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Aiteid Treadmill-01

Aiteid Treadmill with Handles User Manual

MODEL: TREADMILL-01

This manual provides essential instructions for the safe assembly, operation, maintenance, and troubleshooting of your Aiteid Treadmill with Handles. Please read thoroughly before use.

Important Safety Information

To reduce the risk of serious injury, always read and follow all warnings and instructions before using this treadmill.

- Keep children and pets away from the treadmill at all times.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Ensure the safety key is properly attached to your clothing before starting the treadmill.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate exercise clothing and athletic shoes.
- Consult a physician before starting any exercise program.
- Do not use the treadmill outdoors or in damp areas.
- Always hold the handlebars for support when starting or stopping the treadmill.

Package Contents

Carefully unpack all components and verify that you have received all items listed below. If any parts are missing or damaged, please contact customer support.

- Aiteid Treadmill Main Unit
- User Manual
- Safety Key
- Lubricant
- Tool Kit (5mm Wrench, 6mm Wrench, Screwdriver)
- Knobs (x4)

- Tablet/Phone Holder



Figure 1: All components included in the package. Please ensure all items are present before assembly.

Assembly Instructions

Your Aiteid Treadmill is designed for quick and easy setup. Most of the main components are pre-assembled. Follow these steps to prepare your treadmill for use.

1. **Unpack the Treadmill:** Carefully remove the treadmill and all accessories from the packaging. Place the main unit on a flat, stable surface.
2. **Raise the Handlebars:** Gently lift the handlebar assembly into the upright position.
3. **Secure the Handlebars:** Use the provided knobs and tools to tighten the screws that secure the handlebars in place. Ensure they are firmly fastened to prevent wobbling during use.
4. **Attach Tablet/Phone Holder:** If desired, attach the tablet/phone holder to the designated slot on the console.
5. **Connect Safety Key:** Ensure the safety key is accessible and ready for use.



Figure 2: The treadmill's folding mechanism allows for easy setup and compact storage.

LED Display & 12 Running Programs



Figure 3: The treadmill can be easily folded and moved for storage in small spaces.

Operating Instructions

Control Panel Overview

The LED display console provides real-time data tracking and access to various functions.

LED display real-time data tracking and 12 running programs



Figure 4: The LED display console tracks key workout metrics and offers various features.

- **LED Display:** Shows Time, Speed, Distance, and Calories.
- **Speed Controls:** Buttons to increase or decrease speed.
- **Start/Stop Button:** Initiates and halts the treadmill belt.
- **Program (P) Button:** Selects from 12 preset workout programs.
- **Mode (M) Button:** Switches between different workout modes.
- **Safety Key Slot:** Insert the safety key to enable operation.
- **Cup Holder:** Conveniently located for beverages.
- **Tablet/Mobile Phone Holder:** For device placement during exercise.

Starting and Stopping

1. **Power On:** Plug the treadmill into a grounded electrical outlet.
2. **Attach Safety Key:** Clip the safety key to your clothing and insert the other end into the designated slot on the console. The treadmill will not operate without the safety key.
3. **Start Exercise:** Press the 'Start' button. The belt will begin to move at a low speed.
4. **Stop Exercise:** Press the 'Stop' button or pull the safety key to immediately halt the treadmill.

Adjusting Speed

Use the '+' and '-' buttons on the console to adjust the treadmill speed. The speed range is from 0.6 MPH to 6.2 MPH.



Figure 5: The treadmill supports a range of speeds for walking and running.

Preset Programs

The treadmill features 12 built-in preset programs (P1-P12) that offer varying intensities and workout profiles. Press the 'P' button to cycle through these programs.

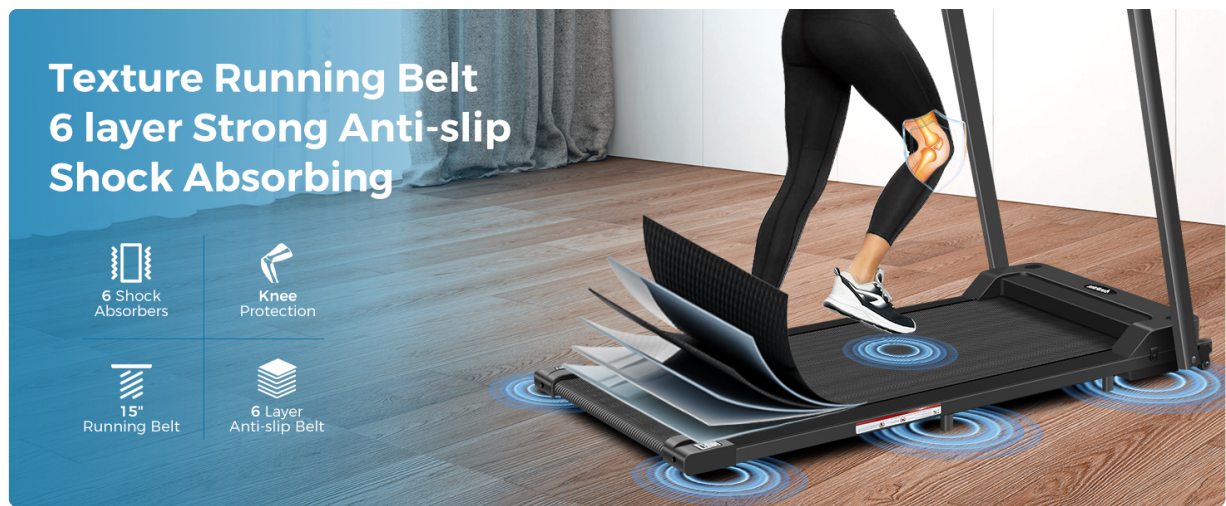


Figure 6: Select from 12 preset programs to achieve different fitness goals.

Using the Handlebars

The integrated handlebars provide additional support and stability, especially when starting, stopping, or during higher intensity workouts. Always maintain a light grip for balance.

Maintenance

Regular maintenance ensures the longevity and optimal performance of your treadmill.

Lubrication

The running belt requires periodic lubrication to reduce friction and wear. Use only the provided lubricant or a treadmill-specific silicone lubricant.

Lubrication Schedule

Usage Frequency	Maintenance Frequency
<3 Hours/Week	Every 60 days
4-5 Hours/Week	Every 45 days
≥5 Hours/Week	Every 30 days

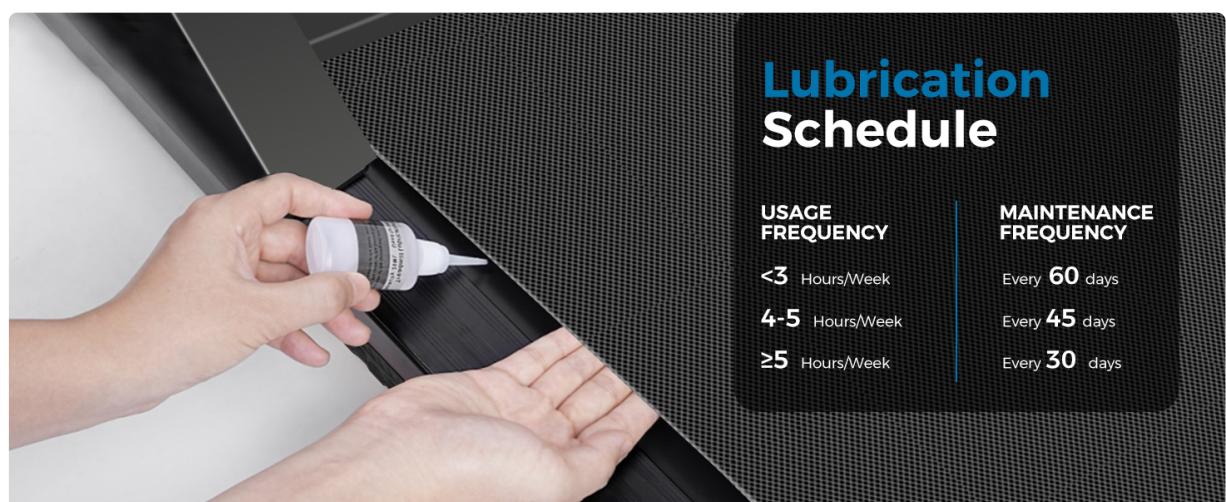


Figure 7: Apply lubricant under the running belt according to the recommended schedule.

Belt Adjustment

If the running belt becomes off-center or slips, it may need adjustment. Use the provided tool to make small adjustments to the tension bolts at the rear of the treadmill until the belt is centered and properly tensioned.



Figure 8: Adjust the running belt using the provided tool when necessary.

Cleaning

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

Troubleshooting

If you encounter issues with your treadmill, refer to the following common problems and solutions. For persistent issues, please contact customer support.

- **Treadmill does not power on:** Ensure the power cord is securely plugged into a working outlet and the safety key is correctly inserted.
- **Belt stops or slips:** Check belt tension and alignment. Refer to the 'Belt Adjustment' section. Ensure the treadmill is on a level surface.
- **Unusual noise:** Inspect for loose parts. Lubricate the running belt if due. If noise persists, discontinue use and contact support.
- **Inaccurate display readings:** Ensure all connections are secure. Recalibrate if a specific procedure is outlined in the full manual (not detailed here).

Specifications

Key technical specifications for the Aiteid Treadmill with Handles, Model Treadmill-01.

Feature	Specification
Brand	Aiteid
Model Name	Treadmill-01 (walking pad treadmill)
Product Dimensions (LxWxH)	45.2"D x 21.7"W x 36.2"H
Folded Size	45L x 22W x 5.5H inch
Material	Carbon Steel, Plastic
Maximum Speed	6.2 Miles per Hour
Minimum Speed	0.6 Miles per Hour
Maximum Horsepower	3 Horsepower
Maximum Weight Recommendation	300 Pounds
Running Belt Dimensions	39" x 15" (approximate, derived from 6-layer non-slip running belt features a spacious running area(39" x 15"))
Display Type	LED
Control Programs	12 Preset Programs
Special Features	Compact Design, Foldable, Portable, Shock Absorbent, Wheeled
Assembly Required	Yes (Minimal)

Warranty and Support

Warranty: The Aiteid Treadmill with Handles comes with a 1-year warranty from the date of purchase, covering manufacturing defects and major component failures under normal use.

Customer Support: For any questions, assistance with assembly, operation, maintenance, or warranty claims, please contact Aiteid customer service. Refer to the contact information provided with your purchase or visit the official Aiteid website for support details.

Our team is dedicated to providing high-quality after-sales support and is ready to assist you.