

Trisomy 12% Incline Panel Control+Display

Trisomy Walking Pad Treadmill User Manual

Model: 12% Incline Panel Control+Display

1. IMPORTANT SAFETY INSTRUCTIONS

Read all instructions carefully before using this treadmill. Keep this manual for future reference.

- Always ensure the safety key is properly attached to the console and your clothing before starting the treadmill. In case of an emergency or if you lose balance, the safety key will detach, immediately stopping the machine.
- The maximum user weight capacity for this treadmill is 350 lbs. Do not exceed this limit.
- Place the treadmill on a flat, stable surface. Ensure there is adequate clear space around the treadmill (at least 2 meters behind and 0.6 meters on each side).
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate athletic footwear when using the treadmill.
- Consult a physician before starting any exercise program.

2. PRODUCT OVERVIEW

The Trisomy Walking Pad Treadmill is a versatile 4-in-1 fitness device designed for home use. It functions as a walking pad, under-desk treadmill, folding treadmill, and hill climber, offering a comprehensive workout experience. Key features include a dual LED display, dynamic RGB lighting, a powerful 3.5HP motor, and advanced cushioning for joint protection.

Elevate Your Running Experience



Awesome RGB Lights – Color changes with speed for a fun, motivating workout.



Dual Screen Display & Button Control – Designed for easy control, stress-free running



Large HD LED Display – Clear & read workout data at a glance



No RGB Lights



Single Function



Small LED Display –Hard to read

Image: The Trisomy Walking Pad Treadmill with its handle bar extended, showcasing its sleek design and integrated display.

2.1. Key Features

- **4-in-1 Functionality:** Use as a walking pad (0.6–2.5 MPH), under-desk treadmill, folding treadmill, or hill climber (2.5–6.0 MPH).
- **Dual LED Display:** Real-time display of speed, time, distance, and calories on both the base and console.
- **Dynamic RGB Lighting:** Light strips change color with speed, enhancing motivation.
- **Powerful 3.5HP Motor:** Supports up to 350 lbs with quiet operation (below 40 dB).

- **4 Adjustable Incline Levels:** Manual adjustment to 3%, 6%, 9%, and 12% to simulate climbing.
- **Joint Protection:** 7-layer anti-slip belt, 10 silicone shock absorbers, and 4 shock cushions.
- **Space-Saving Design:** Folds compactly to 4.72 inches tall for easy storage.

3. WHAT'S IN THE BOX

The following components are included with your Trisomy Walking Pad Treadmill:

- User Manual
- Safety Key
- Tool Kit (including L-shaped wrench)
- Pad Holder
- Handlebar Fixing Nut (x2)
- Remote Control
- Slope Stand (x2)
- Lubricant
- Slope Fixing Nut (x2)
- Quick Installation Guide



Image: A visual representation of all items included in the Trisomy Walking Pad Treadmill package.

4. SETUP & ASSEMBLY

The Trisomy Walking Pad Treadmill comes largely pre-assembled, requiring minimal setup to get started.

1. **Unpacking:** Carefully remove the treadmill and all accessories from the packaging.
2. **Handlebar Installation:** Raise the handlebar to its upright position. Secure it using the provided handlebar fixing nuts. Ensure they are tightened firmly by hand.
3. **Incline Adjustment:** To adjust the incline, locate the incline adjustment screws at the rear of the treadmill. Manually adjust these screws to select one of the four available incline levels (3%, 6%, 9%, or 12%).
4. **Power Connection:** Plug the power cord into a grounded electrical outlet.
5. **Safety Key:** Attach the safety key to the designated slot on the console. The treadmill will not operate without the safety key in place.



Image: The treadmill shown in both its upright and folded positions, highlighting its space-saving design and ease of movement with built-in wheels.

Your browser does not support the video tag.

Video: A user demonstrates the setup process, including attaching the handlebar and adjusting the incline, along with an overview of the treadmill's features.

5. OPERATING INSTRUCTIONS

5.1. Power On/Off

- To power on, ensure the treadmill is plugged in and the safety key is in place. Press the power button on the console or remote.
- To power off, press the power button again. The treadmill will gradually slow down and stop.

5.2. Control Methods

The treadmill can be controlled via the console buttons, the remote control, or a dedicated smartphone application.



Image: A visual guide to the console, remote, and app controls for the treadmill.

- **Console Buttons:** Use the buttons on the handlebar display for quick adjustments to speed and mode.
- **Remote Control:** The included remote allows for convenient adjustments to speed and starting/stopping the treadmill without reaching the console.

- **Smartphone App:** Download the companion app (e.g., FITSHOW) to customize training plans, record data, monitor progress, and access virtual routes.

Your browser does not support the video tag.

Video: A user demonstrates walking on the treadmill, highlighting the ease of use and the display features.

5.3. Speed Adjustment

The treadmill offers a speed range of 0.6 to 6.0 MPH. Use the '+' and '-' buttons on the console or remote to increase or decrease the speed. Quick-speed buttons (2/4/6 MPH) are available for instant pace changes.

5.4. Incline Adjustment

Manually adjust the incline to one of four levels: 3%, 6%, 9%, or 12%. This simulates uphill walking/running and can increase calorie burn by up to 150% compared to a flat surface.



Image: The treadmill demonstrating its adjustable incline feature, showing a user exercising on an elevated surface.

5.5. Workout Modes

The treadmill supports various workout modes:

- **Working Mode:** 0.6-1.5 MPH (handlebar folded, ideal for under-desk use).
- **Walking Mode:** 0.6-2.5 MPH.
- **Running Mode:** 2.5-6.0 MPH.
- **Climbing Mode:** Utilizes incline settings for a more intense workout.



Image: Different modes of use for the treadmill, including under-desk, walking, running, and climbing.

5.6. Dual LED Display

The treadmill features two large HD LED screens, one on the base and one on the console, providing clear, real-time feedback on your workout metrics.

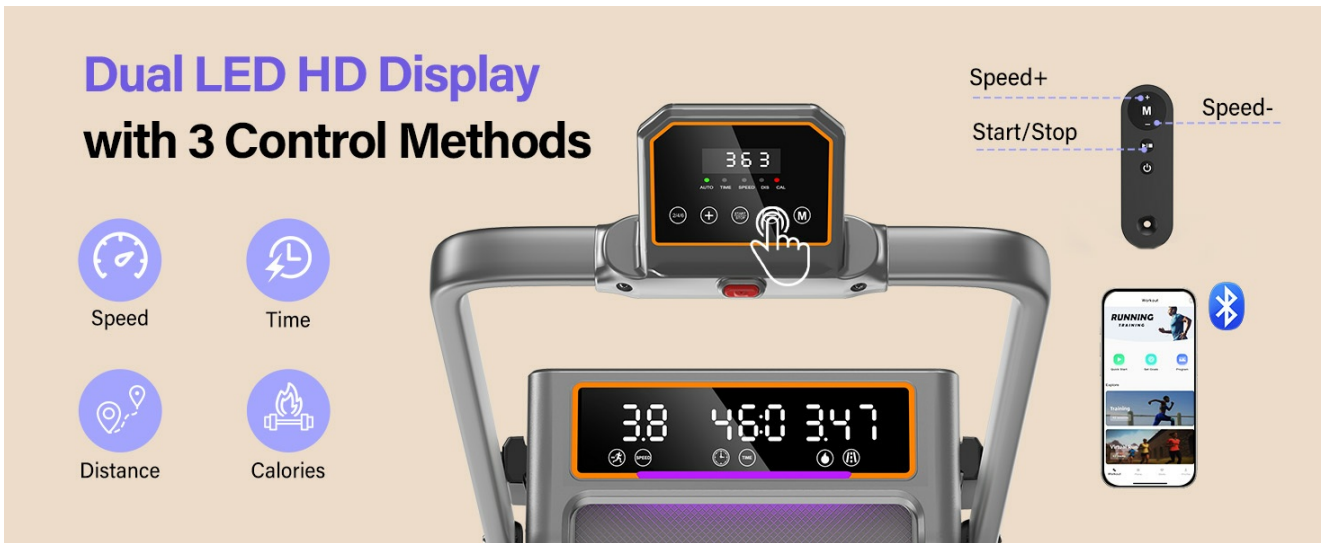


Image: A detailed view of the treadmill's dual LED display, showing various workout statistics.

5.7. Dynamic RGB Lighting

The integrated RGB light strips automatically change colors based on your speed, creating an engaging and motivating workout environment.



Image: The treadmill's RGB lighting feature, which changes colors with speed to enhance the workout experience.

5.8. Smart App Integration

Connect your treadmill to the dedicated smartphone app (e.g., FITSHOW) to unlock additional features, including:

- Customizing training plans.
- Recording and tracking workout data.
- Accessing virtual walking tours and map routes.



Get Sports Fun with Smart APP

Customize your own exercise journey with the exclusive FITSHOW APP!



Image: A smartphone displaying the FITSHOW app, showing its features for tracking workouts and customizing plans.

6. MAINTENANCE

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

6.1. Lubrication

Lubricate the running belt after a certain number of hours of use (refer to the user manual for specific intervals). Use the provided lubricant to maintain smooth belt operation and prevent wear.

6.2. Belt Adjustment

If the running belt drifts to one side, it may need adjustment:

- If the belt drifts too right: Tighten the right screw slightly or loosen the left.
- If the belt drifts too left: Tighten the left screw slightly or loosen the right.
- **Self-Centering Function:** Corrects slight belt misalignment via no-load low-speed operation.



Adjustable Running Belt

- If the belt drifts too right: Tighten the right screw slightly or loosen the left
- If the belt drifts too left: Tighten the left screw slightly or loosen the right
- Self-Centering Function: Corrects slight belt misalignment via no-load low-speed operation

Image: A detailed view of the treadmill's adjustable running belt, showing the adjustment screws.

7. TROUBLESHOOTING

If you encounter any issues with your treadmill, refer to the following common solutions:

- **Treadmill not starting:** Ensure the power cord is securely plugged in and the safety key is correctly placed in its slot on the console. The treadmill will not operate without the safety key.
- **Belt slipping or uneven:** Refer to the 'Belt Adjustment' section in this manual or the full user manual for detailed instructions on how to adjust the running belt tension and alignment.
- **Unusual noises:** Check for any loose parts or foreign objects under the belt. Ensure the treadmill is on a flat surface. If the noise persists, contact customer support.
- **Display not working:** Check the power connection and ensure the safety key is properly inserted. If the issue continues, contact customer support.

For more complex issues, please refer to the comprehensive user manual included in the package or contact Trisomy customer support.

8. SPECIFICATIONS

Feature	Detail
Brand	Trisomy
Model Name	12% Incline Panel Control+Display
Product Dimensions	42.48"D x 21.53"W x 44"H
Folded Size	4.72" (Height)
Item Weight	43.4 Pounds
Material	Alloy Steel
Maximum Speed	6 Miles per Hour
Maximum Incline Percentage	12% (4 adjustable levels)
Maximum Horsepower	3.5 Horsepower
Maximum Weight Recommendation	350 Pounds
Display	Dual LED
Special Features	Adjustable Speed, Cushioned Running Belt, Foldable, Quiet Operation, RGB Light, App Control
Assembly Required	No (minimal setup)

9. STORAGE

The Trisomy Walking Pad Treadmill is designed for convenient storage in small spaces.

- **Folding:** The handlebar can be easily folded down by loosening the handlebar fixing nuts.
- **Movement:** Utilize the smooth-rolling wheels to effortlessly move the folded treadmill.
- **Compact Storage:** When folded, the treadmill is only 4.72 inches tall, allowing it to be stored under a bed, sofa, or upright against a wall.

Easy to Move and Store

Space-saving magic,
a must for small homes!



Image: The treadmill shown in both its upright and folded positions, highlighting its space-saving design and ease of movement with built-in wheels.

10. WARRANTY & SUPPORT

Trisomy offers a **2-year warranty** for this product, along with **lifetime technical support**

For any questions or assistance, before or after your order, please refer to the contact information provided in your full user manual or on the product packaging. You can also typically find support options by visiting the Trisomy store on Amazon or by using the 'Ask a Question' feature on the product page.

Bring You And
Family A Healthier Life



Image: Instructions on how to seek support for the treadmill, including checking the user manual and contacting customer service.