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ACTFLAME TM500

ACTFLAME Walking Pad Treadmill User Manual

Model: TM500

1. INTRODUCTION AND OVERVIEW

Thank you for choosing the ACTFLAME Walking Pad Treadmill. This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your new fitness equipment. Please read it thoroughly before first use and retain it for future reference.



Figure 1: ACTFLAME Walking Pad Treadmill in operation, highlighting its compact design and versatility for both walking and running.

2. SAFETY INFORMATION

Always consult with a healthcare professional before starting any new exercise program. Ensure the treadmill is placed on a flat, stable surface. Keep children and pets away from the treadmill during operation. Do not place the treadmill on carpet or a mat, as this can affect heat dissipation and potentially damage the unit.

- Read all instructions before using the treadmill.
- Ensure the power cord is not obstructed and is safely connected to a grounded outlet.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate athletic footwear during use.
- Do not dismount the treadmill while the belt is in motion.
- Keep hands and feet clear of all moving parts.

3. PACKAGE CONTENTS

Verify that all components are present upon unboxing:

- ACTFLAME Walking Pad Treadmill (1 unit)

- Remote Control (1 unit)
- Lubricating Oil (2 bottles)
- L-shaped Wrench (1 unit)
- User Manual (This document)



Figure 2: All items included in the ACTFLAME Walking Pad Treadmill package.

4. SETUP

The ACTFLAME Walking Pad Treadmill requires no assembly and is ready for use right out of the box. Simply unbox the unit and place it on a hard, flat surface. Ensure there is adequate clear space around the treadmill for safe operation.

4.1 Positioning

Position the treadmill on a level, non-carpeted floor. The compact design allows it to be easily moved and stored under a desk, bed, or sofa when not in use, thanks to its integrated front wheels.



Figure 3: The treadmill's portability and ability to be stored under furniture.

4.2 Power Connection

Connect the power cord to the treadmill's power input and then to a standard grounded electrical outlet. Ensure the power switch on the treadmill is in the 'ON' position.

5. OPERATING INSTRUCTIONS

The treadmill is controlled via the included remote control. The LED display on the treadmill will show various metrics during your workout.

Clear and Accurate LED Display & Remote Control



Figure 4: Clear and accurate LED display and remote control for easy operation.

5.1 Starting and Stopping

1. Press the power button on the remote control to turn on the treadmill. The display will show a countdown (3-2-1) before starting.
2. The treadmill will start at a low speed (0.6 MPH). Use the '+' and '-' buttons on the remote to adjust the speed. The speed range is 0.6 to 3.8 MPH.
3. To pause your workout, press the 'Pause' button. The belt will stop, and your current data will be retained. Press 'Pause' again to resume.
4. To stop your workout and reset all data, press the 'Stop' button.

5.2 Display Modes

The LED display cycles through various metrics:

- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Speed:** Current speed of the belt.
- **Calories:** Estimated calories burned.

5.3 Incline Adjustment

The ACTFLAME Walking Pad features a manual incline function. To adjust the incline:

1. Ensure the treadmill is powered off and unplugged for safety.
2. Locate the incline adjustment knobs underneath the front of the treadmill.
3. Turn the knobs to the desired incline level. The treadmill offers a 15° incline option to simulate climbing and enhance calorie burning.
4. Ensure both knobs are securely set to the same level before resuming use.



Figure 5: Manual incline adjustment process.



Figure 6: The 15° incline design enhances fat-burning efficiency.

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 wear. Lubricate the belt after every 100 hours of use or if you notice increased friction or noise.

1. Turn off and unplug the treadmill.
2. Lift the edge of the running belt.
3. Apply a small amount of the provided lubricating oil to the center of the deck, underneath the belt.
4. Plug in and turn on the treadmill, then run it at a low speed (e.g., 0.6 MPH) for 1 minute to distribute the lubricant evenly.

6.2 Belt Adjustment

If the running belt shifts to one side or feels loose, it may need adjustment. Use the L-shaped wrench provided.

- **To tighten:** Insert the L-shaped wrench into the screw on the left side of the machine and rotate 1/4

turn clockwise. Repeat on the right side. Continue alternating until the belt is adequately tightened.

- **To loosen:** Turn the screw counter-clockwise.
- **To center:** If the belt drifts to the left, turn the left screw clockwise 1/4 turn. If it drifts to the right, turn the right screw clockwise 1/4 turn. Run the treadmill at a low speed to check alignment.



Figure 7: The 5-layer anti-slip running belt and dual shock reduction system provide comfort and durability.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord not connected; Power switch off; Remote control battery low.	Ensure power cord is securely plugged in. Turn on the power switch. Replace remote control battery (CR2450 Lithium Cell 3V).
Belt slips or stops during use.	Belt too loose; Insufficient lubrication.	Adjust the running belt tension using the L-shaped wrench. Lubricate the running belt as per maintenance instructions.
Unusual noise during operation.	Lack of lubrication; Loose components.	Lubricate the running belt. Check and tighten any visible loose screws or bolts.
Display not working.	Power issue; Loose connection.	Check power connection. Ensure the treadmill is properly powered on.

If problems persist after attempting these solutions, please contact ACTFLAME customer support.

8. SPECIFICATIONS

- **Brand:** ACTFLAME
- **Model Name:** TM500
- **Product Dimensions:** 47.5"D x 20"W x 4.5"H
- **Item Weight:** 45 Pounds
- **Material:** Alloy Steel
- **Maximum Speed:** 3.8 Miles per Hour
- **Minimum Speed:** 0.6 Miles per Hour
- **Maximum Horsepower:** 2.5 HP
- **Maximum Incline Percentage:** 15° (Manual)
- **Maximum Weight Recommendation:** 265 Pounds
- **Deck Length:** 40 Inches
- **Deck Width:** 16 Inches
- **Display Type:** LED (Time, Distance, Speed, Calories)
- **Power Source:** Corded Electric
- **Assembly Required:** No
- **Special Features:** Lightweight, Manual Incline, Quiet Operation (<45 dB)

9. WARRANTY AND SUPPORT

The ACTFLAME Walking Pad Treadmill comes with a **1-year manufacturer's warranty**. For any assistance, questions, or warranty claims, please contact the ACTFLAME after-sales service team. Contact information can typically be found on the product packaging or the official ACTFLAME website.

10. OFFICIAL PRODUCT VIDEOS

No official product videos from the seller were found in the provided data. Videos from influencers are available on the product page.

11. ADDITIONAL RESOURCES

For a downloadable PDF version of the user manual, please visit: [User Manual \(PDF\)](#)