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› FITKOL AI-Adaptive Treadmill NB2 User Manual

FITKOL NB2

FITKOL AI-Adaptive Treadmill NB2 User Manual

Model: NB2

1. INTRODUCTION

Thank you for choosing the FITKOL AI-Adaptive Treadmill NB2. This manual provides essential information for the safe and effective use of your new treadmill. The NB2 features an AI-adaptive training system that automatically adjusts speed and incline based on your heart rate, a smart fat-burning zone control, and a real-time AI running coach. Please read this manual thoroughly before operation and retain it for future reference.

THE TREADMILL THAT TRAINS WITH YOU.

SPORTMIND® finds your personal training zone and adjusts speed & incline as you run.



Real-Time Heart Rate Tracking
Knows your body. Stays in your zone.



Real-timeReal Auto Adjusts Speed & Incline
Responds to you, not a preset.



Responds to you, not a preset.
Designed around you. For you.



No Guesswork.



Better Runs.



Easier to Keep Going.

YOUR ZONE



126-142 BPM

SPORTMIND® ADJUSTING

Speed ↑ 5.6 mph | Incline ↑ 4%

This image illustrates the FITKOL AI-Adaptive Treadmill in use, highlighting its intelligent display that provides real-time feedback on heart rate, speed, and incline, adapting to the user's performance.

2. IMPORTANT SAFETY INFORMATION

Before using the FITKOL AI-Adaptive Treadmill NB2, please read and understand all safety precautions. Failure to follow these instructions may result in injury or damage to the product.

- Always consult with a healthcare professional before starting any new exercise program.
- Place the treadmill on a level, stable surface with adequate clearance around it (at least 6 feet behind and 2 feet on each side).
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear and clothing.

- Use the safety key at all times. Attach the clip to your clothing before starting your workout.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Keep hands and feet clear of moving parts.
- Unplug the treadmill from the power outlet when not in use or before cleaning and maintenance.
- Maximum user weight capacity is 440 lbs (200 kg). Do not exceed this limit.

3. WHAT'S IN THE BOX

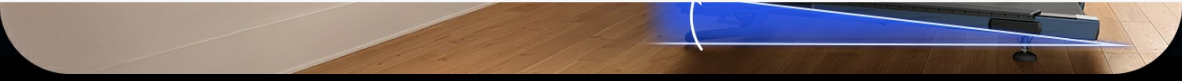
Carefully unpack all components and ensure you have received the following items:

- FITKOL AI-Adaptive Treadmill NB2 Main Unit
- Safety Key
- Tool Kit
- User Manual (this document)
- Power Cord

4. SETUP AND ASSEMBLY

The FITKOL AI-Adaptive Treadmill NB2 is designed for straightforward assembly. While some components may come pre-assembled, it is recommended to have two people for the assembly process to ensure safety and ease.

1. **Unpacking:** Remove all packaging materials and place the treadmill frame on a clear, level surface.
2. **Frame Assembly:** Follow the detailed instructions in the included assembly guide (part of the tool kit) to secure the uprights and console to the base. Ensure all bolts are tightened securely.
3. **Console Connection:** Connect any necessary cables from the uprights to the console as indicated in the assembly guide.
4. **Power Connection:** Plug the power cord into a grounded electrical outlet.
5. **Initial Profile Setup:** Power on the treadmill. The system will guide you through a one-time profile setup, which includes entering basic biometric data for the AI coaching system.



How **SPORTMIND®** Keeps You in Your Zone



1. Builds Your Profile
Learns your age, height, weight, recent running history and fitness goals through the app.



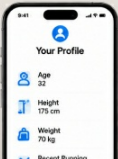
2. Finds Your Target Zone
AI analyzes your profile to determine the heart rate zone best suited to your body and goals.



3. Monitors & Adjusts
Tracks your heart rate in real time and adjusts speed and incline only when needed.



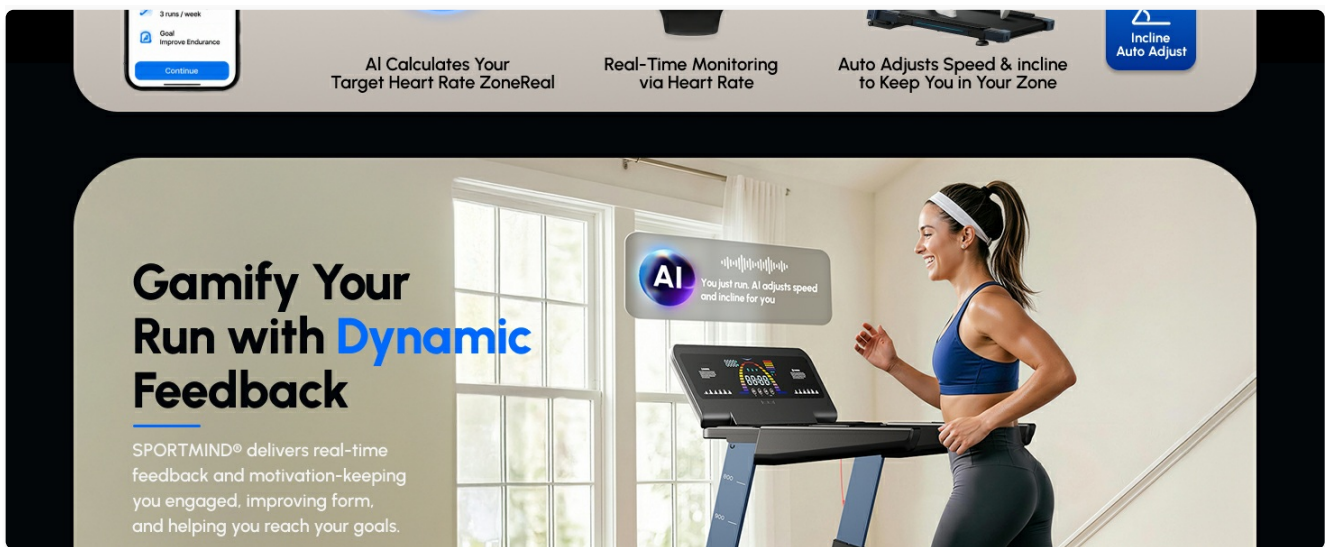
4. Better Results
Helps keep your heart rate in your target zone for a smarter, more personalized run.







This image shows a side view of the FITKOL AI-Adaptive Treadmill NB2, illustrating its compact design suitable for home use. It provides a visual reference for the treadmill's overall structure during setup.



A front view of the FITKOL AI-Adaptive Treadmill NB2, showcasing the console and running deck. This image helps users visualize the treadmill's appearance and console layout during the setup phase.

5. OPERATING INSTRUCTIONS

The FITKOL AI-Adaptive Treadmill NB2 offers an intelligent and personalized workout experience. Familiarize yourself with its features for optimal use.

5.1 Getting Started

1. **Power On:** Ensure the treadmill is plugged in and the main power switch (usually located near the front base) is in the "ON" position.
2. **Attach Safety Key:** Clip the safety key to your clothing and insert the other end into the designated slot on the console. The treadmill will not operate without the safety key in place.
3. **Select Workout Mode:**
 - **AI-Adaptive Mode (SportMind AI):** This is the primary mode where the treadmill automatically adjusts speed and incline based on your real-time heart rate and pre-set goals. Select this mode for a guided, optimized workout.
 - **Manual Mode:** For traditional workouts, you can manually control speed (0.6-9.6 MPH) and incline (0-10%) using the console buttons.
4. **Start Workout:** Press the "Start" button. The belt will begin to move at a low speed. Gradually increase your pace.
5. **End Workout:** To stop, press the "Stop" button or pull the safety key. The treadmill will gradually slow down and stop.

5.2 AI-Adaptive Training System (SportMind AI)

The SportMind AI system continuously monitors your heart rate and adjusts the treadmill's speed and incline to keep you in your optimal training zone. This system learns and evolves with each workout, providing a personalized experience without manual adjustments.

- **Real-Time Heart Rate Tracking:** The AI uses your heart rate data (from compatible devices like Apple Watch or Fitkol wristband) to make adjustments.
- **Auto Speed & Incline Adjustment:** The treadmill will automatically increase or decrease speed and incline to maintain your target heart rate zone for fat burning or cardiovascular improvement.

- **Free AI Coaching:** The integrated AI coach provides guidance and feedback throughout your session, helping you maintain proper form and motivation.

Your browser does not support the video tag.

This video illustrates how the FITKOL AI-Adaptive Treadmill automatically adjusts its speed and incline settings in real-time, responding to the user's heart rate to maintain an optimal workout intensity. It highlights the seamless integration of AI into the exercise experience.

Your browser does not support the video tag.

This video demonstrates the personal AI running coach functionality of the FITKOL treadmill. It shows how the AI provides real-time feedback and guidance to the user, helping them optimize their running form and achieve their fitness goals.



THE BENEFITS YOU CAN FEEL

-  **Always in the Right Zone**
AI keeps your intensity perfect for better results.
-  **Burn More Calories**
Stay in your optimal zone to burn fat more effectively.
-  **Less Fatigue, More Endurance**
AI prevents overexertion so you can go further.
-  **Safer, Smarter Workouts**
Real-time heart rate monitoring keeps you safe and on track..
-  **Build a Consistent Habit**
Workouts that adapt to you make it easier to stick with it.

TRADITIONAL TREADMILL	VS	SPORTMIND AI TREADMILL
 Manual adjustments		 AI adjusts automatically
 Too fast or too slow		 Always the right pace
 Easy to get tired		 More energy, better results
 Hard to stay consistent		 Easier to build habit
 Guesswork every time		 Personalized every run

This image presents a comparison between a traditional treadmill and the SportMind AI treadmill, illustrating how the AI system provides benefits like optimal pacing, better results, and easier habit building compared to manual adjustments.

AI Running Coach now
Heart rate too high. Reducing speed to 3.0 MPH. Incline steady.

SPORTMIND® learns your body data and fitness goals through the app.

AI Calculates Your Target Heart Rate ZoneReal

Real-Time Monitoring via Heart Rate

Auto Adjusts Speed & Incline to Keep You in Your Zone

Speed Auto Adjust

Incline Auto Adjust

This image depicts a woman exercising on the treadmill alongside a visual representation of the AI running coach, emphasizing the real-time guidance and adjustments provided by the AI based on heart rate and performance.

5.3 Console and Display

The LED display provides key workout metrics:

- **Speed:** Current running speed.
- **Incline:** Current incline level.
- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Calories Burned:** Estimated calories expended.
- **Heart Rate:** Your current heart rate (requires compatible heart rate monitor).

5.4 Connectivity

The treadmill supports Bluetooth and Wi-Fi connectivity for enhanced features:

- **App Integration:** Connect to the FITKOL app for advanced tracking, workout history, and AI optimization.
- **Device Compatibility:** Compatible with Apple Watch and the FITKOL Bio-Sync Watch for accurate heart rate tracking.



This image highlights the compatibility of the FITKOL AI-Adaptive Treadmill with external devices, specifically showcasing the FITKOL Bio-Sync Watch and Apple Watch for integrated heart rate monitoring and data synchronization.

6. MAINTENANCE AND CARE

Regular maintenance ensures the longevity and optimal performance of your FITKOL AI-Adaptive Treadmill NB2.

6.1 Cleaning

- **Daily:** Wipe down the console and handrails with a soft, damp cloth after each use to remove sweat and dust.
- **Weekly:** Clean the running belt and deck with a mild detergent solution. Ensure the treadmill is unplugged before cleaning.
- **Monthly:** Vacuum around and under the treadmill to prevent dust buildup from affecting motor performance.

6.2 Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the assembly guide for specific lubrication points and frequency. Typically, lubrication is needed every 3-6 months depending on usage.

6.3 Belt Adjustment

Over time, the running belt may require tension or centering adjustments. If the belt feels loose, slips, or drifts to one side, consult the assembly guide for instructions on how to adjust the belt tension and alignment using the provided tool kit.

7. TROUBLESHOOTING

If you encounter any issues with your FITKOL AI-Adaptive Treadmill NB2, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; main power switch off; safety key not inserted.	Ensure power cord is securely plugged into a grounded outlet. Turn main power switch ON. Insert safety key fully into its slot.
Running belt slips or hesitates.	Belt tension too loose; belt requires lubrication.	Adjust belt tension according to the assembly guide. Apply lubricant to the running deck as per maintenance instructions.
Running belt drifts to one side.	Belt alignment is off.	Adjust belt alignment using the rear roller bolts as described in the assembly guide.
Unusual noise during operation.	Loose components; motor issue; belt friction.	Check all bolts and screws for tightness. Ensure belt is lubricated. If noise persists, contact customer support.
Heart rate reading is inaccurate.	Sensor placement incorrect; incompatible device; low battery in external device.	Ensure heart rate sensor (e.g., wristband) is worn correctly. Verify device compatibility. Check battery levels of external devices.

8. SPECIFICATIONS

Detailed technical specifications for the FITKOL AI-Adaptive Treadmill NB2:

Feature	Detail
Brand	FITKOL
Model Name	NB2
Product Dimensions (D x W x H)	61.69"D x 59.09"W x 28.8"H
Item Weight	136 pounds
Material	Alloy Steel
Maximum Speed	9.6 MPH (16 km/h)
Maximum Incline Percentage	10% (10 Levels)
Motor Horsepower	5.0 HP (Peak)
Maximum Weight Recommendation	440 pounds (200 kg)
Running Deck Dimensions	20" W x 54" L (approximate, derived from "Spacious 20" X 54" Running Deck")
Display Type	LED

Feature	Detail
Connectivity Technology	Bluetooth, Wi-Fi
Metrics Measured	Calories Burned, Distance, Heart Rate, Speed
Power Source	Corded Electric
Special Features	AI-Adaptive Speed & Incline, Smart Heart Rate Control, Real-Time AI Running Coach, Built-In Speaker, Multi-Layer Cushioned Belt, Multi-Point Shock Absorption



This diagram provides a comprehensive overview of the FITKOL AI-Adaptive Treadmill's specifications, including its physical dimensions, the powerful 5.0 HP brushless motor, speed and incline ranges, and the advanced 7-layer diamond-patterned running belt for comfort and durability.

Comfort You Feel. Space You'll Love.

Designed for your home.
Built for your Results.



Built Around You

Powerful performance
without noise.



Solid & Stable.

Built with a reinforced frame for
confident every step.



Safer for Your Joints.

Smoother impact, kinder on
your knees.



Easy to Use.

Intuitive control.
Start and Go.

UP TO 10%
Auto Incline

20" Wide Belt



Powerful. Durable.

Brushless motor for
smooth, long-lasting power.



Smart Console.
Everything at a Glance.



Built to Last.
Safety You Can Trust.

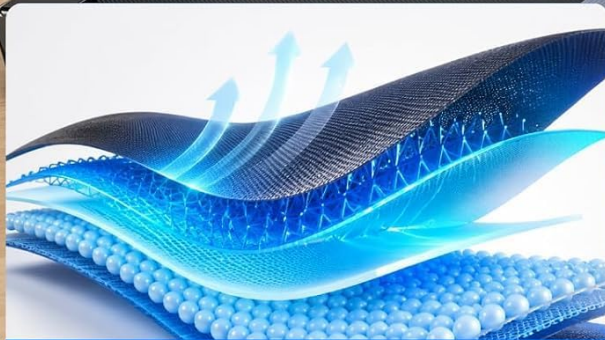


Ready to Go.
Minimal Setup.

This image showcases key structural and functional features of the FITKOL treadmill, such as the spacious 20-inch wide running belt, automatic incline up to 10%, the powerful and durable motor, the intuitive smart console, and the solid, reinforced frame designed for stability and safety.

Stable Support, Softer Landings

Advanced cushioning technology helps reduce impact for a smoother, more comfortable workout.



Multi-Layer Cushioned Belt
Provides superior comfort with every step



Multi-Point Shock Absorption
Helps reduce impact and protect your joints

This image focuses on the advanced cushioning system of the FITKOL treadmill, detailing the multi-layer cushioned belt and multi-point shock absorption technology that work together to reduce impact and protect joints during workouts, ensuring a softer and more comfortable running experience.

9. WARRANTY INFORMATION

FITKOL provides the following warranty for your AI-Adaptive Treadmill NB2:

- **Frame:** Ten (10) years from the initial date of purchase.
- **Motor and Other Parts:** One (1) year from the initial date of purchase.
- **Labor:** One (1) year free-of-charge from the initial date of purchase.

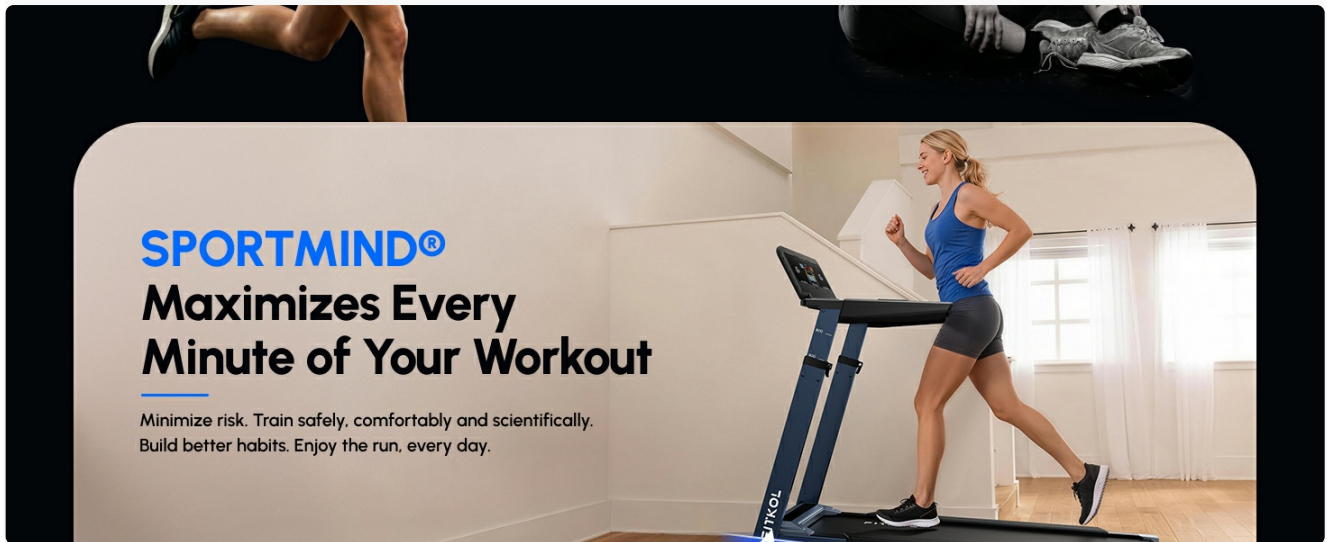
Please retain your proof of purchase for warranty claims. The warranty covers manufacturing defects and does not cover damage resulting from misuse, neglect, or unauthorized modifications.

10. CUSTOMER SUPPORT

For any questions, assistance, or technical support regarding your FITKOL AI-Adaptive Treadmill NB2, please contact our customer service team.

- **Email Support:** Professional customer assistance whenever you need it. Expect replies within 24 hours.
- **AI App Support:** Assistance with software updates, AI optimization, and training guidance.
- **Returns:** 30-day easy returns policy.

For the most up-to-date contact information and support resources, please visit the official FITKOL website or refer to the contact details provided with your purchase documentation.



This image illustrates the comprehensive customer support offered by FITKOL, featuring a friendly representative and icons detailing available services such as email support, quick responses, a 30-day return policy, warranty protection, and dedicated AI app support.