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› VITALWALK Apollo 11 Ultimate Foldable Treadmill Instruction Manual

VITALWALK Apollo 11 Ultimate

VITALWALK Apollo 11 Ultimate Foldable Treadmill Instruction Manual

Model: TM10GY / Apollo 11 Ultimate

1. IMPORTANT SAFETY INFORMATION

Before operating your VITALWALK Apollo 11 Ultimate treadmill, please read this manual thoroughly to ensure safe and effective use. Keep this manual for future reference.

- Consult your physician before beginning any exercise program.
- Keep children and pets away from the treadmill during operation.
- Always use the safety key. Attach the clip to your clothing before starting the treadmill. If you fall or move too far back on the belt, the safety key will detach, immediately stopping the machine and preventing injury.
- Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- The treadmill features a 15-second absence auto-pause function to protect children and pets.

2. PACKAGE CONTENTS

Verify that all items listed below are included in your package:

- Treadmill Main Frame × 1
- Remote Control × 1
- Wrench × 1
- User Manual & Warranty Card × 1
- Hex Tool × 1
- Power Cord × 1
- Tablet Holder × 1
- Safety Key × 1

- Bottle Holder × 1
- Allen Wrench × 1
- Decorative Cover × 1

3. SETUP INSTRUCTIONS

The VITALWALK Apollo 11 Ultimate treadmill arrives fully assembled, requiring no complex installation. Simply unfold the unit and secure the uprights.

Unfolding the Treadmill

1. Carefully lift the console/handlebar assembly from its folded position.
2. Lower the console until the uprights click securely into place.
3. Ensure all locking mechanisms are engaged before use.



Illustration of the treadmill's quick-fold mechanism for easy storage.

Folding for Storage

To fold the treadmill for compact storage, simply reverse the unfolding steps. The patented one-touch folding system allows for quick and effortless folding. The 4-wheel 2-way mobility enables easy movement and vertical storage, saving up to 80% of space.



Diagram showing the compact dimensions of the treadmill when folded, emphasizing space-saving design.

Official video demonstrating the unfolding and setup process of the Vitalwalk Fold Treadmill with Auto Incline, showing its ease of use.

4. OPERATING INSTRUCTIONS

Control Panel Overview

The treadmill features a large LED display and touch-sensitive controls for easy operation. The display shows real-time metrics including Calories Burned, Distance, Heart Rate, Incline, and Speed.

Compact Design

Space-saving stowability



Close-up of the treadmill's control panel, displaying dual charging ports, an adjustable cooling fan, and integrated pulse sensors.

Starting a Workout

1. Ensure the treadmill is plugged into a power outlet and the main power switch (located at the front base) is ON.
2. Attach the safety key clip to your clothing and insert the magnetic end into the designated slot on the console. The display will illuminate.
3. Press the 'Start/Pause' button (green play icon) to begin your workout. The treadmill will start with a 3-second countdown and then gradually increase speed.

Adjusting Speed and Incline

- **Speed:** Use the 'Speed+' and 'Speed-' buttons on the console or handlebars to adjust the running speed (0.6 to 10 MPH). Quick speed buttons (e.g., 2, 4, 6 MPH) are also available for rapid adjustments.
- **Incline:** Use the 'Incline+' and 'Incline-' buttons on the console or handlebars to adjust the incline level (0-20%). Quick incline buttons (e.g., 3, 6, 9%) are also available.

Using Programs and Modes

- The treadmill offers 15 HIIT programs for varied workouts. Press the 'Program' button to cycle through available programs.
- Use the 'Mode' button to select different workout modes (e.g., manual, target time, target distance, target calories).

Connectivity and App Integration

- **Bluetooth:** Connect your device via Bluetooth to the treadmill's speakers for audio playback.
- **Fitshow App:** Download the Fitshow App to track your workout data, sync with Apple Health/Strava, and explore captivating virtual worlds for an engaging fitness experience.



A user engaging with the Fitshow app on a tablet, showcasing virtual scenic routes and workout tracking features.

Video demonstrating the ease of assembly and streamlined use of the VITALWALK treadmill, highlighting its personal gym feel.

5. MAINTENANCE

Lubrication

Regular lubrication of the running belt is essential for optimal performance and longevity. Use the provided silicone oil every 3-6 months, or after every 50 hours of use, depending on usage frequency. Refer to the user manual for detailed instructions on how to apply the lubricant.

Cleaning

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

6. TROUBLESHOOTING

- **Treadmill does not power on:** Ensure the power cord is securely plugged into a working outlet and the main power switch is ON. Check if the safety key is correctly inserted.
- **Belt stops unexpectedly:** Verify the safety key is properly inserted and has not been dislodged.
- **Unusual noises:** Check for loose parts or foreign objects under the running belt. Ensure the belt is properly lubricated.
- **Electrical Breaker Trips:** If the treadmill causes an electrical breaker to trip, ensure it is connected to a dedicated circuit and that no other high-power appliances are on the same circuit. Consult a qualified electrician if the issue persists.

For further assistance, please refer to the detailed troubleshooting section in your user manual or contact customer support.

7. SPECIFICATIONS

Feature	Specification
Brand	VITALWALK
Model Name	TM10GY / Apollo 11 Ultimate
Product Grade	Commercial Foldable Treadmill
Product Dimensions	53"D x 29"W x 9"H
Item Weight	105 Pounds
Material	Alloy Steel
Maximum Speed	10 Miles per Hour
Maximum Incline Percentage	20%
Maximum Horsepower	3.5 Horsepower

Feature	Specification
Assembly Required	No
Display Type	LED
Power Source	Corded Electric
Connectivity Technology	Bluetooth
Metrics Measured	Calories Burned, Distance, Heart Rate, Incline, Speed
Maximum Weight Recommendation	350 Pounds
Deck Length	49 Inches
Deck Width	18 Inches
Folded Size	53"X29"X9"
Minimum Speed	0.6 Miles per Hour

8. WARRANTY AND SUPPORT

Warranty Information

VITALWALK offers a one-year warranty with lifetime technical assistance for the Apollo 11 Ultimate treadmill. This warranty covers manufacturing defects and ensures long-term reliability.

Customer Support

For any questions, technical assistance, or warranty claims, please contact Vitalwalk-US customer service. They provide 24/7 support to ensure a 100% satisfied solution for any issue.