

Trisomy SD-380F

Trisomy SD-380F Walking Pad Treadmill User Manual

Model: SD-380F

1. IMPORTANT SAFETY INSTRUCTIONS

Before operating the Trisomy SD-380F Walking Pad Treadmill, please read and understand all safety precautions. Failure to follow these instructions may result in injury or damage to the product.

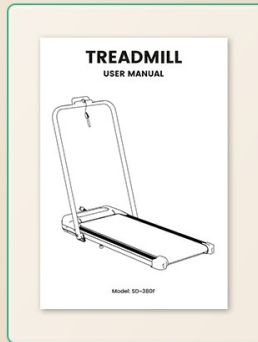
- **Safety Key:** Always attach the safety key to your clothing before starting the treadmill. The treadmill will not operate without the safety key properly installed. If the safety key is removed during operation, the treadmill will stop immediately.
- **Placement:** Place the treadmill on a flat, stable surface. Ensure there is adequate clear space around the treadmill for safe operation and emergency dismount.
- **Power Supply:** Connect the treadmill to a properly grounded electrical outlet. Do not use extension cords or adapters.
- **User Weight Limit:** Do not exceed the maximum weight recommendation of 330 pounds (150 kg).
- **Children and Pets:** Keep children and pets away from the treadmill during operation.
- **Medical Conditions:** Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- **Emergency Stop:** Familiarize yourself with the emergency stop procedure. In case of an emergency, pull the safety key or press the stop button.

Warning: An E07 error will appear if the safety lock is not placed on the fixed end of the console stand. Ensure it is correctly installed before use.

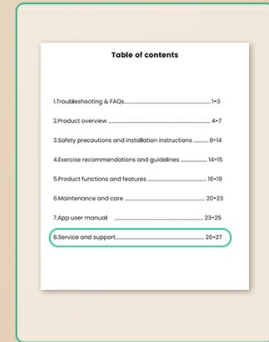
Any question



Step1
Open User Manual



Step2
Find **Email** and
Service Support



This image illustrates the correct placement of the safety key on the treadmill console. The safety key must be attached for the treadmill to function and to prevent an E07 error.

2. PRODUCT OVERVIEW

The Trisomy SD-380F is a versatile 4-in-1 walking pad treadmill designed for home use. It features a 10% incline capability, a 3.5HP motor for quiet operation, and multiple control options including a remote and a smart app.

Key Features:

- **10% Incline:** Adjustable incline for varied workout intensity.
- **3.5HP Motor:** Powerful yet quiet operation (under 40 dB).
- **Speed Range:** 0.6 - 6 MPH.
- **4-in-1 Modes:** Under-desk walking, jogging, incline training, and walking with handlebar.
- **Shock Absorption:** Multi-layer anti-slip belt and advanced shock-absorbing technology for joint protection.
- **LED Display:** Shows speed, time, distance, and calories.
- **Dual Control:** Remote control and smart app connectivity.
- **Compact & Foldable:** Features a folding handrail and built-in wheels for easy storage and portability.

Burn Calories More Effectively with a 10% Incline



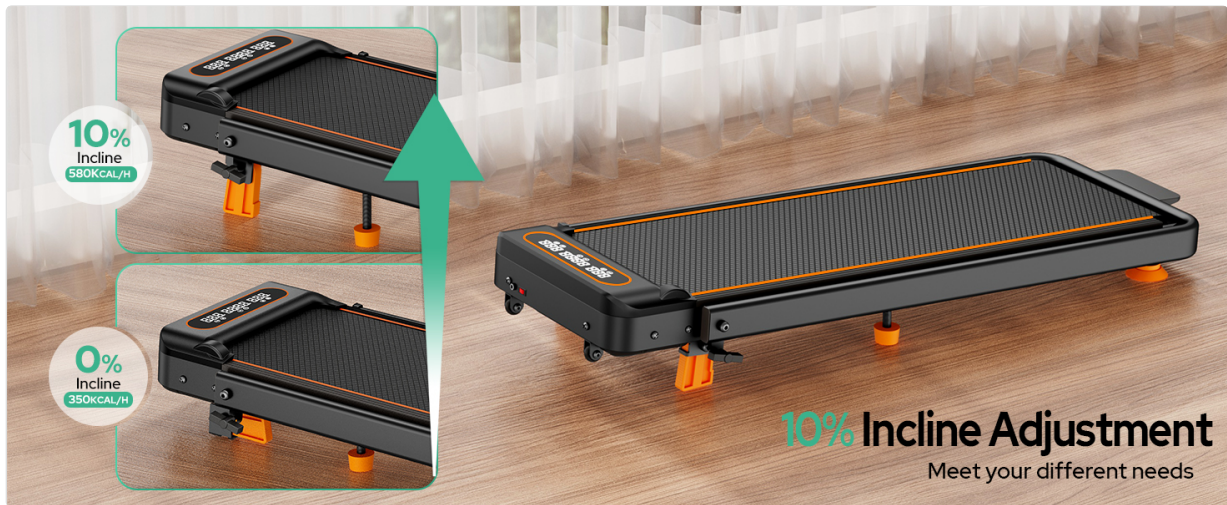
This image displays the Trisomy SD-380F Walking Pad Treadmill, highlighting its compact design and integrated handlebar.

3. SETUP AND ASSEMBLY

The Trisomy SD-380F Walking Pad Treadmill comes largely pre-assembled. Follow these steps to complete the setup:

1. **Unpacking:** Carefully remove the treadmill from its packaging.
2. **Handlebar Installation:** The handlebar is typically pre-attached. If not, align the handlebar with the base and secure it using the provided screws and L-shaped wrench.
3. **Console Attachment:** Attach the console to the handlebar using the two screws provided. This console holds your phone or small tablet.

4. **Unfolding (if applicable):** If the handlebar is folded down, loosen the handle folding screws, raise the handlebar to the upright position, and tighten the screws to secure it.
5. **Placement:** Position the treadmill on a level surface, ensuring sufficient space around it.
6. **Power Connection:** Plug the power cord into a grounded electrical outlet.



This image demonstrates the quick folding feature of the treadmill, showing the handlebar folding screw and transport wheels for easy movement and storage.

4. OPERATING INSTRUCTIONS

4.1 Starting the Treadmill

1. **Power On:** Plug in the treadmill and ensure the main power switch (if present) is in the ON position.
2. **Attach Safety Key:** Securely attach the safety key to the console and to your clothing.
3. **Stand on Side Rails:** Step onto the side rails of the treadmill, not directly onto the running belt.
4. **Start:** Press the 'Start' button on the remote control or through the smart app. The belt will begin to move at a low speed.

4.2 Adjusting Speed and Incline

- **Speed Adjustment:** Use the '+' and '-' buttons on the remote control or the smart app to increase or decrease the speed. The speed range is 0.6 to 6 MPH.
- **Incline Adjustment:** The treadmill features a 10% incline. Adjust the incline manually by raising or lowering the rear support legs. Refer to the specific mechanism on your unit for precise adjustment.



This image illustrates the 10% incline adjustment feature, showing the treadmill in both flat (0% incline) and elevated (10% incline) positions.

4.3 Using the LED Display

The integrated LED display provides real-time workout data:

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



This image shows the clear LED display of the treadmill, indicating workout metrics such as speed, time, distance, and calories, along with icons for remote and app control.

4.4 Remote Control and Smart App

Control your treadmill using the included remote control or by connecting to the dedicated smart app.

- **Remote Control:** Use the remote to start/stop, adjust speed, and switch modes.
- **Smart App:** Download the "FITSHOW" app (or specified app) from your device's app store. The app allows for advanced control, personalized workout plans, virtual routes, and progress tracking.

Your browser does not support the video tag.

This video demonstrates the Trisomy walking pad with its handlebar, showcasing its design and functionality. It highlights the product's physical attributes and how it can be used.

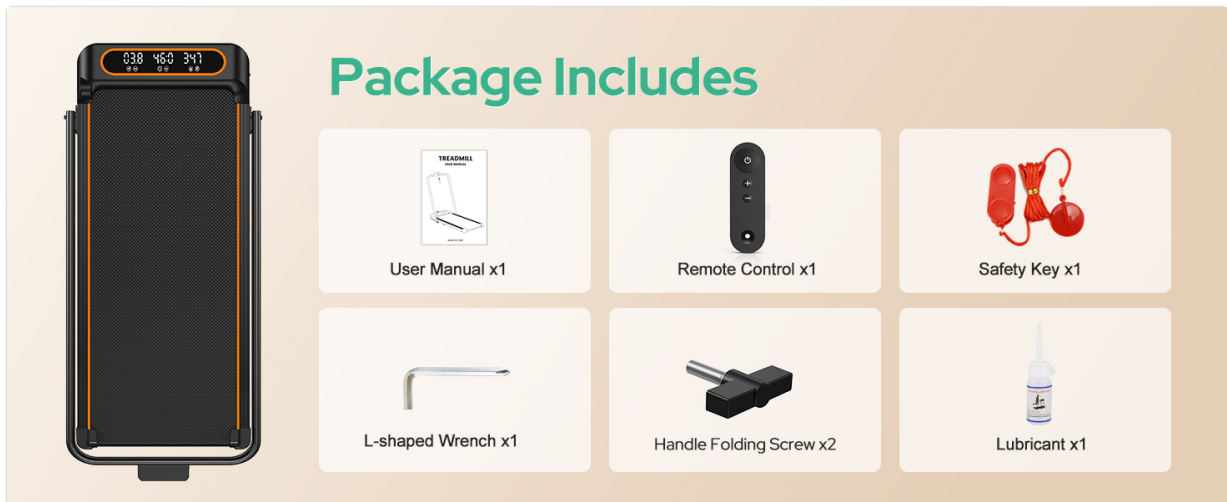


This image illustrates the smart app integration, showing a user interacting with the FITSHOW app on a tablet while exercising, highlighting virtual workout features.

4.5 4-in-1 Multifunctional Modes

The treadmill offers four distinct modes to suit various fitness needs:

- **Working Mode (0.6-1.5 MPH):** Ideal for light activity while working at a standing desk.
- **Walking Mode (0.6-4.0 MPH):** Suitable for brisk walking.
- **Running Mode (4.0-6.0 MPH):** For jogging or light running.
- **Climbing Mode:** Utilizes the 10% incline for a more challenging workout.



This image showcases the four versatile modes of the treadmill, including working mode with a standing desk, walking, running, and climbing with incline.

5. MAINTENANCE

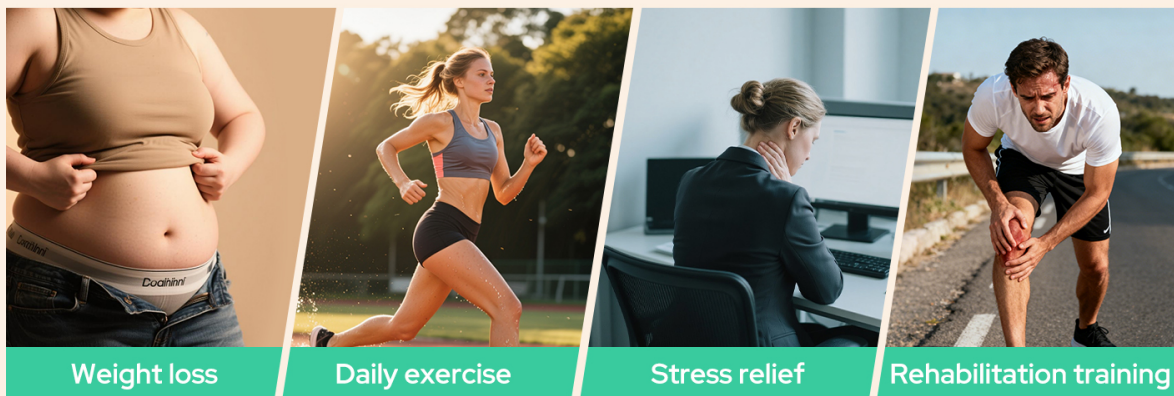
5.1 Lubrication

Regular lubrication of the running belt is essential for smooth operation and to extend the lifespan of your treadmill. Use the provided lubricant or a treadmill-specific silicone lubricant.

1. **Frequency:** Lubricate every 30-50 hours of use, or every 1-2 months depending on usage.
2. **Procedure:** Lift the edge of the running belt and apply a small amount of lubricant directly onto the deck, underneath the belt. Spread it evenly.

3. **Handlebar Lubrication:** Apply lubricating oil to the handlebar folding mechanism to ensure smooth folding and raising.

Promoting a Healthy Lifestyle for Everyone



This image demonstrates the proper application of lubricating oil to both the running belt for smoother operation and the handlebar folding screw for ease of adjustment.

5.2 Running Belt Adjustment

The running belt may occasionally drift or become misaligned. Adjust it as follows:

- **If the belt drifts too right:** Tighten the right screw slightly or loosen the left screw.
- **If the belt drifts too left:** Tighten the left screw slightly or loosen the right screw.
- **Self-Centering Function:** The treadmill has a self-centering function that corrects slight belt misalignment via low-speed operation.



This image illustrates the adjustable running belt feature, showing the adjustment screws at the rear of the treadmill and how to use a wrench to correct belt alignment.

6. TROUBLESHOOTING

- **E07 Error:** This error indicates the safety key is not properly installed. Ensure the safety lock is placed on the fixed end of the console stand. If the error persists after correct installation, please contact customer support.
- **Overheating or Burning Smell:** This can occur during long, high-speed sessions.
 - Avoid prolonged high-speed use.


- Allow the motor to cool for 12-24 hours.
- Ensure good ventilation around the treadmill. You may open the motor cover by unscrewing the 6 screws at the base of the cover for better airflow.

If these steps do not resolve the issue, please contact customer support.

Safety Features

Before you use the treadmill, you must place the safety lock on the fixed end of the console stand, otherwise an E07 error will appear.

! If you install the safety lock and still get an E07 error, please feel free to contact us.



This image provides guidance on how to address potential overheating or burning smell issues, advising to avoid long high-speed sessions and ensure proper ventilation.

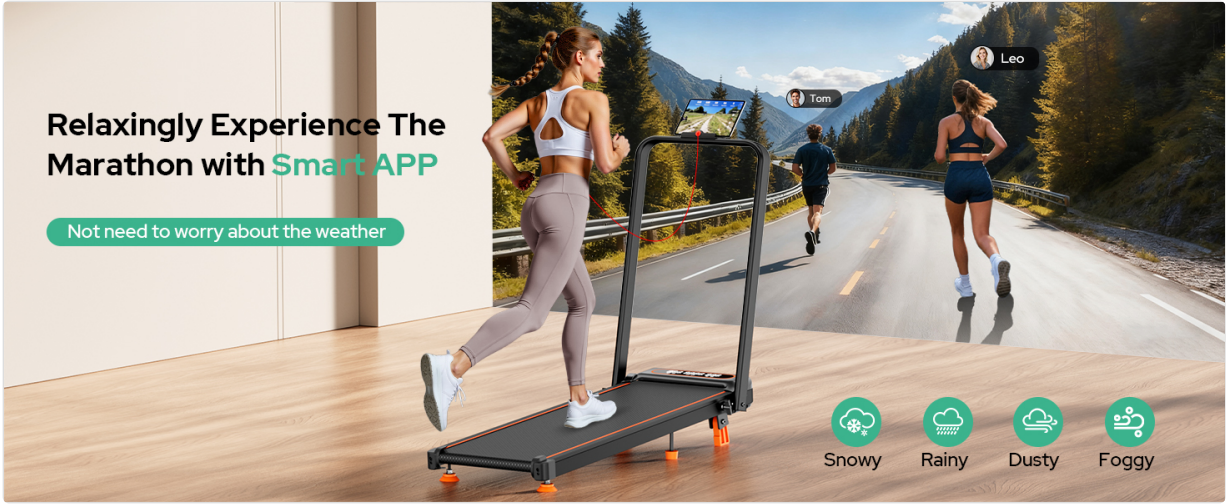
7. SPECIFICATIONS

| Feature | Specification |
|-------------------------------|--|
| Brand | Trisomy |
| Model Name | SD-380F |
| Product Dimensions | 44"D x 23"W x 39"H |
| Item Weight | 46 Pounds |
| Material | Alloy Steel |
| Maximum Speed | 6 Miles per Hour |
| Maximum Incline Percentage | 10% (Note: Product specifications may vary, but key features indicate 10% incline.) |
| Maximum Weight Recommendation | 330 Pounds |
| Maximum Horsepower | 3.5 Horsepower |
| Included Components | Safety Key |
| Special Features | Compact Design, Cushioned Running Belt, Foldable, Manual Incline, Shock Absorbent, Wheeled |

8. WARRANTY AND SUPPORT

The Trisomy SD-380F Walking Pad Treadmill comes with a **1-year warranty** from the date of purchase. For any questions, technical assistance, or warranty claims, please refer to the contact information provided

in your product packaging or reach out to Trisomy customer support through the platform where you purchased the product.



This image outlines the process for seeking support, advising users to consult the user manual for contact details for email and service support.