

Trisomy B30

Trisomy B30 Treadmill Accessories Bag Instruction Manual

Model: B30

1. INTRODUCTION

This manual provides essential instructions for the proper use, setup, operation, and maintenance of your Trisomy B30 Treadmill Accessories Bag components. Please read this manual thoroughly before using the accessories to ensure safe and efficient operation.

2. PACKAGE CONTENTS

Carefully unpack all items and verify that you have received the following components:

- 1x Remote Control with Wrist Strap
- 1x Magnetic Safety Switch (two-part)
- 1x L-Shaped Wrench
- 4x Adjusting Screws (Orange Star-Knob)
- 1x Treadmill Belt Lubricant (30ml bottle)
- Assorted Small Screws and Washers (for safety switch installation)

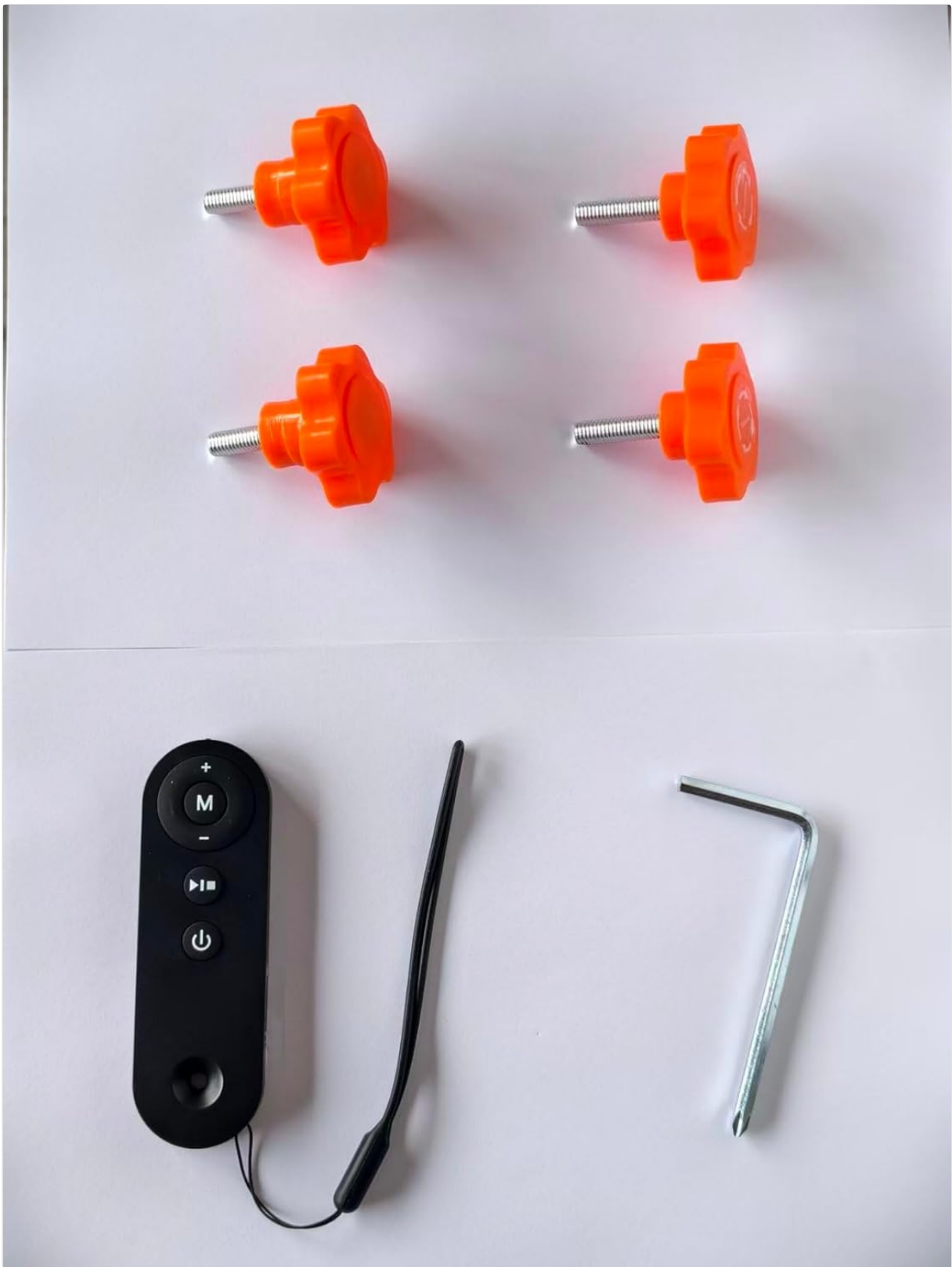


Figure 2.1: Remote control, L-shaped wrench, and four orange adjusting screws.



Figure 2.2: Remote control, magnetic safety switch, L-shaped wrench, small screws, and washers.

3. SETUP

3.1. Magnetic Safety Switch Installation

1. Identify the designated safety key slot on your treadmill's console.
2. Insert the magnetic end of the safety switch into the slot. Ensure it is securely seated.
3. Attach the clip end of the safety switch to your clothing before starting the treadmill. This ensures the treadmill stops automatically if you move too far from the console.

4. If your treadmill requires permanent attachment, use the provided small screws and washers to secure the base of the safety switch mechanism to the treadmill frame, if applicable and compatible with your treadmill model.

3.2. Adjusting Screws

The four orange star-knob adjusting screws are typically used for stabilizing treadmill components or securing adjustable parts. Consult your treadmill's specific manual to determine the correct application for these screws. They may be used for:

- Securing uprights or handles.
- Adjusting incline mechanisms.
- Leveling the treadmill on uneven surfaces.

3.3. Remote Control

The remote control is designed for convenient operation of compatible treadmills. Specific pairing instructions may vary by treadmill model. Generally:

1. Ensure the remote has functional batteries (not included, typically CR2032 or similar).
2. Turn on your treadmill.
3. Refer to your treadmill's manual for instructions on how to pair a new remote control. This often involves pressing a specific button on the treadmill console or holding a button on the remote.

4. OPERATING INSTRUCTIONS

4.1. Using the Magnetic Safety Switch

Before each use of the treadmill, always attach the clip of the magnetic safety switch to your clothing. If you lose balance or need to stop the treadmill quickly, pulling the safety switch from its slot will immediately halt the treadmill's operation, preventing potential injury.

4.2. Using the Remote Control

Once paired with your treadmill, the remote control allows you to manage basic functions:

- **Power Button ():** Turns the treadmill on or off (or puts it in standby mode).
- **Start/Pause Button ():** Initiates or pauses the treadmill belt movement.
- **Speed Adjustment (+ / -):** Increases or decreases the treadmill speed.
- **Mode Button (M):** Cycles through different workout modes or programs, if supported by your treadmill.

Note: Remote control functionality is dependent on your treadmill's compatibility.

4.3. Applying Treadmill Belt Lubricant

Regular lubrication of the treadmill belt is crucial for maintaining performance and extending the life of your treadmill. Consult your treadmill's manual for specific lubrication intervals and procedures. General steps include:

1. Turn off and unplug the treadmill.
2. Loosen the rear roller bolts (if necessary) to slightly lift the belt.
3. Apply a thin line of lubricant evenly under the center of the belt, from front to back.
4. Tighten the rear roller bolts (if loosened).
5. Plug in the treadmill and walk on it at a slow speed for a few minutes to spread the lubricant.

5. MAINTENANCE

- **Treadmill Belt Lubrication:** Follow the instructions in Section 4.3 and your treadmill's manual for regular lubrication. This is vital for preventing friction and wear.
- **Cleaning:** Wipe down the remote control and safety switch with a soft, dry cloth. Avoid using harsh chemicals.
- **Storage:** Store all accessories in a cool, dry place away from direct sunlight when not in use.
- **Battery Replacement:** Replace remote control batteries as needed.

6. TROUBLESHOOTING

- **Remote Control Not Responding:**
 - Check and replace batteries.
 - Ensure the remote is paired correctly with your treadmill (refer to Section 3.3 and your treadmill's manual).
 - Verify there are no obstructions between the remote and the treadmill's receiver.
- **Treadmill Not Starting with Safety Switch Inserted:**
 - Ensure the magnetic safety switch is fully and correctly inserted into the treadmill's safety key slot.
 - Inspect the safety switch for any visible damage.
- **Treadmill Belt Squeaking or Sticking:**
 - This often indicates a need for lubrication. Apply treadmill belt lubricant as described in Section 4.3.
 - Check belt tension and alignment (refer to your treadmill's manual).

7. SPECIFICATIONS

Brand	Trisomy
Model	B30
Package Dimensions	5.24 x 2.83 x 2.83 inches
Item Weight	1 Ounce (approximate, for individual components)
Liquid Volume (Lubricant)	30 Milliliters
Recommended Use	Mechanical (Treadmill Accessories)

8. WARRANTY AND SUPPORT

Warranty information for the Trisomy B30 Treadmill Accessories Bag components is not provided within this manual or the product data. For specific warranty details or technical support, please contact Trisomy customer service directly or refer to the official Trisomy website.

For further assistance, please visit the [Trisomy Store on Amazon](#).

