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EVOLVE EVO_B1_USA

EVOLVE B1 Electric Treadmill User Manual

Model: EVO_B1_USA | Brand: EVOLVE

IMPORTANT SAFETY INSTRUCTIONS

Before operating the EVOLVE B1 Electric Treadmill, please read and understand all instructions in this manual. Retain this manual for future reference. Failure to follow these instructions may result in injury or damage to the product.

- Always place the treadmill on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Ensure the safety key is properly attached to your clothing and the treadmill console before starting. The treadmill will not operate without the safety key in place.
- Do not exceed the maximum user weight of 220 pounds (approximately 100 kg).
- Use only the provided power cord and connect to a properly grounded outlet.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.
- Regularly inspect the treadmill for wear and tear, especially the running belt and power cord.





The EVOLVE B1 Electric Treadmill is designed for home and office use. Always ensure proper safety measures are followed during operation.

PRODUCT OVERVIEW

The EVOLVE B1 Electric Treadmill is a versatile fitness device suitable for walking and light jogging. It features a compact design, making it ideal for home and office environments. Key components include the running deck, control panel, handlebars, and a robust motor.

Key Features:

- **Motorized Power:** Equipped with a 2.5 HP motor for smooth and consistent performance.
- **Speed Range:** Adjustable speed from 0.6 MPH to 6.2 MPH (approximately 1 to 10 KM/H).
- **Manual Incline:** Features 3 levels of manual incline to vary workout intensity.

- **Connectivity:** Integrated Bluetooth, USB port, and AUX input for audio playback.
- **Display:** LED display showing time, distance, speed, calories, and heart rate.
- **Running Belt:** Non-slip running belt (350x1000 mm) for enhanced grip and safety.
- **Noise Reduction:** Engineered to minimize operational noise.
- **Cushioned Surface:** Provides shock absorption to reduce impact on joints.
- **Safety Measures:** Includes an emergency stop button and safety key.

**BLUETOOTH
SPEAKER**



The treadmill offers multiple connectivity options including Bluetooth, AUX, and USB for an enhanced user experience.



Detailed view of the control panel, highlighting the display, quick speed buttons, program options, and media controls.

ASSEMBLY AND SETUP

The EVOLVE B1 Treadmill requires minimal assembly. A tool kit and user manual are included to guide you through the process.

Unpacking and Placement:

1. Carefully remove all components from the packaging.
2. Place the treadmill on a level, stable surface, ensuring adequate space around it for safe operation. Refer to the dimensions below for space planning.
3. Unfold the treadmill according to the instructions in the included manual, securing all locking mechanisms.

Manual Incline Adjustment:

The treadmill features a 3-level manual incline. To adjust the incline, you will need to physically lift and secure the rear of the running deck to the desired level before starting your workout. Consult the detailed instructions in the included manual for specific steps.



Bluetooth

- . Manual Incline: 3 Level
- . Running Surface: 350x1000
- . Motor: 1.5 Hp
- . Speed Range: 0.8- 10 Km/hr
- . Display: LED
- . Display Readout: Calories, Speed, Time, Distance, Pulse, 3 Count Down Programme, 12 Pre Setting Programme, USB, AUX, Bluetooth
- . Powerfull 750 watt Motor - Most other treadmills are 500 watt or below
- . Product Size:
1360 x 585 x 1230 MM

Product dimensions: 122 cm (length) x 48 cm (width) x 106 cm (height to handlebars). Please allow for slight variations due to manual measurement.



EASY STORAGE

SPACE SAVER

LIGHT WEIGHT

The treadmill's design allows for easy storage, making it a space-saving and lightweight option for various environments.

OPERATING INSTRUCTIONS

Getting Started:

1. Connect the power cord to the treadmill and a suitable electrical outlet.
2. Attach the safety key to the designated slot on the control panel and clip the other end to your clothing.
3. Press the 'START' button on the control panel or remote control. The treadmill will initiate a 3-second countdown before the belt begins to move.

Adjusting Speed:

- Use the 'SPEED+' and 'SPEED-' buttons on the control panel or remote to increase or decrease the belt speed.
- Quick speed adjustment buttons (e.g., 2 MPH, 4 MPH, 6 MPH) are available for rapid changes.

Using Programs:

- The treadmill includes 12 preset interval programs for varied workouts. Press the 'PROG' button to cycle through these options.
- Three countdown manual programs (Time, Distance, Calories) allow you to set specific workout goals.

Bluetooth and Audio Features:

1. **Bluetooth Speaker:** Activate Bluetooth on your smartphone or device and search for the treadmill's Bluetooth name (refer to the included manual for the specific name). Pair to play audio through the built-in speakers.

2. **USB/AUX Port:** Connect a USB drive or an AUX cable to play music directly through the treadmill's audio system.

Smartphone Application:

The EVOLVE B1 Treadmill supports the AISPORT application, which can track your daily routine and help achieve fitness targets. Other third-party applications like 'Fitness lover' may also be compatible. If you encounter any issues downloading the application via the provided barcode in the manual, please contact the seller for assistance.

Bluetooth



The intuitive control panel allows for easy adjustment of speed, program selection, and audio playback.



Moving Wheel

After Folding, Easy moving the treadmill



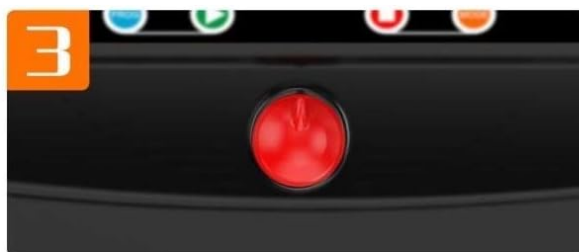
Non Slip Running Board Cover

Non-slip strip texture, yellow border embellishment, Very nice and safety



Inclination

3 Level Manual



Safety Lock

Before using the treadmill, Please check the safety key on position and make sure it has been clipped on the clothes



7cm Cup Holder

When running, don't worry the cup fall down



EASY CONTROLS

Exercise and Music at 1 touch

Key functional elements such as moving wheels for portability, the safety lock, non-slip running surface, cup holder, manual incline mechanism, and user-friendly controls.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your EVOLVE B1 Treadmill.

Cleaning:

- Wipe down the treadmill surfaces with a damp cloth after each use to remove sweat and dust.
- Avoid using abrasive cleaners or solvents that could damage the finish or electronic components.

Lubrication:

The treadmill running belt requires periodic lubrication to reduce friction and extend its lifespan. Lubricant is included with your purchase. Refer to the detailed instructions in your user manual for the correct lubrication procedure and frequency. Typically, lubrication is recommended every few months depending on usage.

Belt Adjustment:

Over time, the running belt may become misaligned or loose. Consult your user manual for instructions on how

to check and adjust the belt tension and alignment. Proper belt tension is crucial for smooth operation and user safety.

TROUBLESHOOTING

If you encounter issues with your EVOLVE B1 Treadmill, refer to the following common problems and solutions:

- **Treadmill Not Starting:**
 - Ensure the power cord is securely plugged into both the treadmill and a working electrical outlet.
 - Verify that the safety key is correctly inserted into the console and clipped to your clothing.
 - Check if the main power switch (if present) is in the 'ON' position.
 - Confirm the remote control has working batteries and is within range. The treadmill relies on the remote for starting.
- **Belt Slipping or Jerking:**
 - The running belt may require tension adjustment. Refer to the maintenance section or your user manual for instructions.
 - The belt might need lubrication. Follow the lubrication procedure in the maintenance section.
- **Unusual Noise:**
 - Check for any loose parts or foreign objects under the running belt.
 - Lubricate the running belt if it's due for maintenance.
 - If the noise persists, discontinue use and contact customer support.
- **Bluetooth Connectivity Issues:**
 - Ensure Bluetooth is enabled on your device and the treadmill.
 - Try unpairing and re-pairing the device.
 - Move your device closer to the treadmill to ensure a strong signal.
- **Smartphone App Download Issues:**
 - If you have trouble downloading the AISPORT app or other recommended applications, please contact the seller directly for support.

PRODUCT SPECIFICATIONS

| Feature | Specification |
|----------------------------|--|
| Brand | EVOLVE |
| Model Name | EVO_B1_USA |
| Product Dimensions (LxWxH) | 53.5"D x 24.6"W x 48"H (136 x 62.5 x 122 cm) |
| Item Weight | 53 Pounds (24 kg) |
| Material | Alloy Steel, Plastic |
| Maximum Horsepower | 2.5 HP |
| Maximum Speed | 6.2 Miles per Hour (10 km/h) |
| Minimum Speed | 0.6 Miles per Hour (1 km/h) |

| Feature | Specification |
|-------------------------------|--|
| Maximum Incline Percentage | 3 (Manual Levels) |
| Running Belt Dimensions | 350 x 1000 mm (approx. 13.8 x 39.4 inches) |
| Display Type | LED |
| Connectivity Technology | Bluetooth, USB |
| Power Source | Corded Electric |
| Maximum Weight Recommendation | 220 Pounds (100 kg) |
| Included Components | Lubricant, Power Cord, Safety Key, Tool Kit, User Manual |

WARRANTY AND SUPPORT

Warranty Information:



The EVOLVE B1 Electric Treadmill comes with a **1-Year Warranty** from the date of purchase. This warranty covers manufacturing defects and issues arising from normal use. Please retain your proof of purchase for warranty claims.

Customer Support:

For any questions, technical assistance, or warranty claims, please contact the seller directly through the messaging system on the platform where you purchased the product. Ensure you have your model name (EVO_B1_USA) and purchase details ready when contacting support.

For further detailed instructions and safety guidelines, please refer to the comprehensive user manual included in your product packaging.

Related Documents - EVO_B1_USA

| | |
|--|--|
| <div><p>DŮLEŽITÉ UPOZORNĚNÍ EVOLVE X9 / X10 / A7 Ultra včetně DO SO METRO PŘI TLAKU MAXIMÁLNÍ SÍLY</p><p>PŘED POUŽITÍM POUŽÍTEK HODINEK SI PŘEČTĚTE DŮLEŽITÉ PŘEDTĚTĚ TOTO VARNÁNÍ, ABY NEDOŠLO K ŽÁDNÝM POŠKOZENÍM. Vždy pracujte na suchu. Ne čichávejte ani nepoužívejte výrobek ani jeho část ani v blízkosti vody nebo vlhkosti.</p></div> | <p>Upozornění a pokyny pro chytré hodinky EVOLVE X9, X10, A7 Ultra</p> <p>Důležité informace o vodotěsnosti a správném používání chytrých hodinek EVOLVE X9, X10 a A7 Ultra, včetně varování před použitím v saunách, horké vodě a pod vodou.</p> |
| <div><p>DŮLEŽITÉ UPOZORNĚNÍ EVOLVE X9 / X10 / A7 Ultra včetně DO SO METRO PŘI TLAKU MAXIMÁLNÍ SÍLY</p><p>PŘED POUŽITÍM POUŽÍTEK HODINEK SI PŘEČTĚTE DŮLEŽITÉ PŘEDTĚTĚ TOTO VARNÁNÍ, ABY NEDOŠLO K ŽÁDNÝM POŠKOZENÍM. Vždy pracujte na suchu. Ne čichávejte ani nepoužívejte výrobek ani jeho část ani v blízkosti vody nebo vlhkosti.</p></div> | <p>Evolve X9/X10/A7 Ultra Smartwatch Water Resistance and Usage Guidelines</p> <p>Important warnings and guidelines for using Evolve X9, X10, and A7 Ultra smartwatches in water, including water resistance specifications and prohibited activities.</p> |

