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Atletica Flash (Model 555-2279)

ATLETICA Flash Folding Treadmill User Manual

Model: Flash (555-2279)

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1. INTRODUCTION

Thank you for choosing the ATLETICA Flash Folding Treadmill. This manual provides essential information for the safe and efficient use of your new fitness equipment. Please read it thoroughly before assembly, operation, or maintenance. Proper use and care will ensure a long lifespan for your treadmill and a safe workout experience.

The ATLETICA Flash treadmill is designed for home use, offering a compact and foldable design with a powerful 4.5 HP motor, a running surface of 140 x 50 cm, 12 incline levels, and 36 pre-set training programs, including Zwift compatibility.

2. IMPORTANT SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read all instructions before using this treadmill. ATLETICA assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- Consult a physician before starting any exercise program.
- Keep children and pets away from the treadmill at all times.
- Place the treadmill on a solid, level surface with at least 2 meters (6.5 feet) of clear space behind it and 0.6 meters (2 feet) on each side.
- Ensure the safety key is properly attached to your clothing during operation.
- 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. Avoid loose clothing that could get caught.
- Do not use the treadmill outdoors or in areas of high humidity.
- Always hold the handrails when starting or stopping the treadmill, or when making speed/incline adjustments.
- Never step on or off the treadmill while the belt is moving.
- Disconnect the power cord from the outlet when not in use, before cleaning, and before performing maintenance.
- This treadmill is designed for adult home use only.

3. SETUP

3.1 Unpacking

Carefully remove all components from the packaging. Inspect for any damage during transit. Retain packaging materials until you are satisfied with the product.

3.2 Placement

Choose a flat, stable surface for your treadmill. Ensure adequate clearance around the unit as specified in the safety instructions. Avoid placing it near water or in direct sunlight.

3.3 Unfolding the Treadmill

The ATLETICA Flash treadmill comes pre-assembled and folded for transport. To unfold:

1. Ensure the treadmill is on a stable surface.
2. Locate the folding mechanism release (refer to image below).
3. Gently lower the running deck until it is fully flat on the floor. Ensure it locks securely into place.
4. Raise the console mast to its upright position and secure it if necessary.



Image: ATLETICA Flash Treadmill in its unfolded, operational position, viewed from the side.



Image: Close-up view of the folding mechanism or foot support on the ATLETICA Flash Treadmill.

3.4 Folding the Treadmill for Storage

To fold the treadmill for space-saving storage:

1. Ensure the treadmill is powered off and unplugged.
2. Carefully lift the running deck until it clicks into the upright, folded position.
3. Verify that the deck is securely locked to prevent accidental unfolding.
4. The treadmill can then be moved using its transport wheels.



Image: The ATLETICA Flash Treadmill shown in its vertically folded position, ideal for compact storage.

3.5 Power Connection

Connect the power cord to a grounded electrical outlet. Ensure the power switch on the treadmill is in the "ON" position.

4. OPERATION

4.1 Console Overview

The console displays key workout metrics and allows control over speed, incline, and programs.



Image: A detailed view of the ATLETICA Flash Treadmill's control console, showing digital readouts for calories, speed, time, distance, incline, and heart rate.

Typical displays include:

- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Speed:** Current speed of the running belt (up to 16 km/h).
- **Incline:** Current incline level (0-12 levels, up to 6%).
- **Calories:** Estimated calories burned.
- **Heart Rate:** (If equipped with sensors) Your pulse during exercise.

4.2 Starting a Workout

1. Step onto the treadmill, placing your feet on the side rails.
2. Attach the safety key clip to your clothing. Insert the safety key into its designated slot on the console.
3. Press the **START** button. The belt will begin moving at a low speed.
4. Carefully step onto the moving belt and begin walking.

4.3 Adjusting Speed and Incline

Speed and incline can be adjusted using the controls on the console or the convenient side adjustment controls.

- Use the **SPEED +/-** buttons to increase or decrease the belt speed.
- Use the **INCLINE +/-** buttons to adjust the incline level.
- The side adjustment controls allow for quick changes without interrupting your stride.

4.4 Using Pre-set Programs

The ATLETICA Flash treadmill features 36 pre-set training programs designed for various fitness goals.

1. From the main menu, select the **PROGRAM** button.
2. Browse through the available programs using the **+/ -** buttons.
3. Select your desired program and press **START** to begin.
4. The treadmill will automatically adjust speed and incline according to the program profile.

4.5 Zwift Connectivity

The treadmill is compatible with Zwift, allowing you to connect and engage in virtual running experiences.

1. Download and install the Zwift application on your compatible device (smartphone, tablet, PC).
2. Ensure Bluetooth is enabled on your device.
3. Follow the instructions within the Zwift app to pair your ATLETICA Flash treadmill.
4. Once paired, your speed and incline data will be transmitted to Zwift, and Zwift can control your treadmill's incline.

4.6 Stopping a Workout

1. Press the **STOP** button. The belt will gradually slow down and stop.
2. Alternatively, pull the safety key from the console. The treadmill will stop immediately.
3. Once the belt has completely stopped, step off the treadmill.

5. MAINTENANCE

Regular maintenance ensures optimal performance and extends the lifespan of your treadmill. Always unplug the treadmill before performing any maintenance.

5.1 Cleaning

- Wipe down the console and other surfaces with a damp cloth after each use. Avoid abrasive cleaners or solvents.
- Periodically vacuum underneath the treadmill to prevent dust and debris buildup.

5.2 Running Belt Lubrication

The running belt requires periodic lubrication to reduce friction and wear. The frequency depends on usage:

- Light use (less than 3 hours/week): Every 6 months.
- Moderate use (3-5 hours/week): Every 3 months.

- Heavy use (more than 5 hours/week): Every 6-8 weeks.

To lubricate:

1. Turn off and unplug the treadmill.
2. Loosen the rear roller bolts slightly to lift the belt.
3. Apply a thin line of 100% silicone lubricant (specifically designed for treadmills) under the center of the belt, from front to back.
4. Tighten the rear roller bolts.
5. Run the treadmill at a slow speed (e.g., 3 km/h) for 5 minutes to distribute the lubricant.

5.3 Running Belt Adjustment

If the running belt shifts to one side or slips, it may need adjustment.

- **Centering the Belt:** If the belt drifts to the left, turn the left rear roller bolt clockwise 1/4 turn. If it drifts to the right, turn the right rear roller bolt clockwise 1/4 turn. Run the treadmill for 2 minutes and re-check. Repeat until centered.
- **Tightening the Belt:** If the belt slips during use, turn both rear roller bolts clockwise 1/4 turn simultaneously. Run the treadmill for 2 minutes and re-check. Repeat until slipping stops. Do not overtighten.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your ATLETICA Flash treadmill.

| Problem | Possible Cause | Solution |
|----------------------------------|---|---|
| Treadmill does not power on. | Power cord unplugged, power switch off, circuit breaker tripped, safety key not inserted. | Check power cord connection, ensure power switch is ON, reset circuit breaker, insert safety key. |
| Running belt stops suddenly. | Safety key dislodged, motor overload, power interruption. | Re-insert safety key, reduce load, check power supply. |
| Running belt slips. | Belt too loose, belt needs lubrication. | Adjust belt tension (see Section 5.3), lubricate belt (see Section 5.2). |
| Running belt drifts to one side. | Belt alignment issue. | Adjust belt alignment (see Section 5.3). |
| Unusual noise from treadmill. | Loose parts, belt friction, motor issue. | Inspect for loose bolts, lubricate belt, contact customer support if noise persists. |

7. SPECIFICATIONS

- **Model:** ATLETICA Flash (555-2279)
- **Running Surface:** 140 x 50 cm
- **Motor:** 4.5 HP (Peak)
- **Speed Range:** Up to 16 km/h
- **Incline Levels:** 12 levels (up to 6%)
- **Programs:** 36 pre-set training programs
- **Connectivity:** Zwift compatible

- **Foldable:** Yes, compact folding to 27 cm height
- **Dimensions (Unfolded):** Approximately 170 x 79 cm (Length x Width)
- **Main Material:** Alloy Steel, Plastic
- **Color:** Black

8. WARRANTY AND SUPPORT

The ATLETICA Flash Treadmill comes with a **5-year warranty on the motor**, covering defects in materials and workmanship under normal use. For warranty claims or technical support, please contact ATLETICA customer service through your retailer or the official ATLETICA website.

Please retain your proof of purchase for warranty validation.

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