



BluMill Treadmill plus Bluetooth User Manual

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BluMill Treadmill plus Bluetooth



WHAT'S IN THE BOX

Remove the treadmill and other components from the packaging – save the packaging until you have fully assembled and tested the treadmill. Note, returns must be returned in the original packaging for safety reasons. If any of the components are missing, damaged in transit or simply don't work, please contact the Customer Care team immediately for further instructions. Note, do not try to resolve any issues yourself as this could lead to further damage or injury.



Treadmill Frame



Handrests, Control Pad
and iPad Holder



Tool Kit

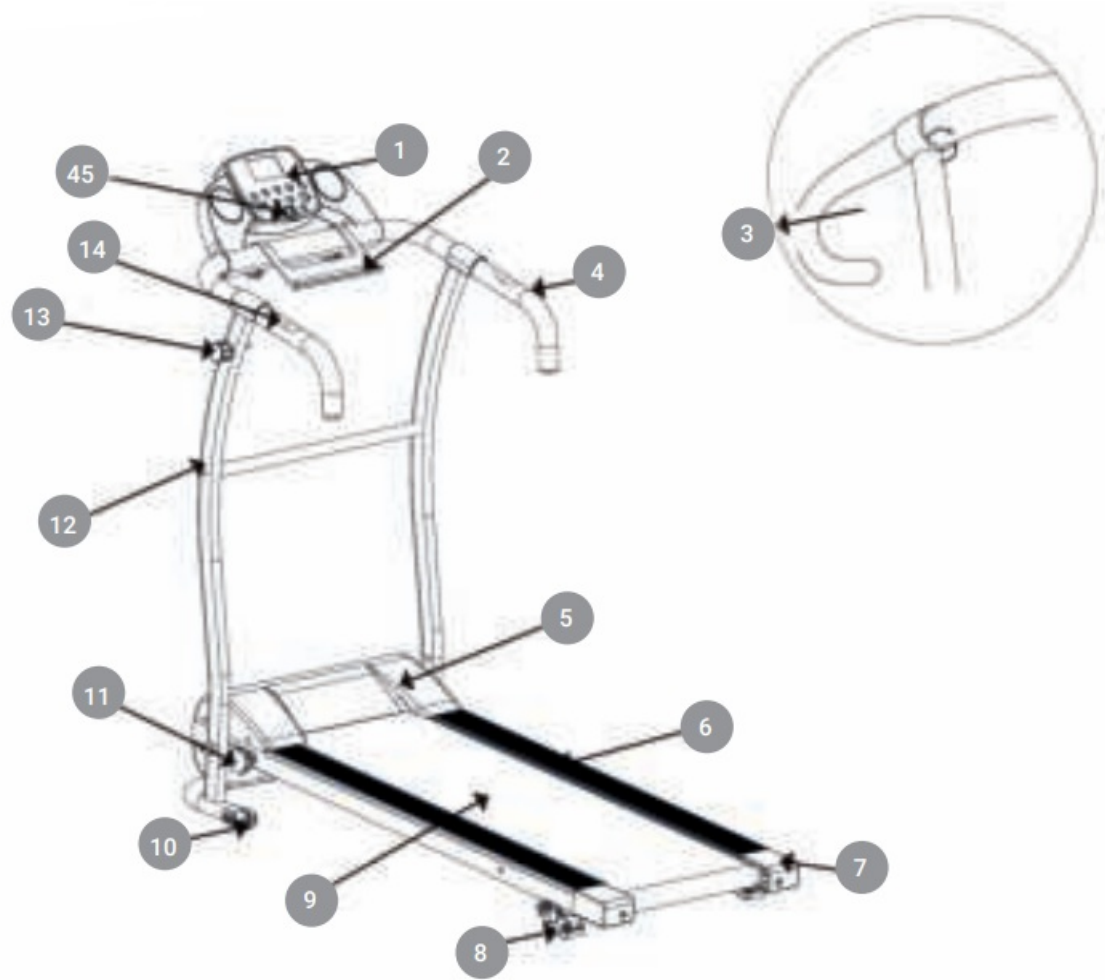
TOOL KIT

- Allen Key x 1
- Safety Key (emergency stop) x 1
- Decorative Handrest Cover x 2
- Safety Locks (to fold and unfold) x 2
- Control Pad Locks x 2

SAFETY INSTRUCTIONS

- Place the treadmill flat on the ground away from water and heat.
- Avoid placing the treadmill on thick carpet – it should be placed on a flat clean surface allowing air to circulate around it freely to avoid ove-heating the motor.
- To fold and unfold the treadmill, refer to the Folding Instructions section below.
- To turn on the treadmill, connect the power cord to the wall and turn on the red On/Off switch at the back of the treadmill and avoid sharing the power outlet with other electrical products.
- Grounding electrical equipment is important and reduces the risk of electrical shock. The electrical cord and plug provided with the treadmill are grounded therefore a grounded power outlet must be used to avoid injury.
- Always check the running belt alignment each time you use the treadmill the running belt will move to one side with use – to align the running belt correctly and tighten it when it becomes sticky under foot and loose, refer to the Belt Alignment section in page10 . It's important you do this correctly to avoid injury.
- To start the treadmill, place the safety key on the yellow circle on the Control Pad and attach the clip to your clothing. Note, the treadmill will not start unless you place the safety key on the yellow circle.
- START the treadmill at the lowest speed and hold onto the handrests. Note, there should be a 3 second countdown before the running belt begins to move.
- In the event the treadmill malfunctions, PULL the safety key from the Control Pad – the treadmill will stop immediately, turn OFF the red power switch at the back of the treadmill, disconnect the power, and contact the customer care team for further instructions.
- Regular maintenance will prolong the life of your treadmill and prevent injury
- Always use proper lifting techniques and/or assistance when lifting or moving the treadmill to avoid injury.
- Never leave the treadmill unattended or plugged in especially if there are young children around.
- Always turn the treadmill OFF at the wall and remove the plug when it's not in use – this applies when you are cleaning or moving the treadmill.
- The treadmill is not suitable for children under 14 years of age or for people with physical conditions unless supervised by an adult.
- The treadmill is designed for home use only and should only be used indoors in a clean dry area.

TREADMILL



- Control Pad
- iPad Holder
- Control Pad Sensor Wires
- Handrests
- Motor Cover
- Running Belt Safety Rails
- Rear Cover
- Manual Incline (three levels)
- Running Belt
- Transport wheels
- Safety Lock
- Upper Frame
- Safety Lock (Expandable)
- Hand Pulse
- Emergency Safety Key

FitShow App Installation

- **Android**
 - Download your favorite application from Google PlayStore.

- **IPAD / IPHONE**

- Download your favorite application from the AppStore.

How to use the App

- Download the app in the PlayStore or AppStore on your mobile device.
- Once the App has been installed, please follow the App instructions to register an account and login.
- Turn on the Bluetooth function on your mobile device. Be sure to disable all restrictions that affect Bluetooth, so the mobile device can be seen on the treadmill.
- Turn on the treadmill and open the application on your mobile device.
- Click on the 'device' button. The treadmill shows up in the screen.
- Click on 'connect'.
- Now you can select your desired workout

TECHNICAL SPECS

Product Dimensions (Unfolded)	126 x 60 x 120 cm	Motor Power	735 W
Product Dimensions (Folded)	120 x 60 x 68 cm	Rated Voltage/ Frequency	220-240 V 50 / 60 Hz
Max User Weight	110 kg	Machine Weight	24 kg
CE Certified			
LCD Display	Speed, Time, Distance, Calories,Pulse		

PRODUCT FEATURES

- Model: HSM-T09D5
- User Manual
- Handrests with padded foam
- Hand Pulse
- Running surface 100*34CM
- Speed range: 1-10KM/H
- 12 pre-set programs / 1 manual
- 4 Speed Quick Start Keys
- Fitshow APP
- iPad Holder
- 2 Water Bottle Holders
- Safety Key (emergency stop)
- Manual Incline(3 levels)
- Transport wheels
- Easy to Use Control Pad displaying
- Speed, Time, Distance, Calories, Pulse and Pre-set Programs

ASSEMBLY INSTRUCTIONS

- Place the Treadmill frame on the ground, pull the spring cotter to open the frame upright



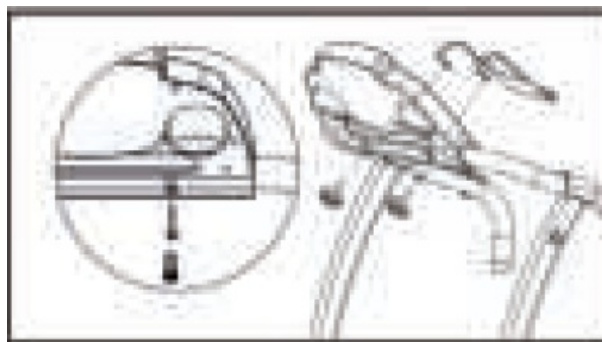
- Screw the safety lock in place to keep the frame upright and secure



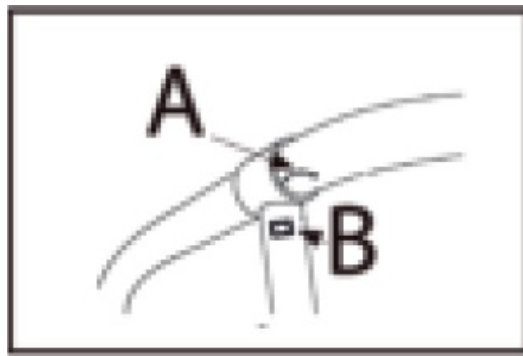
- Screw off bolts/washers on two stand columns, fix the hand rests and Control Pad onto the stand columns, using the bolts/washers to fix and place the decorative covers over the bolts.



- Screw off the small silver bolt on the backside of the control panel. Mounting the control panel Align the control panel and iPad Holder with two black screws, screwing in place tightly by hand.

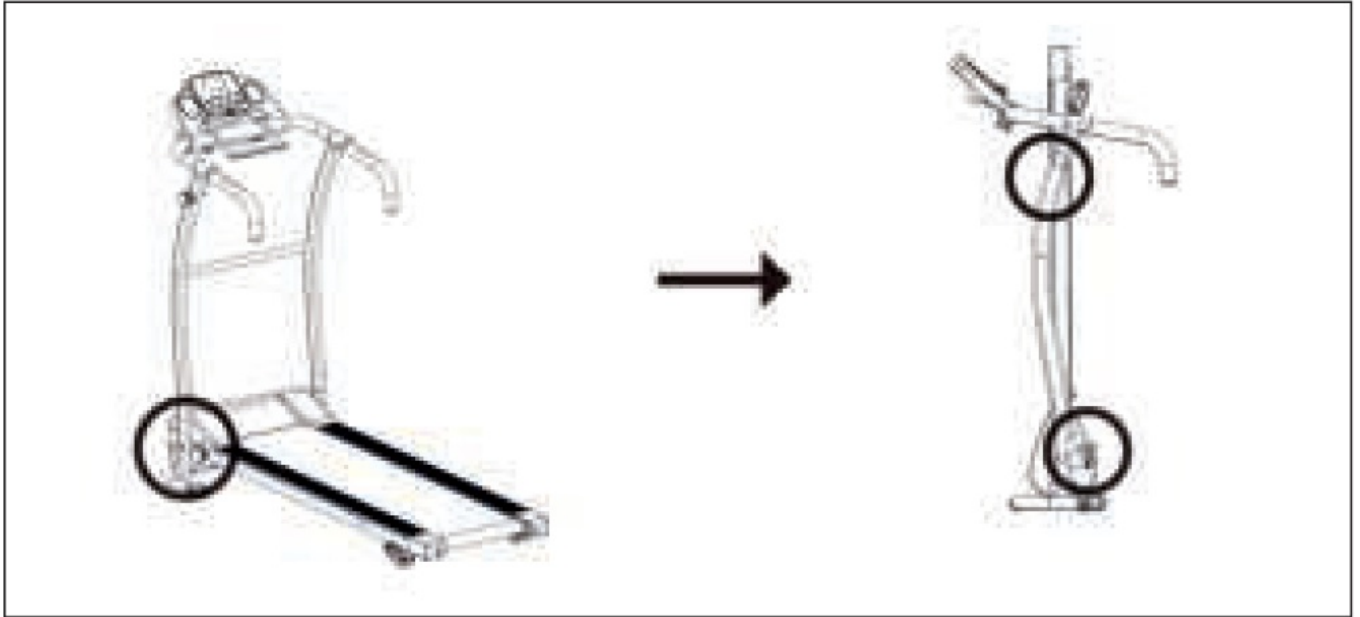


- Internal wire, do not rotate the control panel!

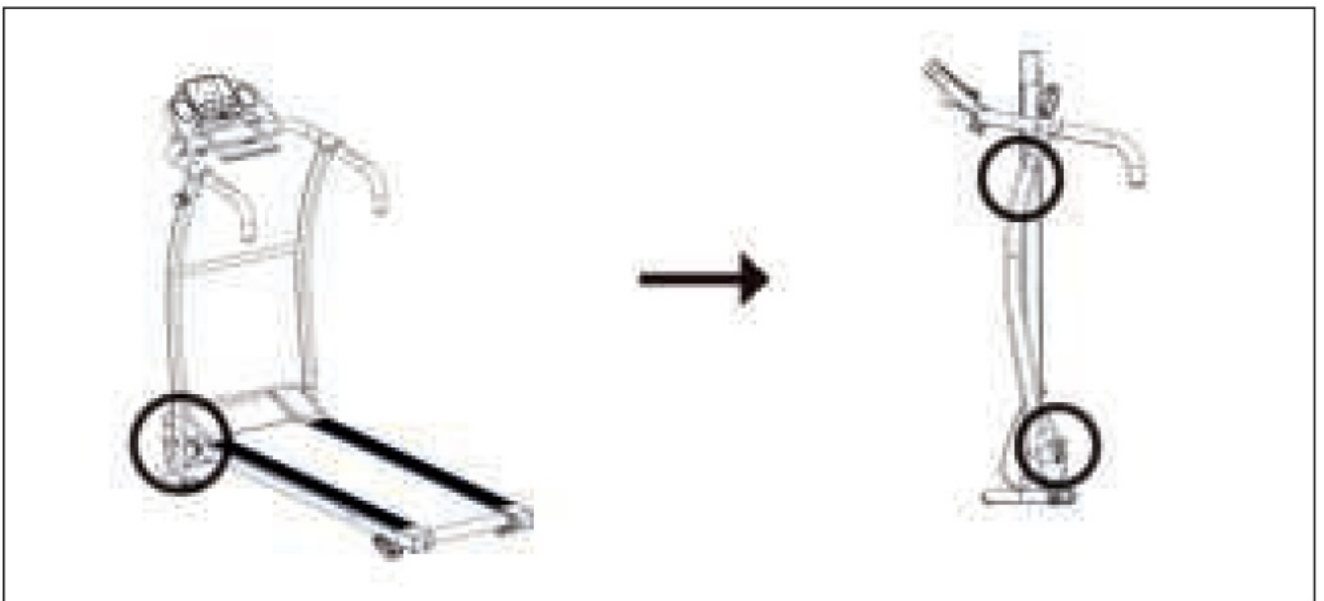


- Connect the Control Pad signal cable (A) to the signal cable on the frame (B).

FOLDING INSTRUCTIONS



- After using, unscrew the safety lock on the bottom frame and place it in the safety lock holder, fold the treadmill and pull the spring cotter out from the upper frame and release to lock the treadmill in an upright position.
- Release the spring cotter and lower the bottom frame to the ground. Screw the safety lock to the bottom frame to lock the upper frame in an upright position.



OPERATING INSTRUCTIONS



Safety key To start the treadmill, the Safety Key must be attached to the Control Pad (yellow circle) and your clothing. Note, the treadmill will not start unless you do this. You can STOP the treadmill at any time by pulling the Safety Key off the Control Pad – the treadmill will STOP immediately.

Starting the treadmill Turn the power on at the wall and turn the red power switch on at the back of the treadmill and place the Safety Key on the Control Pad. Now press the START key – the Control Pad will beep and the LCD display will light up – the treadmill is now in Standby Mode. Now select the Manual Mode or a Pre-set Program by referring to the instructions below.

Selecting the PRE-SET programs

- To select a pre-set program, keep pressing the PROG key to switch between programs.
- Now change the TIME by using the Speed + and Speed – keys then press the START key to start the treadmill and a 3 second countdown will begin (Time range 5-99 minutes)

The speed changes every time interval as per the table below (the time interval depends on the time you set)

Program			Speed (km/h) per segment																	
P1	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P2	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P3	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P4	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P5	2	4	4	5	6	7	7	5	6	7	8	8	5	4	4	6	5	5	4	2
P6	2	4	3	4	5	4	8	7	5	7	8	3	6	4	4	2	5	4	3	2
P7	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P8	2	3	3	6	7	7	4	6	7	4	4	4	6	7	4	4	4	2	3	2
P9	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	3	4	5	9	5	9	5	5	5	9	9	5	5	5	9	9	8	7	6	3
P12	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3

Manual Mode

- To select the Manual Mode, press the MODE key.
- Use the Speed + and Speed – keys to change the default TIME or DISTANCE.
- Now press the START key and a 3 second countdown will begin.
- To change the speed, use the Quick Start Speed keys or the Speed + and Speed – keys.

Stopping the treadmill To stop the treadmill at any time, simply press the STOP key or remove the Safety Key from the Control Pad.

Turning off the treadmill When you are finished, press the STOP key, turn the red power switch OFF at the back of the treadmill, turn the power OFF at the wall, and remove the plug from the wall. Refer to the Maintenance section for more information on how to maintain your treadmill.

RUNNING BOARD/BELT MAINTENANCE

The treadmill running belt has been pre-lubricated prior to leaving the factory. With use the running belt will move to the left or right and become loose. In order to protect your investment and prolong the life of your treadmill it's important to know how to lubricate, tighten and align the running belt correctly. For this reason, refer to the instructions below.

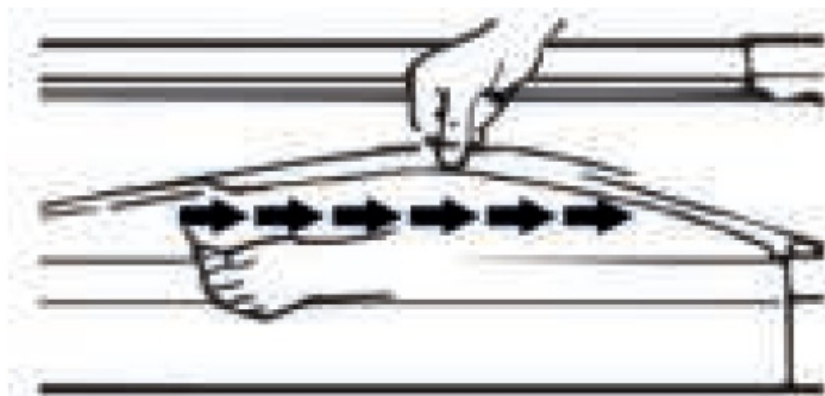
RUNNING BOARD/BELT LUBRICATION Lubricating under the running belt will ensure superior performance and extend its life expectancy. After the first 25 hours of use (or 2-3 months) apply some lubricant, and repeat for every following 50 hours of use (or 5-8 months).

How to check running belt for proper lubrication

Lift one side of the running belt and feel the top surface of the running deck. If the surface is slick to the touch, then no further lubrication is required. If the surface is dry to the touch, apply some lubricant.

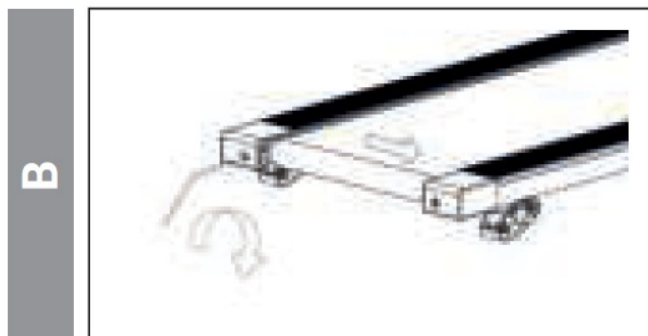
How to apply lubricant Lift one side of running belt

Pour some lubricant under the centre of the running belt on the top surface of the running deck. Run on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.



RUNNING BELT ALIGNMENT

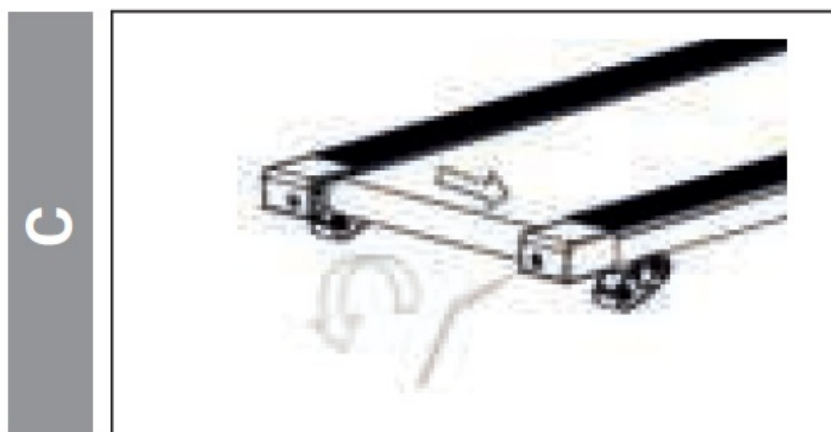
We strongly recommend you check the alignment of the running belt when you take it out of the box to ensure it has moved during transit and before or after each workout to avoid injury. Adjust the left and right sides at the same time to keep the running belt tight and centered.



ADJUST A LOOSE RUNNING BELT

With use, the running belt will become loose. A simple way to check if the running belt is loose it is will bunch up in the middle of the belt. If you are running on the belt and it feels unstable (wobbly) or your feet are sticking to the belt, STOP the treadmill immediately and tighten the belt to avoid injury.

- Place the treadmill on a fl at level surface.
- To adjust the tightness of the belt, STOP the treadmill.
- Use the Allen key provided and turn the end cap screw a ¼ turn clockwise – see illustration C.



- START the treadmill on a medium speed – check the belt is centered, if not keep turning the screw a ¼ turn

clockwise at a time until the belt is centered.

MAINTENANCE

- Remove the power cord from the wall after use, especially if children are around.
- It's especially important to keep the running belt, safety side rails and the floor under the belt clean and free of dust and dirt to avoid increased wear and tear and possible damage to the treadmill.
- Clean the treadmill after use with a dry cloth to clean the Control Pad and areas around the Power Switch – use a soft cloth and cleanser to remove stubborn stains and dirt off the Running Belt.
- Check the running belt alignment each time before you use the treadmill (it will move with use) – refer to the Adjusting the Running Belt section above.
- Keep the running belt lubricated – refer to the Running Belt Maintenance section.
- Keep the treadmill in a safe dry place away from heat and water.


TROUBLESHOOTING

REF	PROBLEM	SOLUTION
1	THERE IS NO DISPLAY ON THE CONTROL PAD.	<p>Check the power outlet and the switch at the back of the treadmill are turned ON.</p> <p>Check the Control Pad sensor wires are connected to the frame (A) and (B) – refer to the Assembly instructions above. Place the Safety Key magnet on the yellow circle on the Control Pad and attach the safety cord to your clothing. Press the START key on the Control Pad – the running belt should move after 3 seconds.</p> <p>If there is no change, try a different power outlet. Note, the Control Pad will automatically turn off when not in use. Failing this, call Customer Care.</p>
2	THERE IS NO DISPLAY ON THE CONTROL PAD.	<p>Check the voltage – it could be too low. Try a different power outlet. Check the Safety Key is attached to the Control Pad.</p> <p>If there is no change, call Customer Care.</p>
3	THE RUNNING BELT IS LOOSE.	Refer to the Running Belt Maintenance section above. Refer to the how to video on the Salus Sports website. If there is no change, call Customer Care.
4	THE RUNNING BELT HAS MOVED TO THE RIGHT OR LEFT.	Refer to the Running Belt Maintenance section above. Refer to the how to video on the Salus Sports website. If there is no change, call Customer Care.
5	THE ANTI-STATIC AGENT HAS WORN OFF	<p>Lubricate the treadmill after approximately 80 hours of use or try the test of rubbing your hand between the board and the belt to see if it is dry.</p> <p>Refer to the Running Belt Maintenance section above. Refer to the how to video on the Salus Sports website. If there is no change, call Customer Care.</p>

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www.blumill.shop

Documents / Resources

	<p>BluMill Treadmill plus Bluetooth [pdf] User Manual Treadmill plus Bluetooth, Treadmill, Bluetooth</p>
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[Manuals+](#)