

TODO T3840-new

TODO T3840-new Treadmill User Manual

Model: T3840-new

INTRODUCTION

Thank you for choosing the TODO T3840-new Treadmill. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before using the treadmill and keep it for future reference.

SAFETY INFORMATION

- Always consult with a physician before starting any new exercise program.
- Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it.
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Wear appropriate athletic footwear and clothing.
- Use the safety key clip at all times during operation.
- The maximum user weight capacity for this treadmill is 150 kg.

PACKAGE CONTENTS

Verify that all components are present in the package:

- TODO Treadmill Unit
- Power Cable
- User Manual
- Assembly Tools (if required)

SETUP INSTRUCTIONS

1. Unfolding the Treadmill

The treadmill is designed for tool-free quick folding. To unfold, simply turn the knob to lower the armrest and position the running deck. Ensure all locking mechanisms are securely engaged before use.



Image: Hands demonstrating the tool-free folding process of the treadmill.

2. Initial Placement

Place the treadmill on a level surface. Connect the power cable to a grounded outlet. Insert the safety key into its designated slot on the console.

LED Display & Upgrade Functions

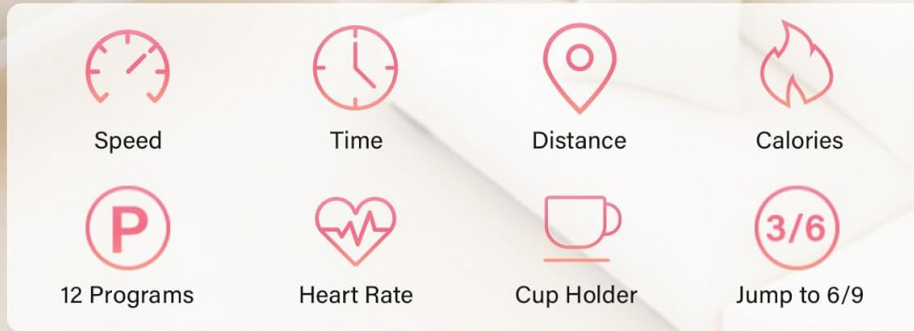


Image: A person running on the TODO T3840-new Treadmill, illustrating its operational setup.

OPERATING INSTRUCTIONS

1. Control Panel Overview

The treadmill features a large LED display and a multifunction control panel. The display shows real-time data such as speed, time, distance, calories burned, and heart rate. The color of the screen changes with speed for enhanced visual feedback.

Featuring 12 pre-set programmes on the **P Button** and 3 adjustable modes on the **M Button**.



Image: Close-up view of the treadmill's LED display and control buttons.



Image: Detailed view of the treadmill's multifunction control panel, showing various functions and display areas.

2. Starting and Stopping

- **To Start:** Ensure the safety key is in place. Press the 'START' button on the control panel. The treadmill will begin at a low speed.
- **To Stop:** Press the 'STOP' button. For emergency stops, pull the safety key from the console.

3. Speed Adjustment (1-12 km/h)

Use the '+' and '-' buttons on the control panel to increase or decrease the running speed. The speed range is 1-12 km/h.

4. Pre-set Programs (P1-P12)

The treadmill offers 12 pre-set programs. Press the 'P' button to cycle through the programs (P1 to P12). Once a program is selected, the treadmill will automatically adjust speed according to the program's profile. The default duration is 30 minutes, adjustable between 1 and 99 minutes using the '+' or '-' keys.

5. Manual Incline Adjustment (10%)

This treadmill features a 10% manual incline. To adjust the incline, you must manually set the incline level at the rear of the treadmill before starting your workout. This simulates outdoor hiking or uphill training, increasing calorie expenditure and engaging lower body muscles.



Image: Detail of the manual incline adjustment mechanism located at the rear of the treadmill.

6. Heart Rate Monitoring

Grip the heart rate sensors on the handlebars for approximately 5 seconds to display your heart rate data on the LED screen. The typical range is 50-200 bpm.

Tool-Free Quick Folding

Simply turn the knob to lower the armrest

Remove screws
for folding



Image: Close-up of a hand gripping the heart rate sensor on the treadmill handlebar.

7. Bluetooth Connectivity and App Integration

Activate Bluetooth on your phone or tablet and pair it with the treadmill. You can stream audio through the integrated speakers. The treadmill supports connection with fitness applications like Kinomap, Zwift, and Fitshow for personalized training programs and virtual scenarios.

App-Connected Treadmill for Ultimate Fun



Image: Detail of the integrated Bluetooth speaker on the treadmill console.

- 1-12km/h
- Charge sans fil
- Cardiofréquencemètre
- Haut-parleur Bluetooth

NEW

10%

Image: Overview of the treadmill highlighting features including app support and Bluetooth connectivity.

8. Wireless Phone Charging

Place your compatible smartphone on the designated wireless charging area on the console to charge your device during your workout.

FOLDING AND STORAGE

To fold the treadmill for storage, ensure it is turned off and unplugged. Follow the reverse steps of unfolding by turning the knob to raise the armrest and secure the running deck in its upright, folded position. The integrated wheels allow for easy movement and compact storage.



Image: Illustration of the treadmill's folding mechanism, showing how it becomes compact for storage.

MAINTENANCE

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Lubrication:** Periodically check the running belt for proper lubrication. Refer to the specific instructions for lubricating the running belt if needed (lubricant not included).
- **Belt Tension:** Ensure the running belt is properly tensioned and centered. Adjust if necessary according to the instructions provided in the full manual.

- **Storage:** Store the treadmill in a dry, cool place away from direct sunlight and moisture.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Treadmill does not start	Power cable unplugged, safety key not in place, power switch off.	Check power connection, ensure safety key is inserted, turn on power switch.
Running belt slips	Belt too loose, belt needs lubrication.	Adjust belt tension, lubricate the running belt.
Unusual noise during operation	Loose parts, motor issue, belt friction.	Inspect for loose parts and tighten, check belt for proper alignment and lubrication. If noise persists, contact customer support.
Bluetooth connection issues	Bluetooth not enabled on device, treadmill not in pairing mode, interference.	Ensure Bluetooth is active on your device, restart both devices, move closer to the treadmill.

SPECIFICATIONS

Feature	Detail
Brand	TODO
Model Name	T3840-new
Product Dimensions (L x W x H)	121 x 57 x 102 cm
Item Weight	26.57 Kilograms
Material	Metal
Maximum Speed	12 Kilometers per hour
Special Features	Integrated Speaker, Manual Incline, Heart Rate Monitor, Foldable, Adjustable Speed, Wireless Charging
Maximum Horsepower	3.5 HP
Maximum Incline Percentage	10% (Manual)
Display Type	LED
Power Source	Electric Cable
Meter Type	Calories Burned, Distance, Heart Rate, Time, Speed

Feature	Detail
Recommended Maximum Load	150 Kilograms
Number of Programs	12

WARRANTY AND SUPPORT

The TODO T3840-new Treadmill comes with a 1-year warranty. Free replacement of accessories is provided for two years from the date of your order. For technical support, warranty claims, or any questions regarding your product, please contact TODO customer service through your purchase platform.