Power
Voltage	220 Volts
Frame Material	Stainless Steel
Display Metrics	Time, Speed, Distance, Calories Burned
Number of Programs	12
Included Components	Accessories
Foldable Design	Yes, with integrated wheels
Adjustable Incline	Automatically adjustable

8. WARRANTY INFORMATION

This product is covered by a standard manufacturer's warranty against defects in materials and workmanship. Specific warranty terms and duration may vary. Please refer to your purchase documentation or contact your retailer for detailed warranty information. Extended warranty plans may also be available for purchase.

- **Extended Warranty Options:**

- 12-month extended warranty against failures and defects.
- 24-month extended warranty against failures and defects.

9. CUSTOMER SUPPORT

If you have any questions, require assistance, or need to report an issue with your treadmill, please contact your retailer or the manufacturer, AEON. Have your product model and ASIN (B0DTM8YD64) ready when contacting support.