

TREAFLow 3120WK

TREAFLow Walking Pad Treadmill User Manual

Model: 3120WK

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your TREAFLow Walking Pad Treadmill, Model 3120WK. This under-desk treadmill is designed for walking and light jogging, featuring an 8% fixed incline, a 2.5 HP motor, and a compact design for home and office use. Please read this manual thoroughly before operation and retain it for future reference.

2. SAFETY INFORMATION

To reduce the risk of serious injury, always follow basic precautions when using this appliance, including the following:

- Read all instructions before using the treadmill.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Ensure the power cord is not pinched or damaged.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate athletic footwear.
- Do not exceed the maximum weight capacity of 265 lbs (120 kg).
- Always use the remote control to adjust speed and stop the treadmill.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

3. PACKAGE CONTENTS

Verify that all components are present in the package:

- TREAFLow Walking Pad Treadmill (Model 3120WK)
- Remote Control
- Power Cord
- Tool Kit (for assembly and maintenance)
- Lubricating Oil
- User Manual (this document)



Figure 3.1: Included components with the TREAFLow Walking Pad Treadmill.

4. SETUP INSTRUCTIONS

Follow these steps to set up your walking pad treadmill:

1. **Unpacking:** Carefully remove the treadmill and all components from the packaging.
2. **Placement:** Place the treadmill on a firm, level surface. Ensure there is at least 2 feet (0.6 meters) of clear space behind the treadmill and 1 foot (0.3 meters) on each side.
3. **Power Connection:** Connect the power cord to the treadmill's power input and then plug it into a grounded electrical outlet.
4. **Remote Control:** Ensure the remote control has batteries installed (if not pre-installed).

Easy Fold Design for Effortless Storage



Figure 4.1: The treadmill's compact design allows for easy movement and storage.

The treadmill features an 8% fixed incline, designed to simulate uphill walking for enhanced calorie burn and leg muscle strengthening. This incline is integrated into the design and does not require manual adjustment.

Walking Pad with 8% Incline

Elevate Your Fat Burn with Adjustable Incline



Figure 4.2: The treadmill features an 8% fixed incline for an elevated workout.

5. OPERATING INSTRUCTIONS

Your TREAFLow Walking Pad Treadmill is operated via the included remote control.

5.1 Powering On/Off

- To power on, ensure the treadmill is plugged in and press the power button on the remote control. The LED display will

illuminate.

- To power off, press and hold the power button on the remote control until the display turns off.

5.2 Using the Remote Control

The remote control allows you to start, stop, and adjust the speed of the treadmill.

- **Start/Stop Button:** Press to start or stop the treadmill belt.
- **Speed Up (+):** Press to increase the walking speed.
- **Speed Down (-):** Press to decrease the walking speed.
- **Mode Button (M):** Cycles through different display modes (Time, Distance, Calories).

Magnetic Remote & LED Display

Pause Whenever.
Your workout data stays saved,
ready to continue seamlessly.



Figure 5.1: The LED display and remote control for tracking and adjusting your workout.

5.3 Speed Modes

The treadmill supports a speed range of 0.6 to 4.0 MPH, offering multiple modes for various activities:

- **Work Mode:** 0.6 – 1.5 MPH (Ideal for walking while working at a desk).
- **Casual Walking:** 0.6 – 2.5 MPH (Suitable for leisurely walks).
- **Light Jogging:** 2.5 – 4.0 MPH (For a brisk walk or light jog).

5.4 LED Display

The bright LED screen on the treadmill tracks your workout data in real-time:

- **Speed:** Current walking/jogging speed.
- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.



6. MAINTENANCE

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

6.1 Cleaning

- Always unplug the treadmill before cleaning.
- Wipe down the treadmill surface with a damp cloth after each use to remove sweat and dust.
- Do not use abrasive cleaners or solvents.

6.2 Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided lubricating oil.

- Frequency: Lubricate every 3 months or after 100 hours of use, whichever comes first.
- Procedure: Lift the edge of the running belt and apply a small amount of silicone lubricant directly onto the center of the deck. Run the treadmill at a low speed (e.g., 1 MPH) for 5 minutes to distribute the lubricant evenly.

6.3 Belt Adjustment

If the running belt shifts to one side or slips, it may need adjustment. Use the L-wrench from the tool kit.

- **Centering the Belt:** If the belt drifts to the left, turn the left rear roller bolt clockwise by a quarter turn. If it drifts to the right, turn the right rear roller bolt clockwise by a quarter turn. Run the treadmill for a few minutes and re-check. Repeat if necessary.
- **Tightening the Belt:** If the belt slips during use, turn both rear roller bolts clockwise by a quarter turn simultaneously. Run the treadmill and test for slipping. Repeat if necessary. Do not overtighten.

Shock Absorption for Comfort & Joint Care



5-Layer
Running Belt



6 PCS
Shock-Absorbers



Gentle
on Joints



Figure 6.1: The multi-layer belt and shock absorption system.

7. TROUBLESHOOTING

Refer to this section for common issues and their solutions.

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not connected; Power switch off; Remote control battery low.	Ensure power cord is securely plugged in; Check the main power switch; Replace remote control batteries.
Running belt stops or slows down during use.	Overload (user weight exceeds capacity); Belt friction too high; Motor overheating.	Ensure user weight is within limits; Lubricate the running belt; Allow treadmill to cool down.
Running belt shifts to one side.	Belt misalignment.	Adjust the running belt using the rear roller bolts (refer to Section 6.3).
Unusual noise from the treadmill.	Loose parts; Lack of lubrication; Foreign object.	Check for and tighten any loose screws; Lubricate the belt; Inspect for and remove any foreign objects.

8. SPECIFICATIONS

Key technical specifications for the TREAFLow Walking Pad Treadmill Model 3120WK:

- **Brand:** TREAFLow
- **Model Number:** 3120WK
- **Product Dimensions (D x W x H):** 42.12" x 19.09" x 3.93"
- **Material:** Alloy Steel
- **Maximum Speed:** 4.0 MPH
- **Minimum Speed:** 0.5 MPH
- **Maximum Incline Percentage:** 8% (Fixed)
- **Maximum Horsepower:** 2.5 HP
- **Maximum Weight Recommendation:** 265 pounds
- **Power Source:** Corded Electric
- **Control Method:** Remote Control
- **Special Features:** Lightweight, Manual Incline, Wheeled for portability

9. WARRANTY AND SUPPORT

9.1 Warranty Information

This product comes with a manufacturer's warranty. Please refer to the warranty card included in your package for specific terms and conditions. Optional extended protection plans may be available for purchase, such as a 2-Year Protection Plan.

9.2 Customer Support

For technical assistance, troubleshooting, or warranty claims, please contact TREAFLow customer service. Contact information can typically be found on the product packaging, the official TREAFLow website, or your purchase receipt.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question