

CEARTRY TM-08 2 in 1 Foldable Treadmill Under Desk Treadmill



CEARTRY TM-08 2 in 1 Foldable Treadmill Under Desk Treadmill Instruction Manual

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CEARTRY

CEARTRY TM-08 2 in-1 Foldable Treadmill Under Desk Treadmill



Specifications

- **Input Voltage:** 110V
- **Power:** Not specified
- **Speed Range:** 0.6-7.5MPH
- **Max User Weight:** Not specified
- **Running Belt Size:** Not specified
- **N.W/G.W:** Not specified
- **Functions:** Not specified

Product Usage Instructions

Unfolding the Treadmill

1. **Step 1:** Take the product out from the carton, remove the PE bag, and lay it on flat ground.
2. **Step 2:** Raise the frame up and lock it with the Quick Wrench on the support tube cover by turning the screws clockwise.
3. **Step 3:** Turn the handles to horizon level by rotating them clockwise.
4. **Step 4:** Insert the phone holder into the hole on the handle tube and fix it. Place the emergency stop device on the designated area on the handle.
5. **Step 5:** Connect the plug to a 110V power source, turn the switch on, and check if the indicator is on to indicate readiness.

Folding the Treadmill

1. **Step 1:** Remove the phone holder but do not remove the emergency stop device.
2. **Step 2:** Fold the two handles in a counterclockwise direction.
3. **Step 3:** Loosen the frame by turning both screws counterclockwise with the Quick Wrench, then slowly put the frame down.
4. **Step 4:** Connect the plug to a 110V power source (if unplugged) and turn the switch on.

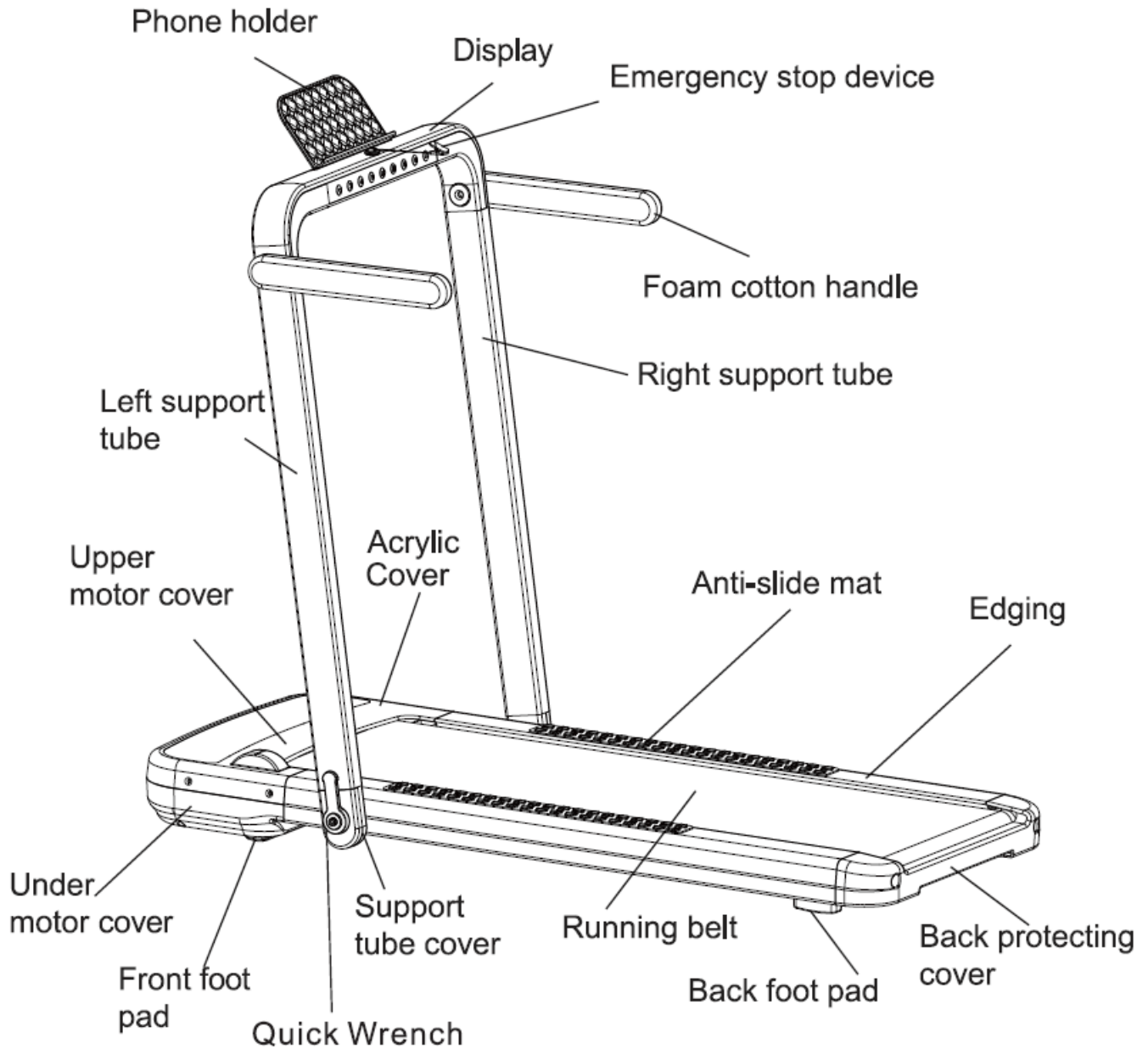
Instruction on Remote Control

- **Emergency Stop Key:** Can be used only as a safety key to stop in an emergency, not as a normal stop key.
- **Speed/Time Key:** Increases or decreases speed and time under Manual mode. The speed range is 0.6-7.5MPH, and the running time can be adjusted from 5 to 99 minutes.
- **Program Key:** Switch between different programs such as manual P1-P12, manual, and H1-H3 programs for time, distance, and calorie countdown.

FAQ

- **Q: What should I do if the treadmill malfunctions?**
 - **A:** If the treadmill malfunctions, make sure it is properly grounded and unplug it immediately. Contact customer support for assistance.
- **Q: Can I adjust the speed under auto-mode?**
 - **A:** No, speed adjustment is not available under auto-mode. It can only be adjusted in manual mode.

DIAGRAM



SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS

This treadmill is intended for in-home use only; do not use this treadmill in a commercial or institutional setting.

WARNING: All EXERCISERS MUST READ ALL INSTRUCTIONS BEFORE USING THE TREADMILL.

WARNING: Heart rate monitoring systems may be inaccurate for some individuals. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

WARNING: Equipment should be immediately taken out of use if it fails to work properly or when a warning is presented electronically.

WE STRONGLY recommend seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese or has not exercised regularly in the past year. Additionally, we recommend consulting a fitness professional on the correct use of this product. If at any time while exercising the user experiences faintness, dizziness, pain or shortness of breath, he or she must stop immediately. **WARNING:** To reduce the risk of electrical shock, always unplug this product before cleaning or attempting any maintenance activity. Do not handle the plug with wet hands.

WARNING: Do not move the equipment by lifting the console. Do not use the console as a handlebar during a

workout.

WARNING: Keep equipment stable on flat ground.

WARNING: Replace warning labels that may be worn, damaged or missing.

WARNING: Replace any non-working or damaged components; remove the unit from service until repair is performed.

WARNING: Risk of personal injury-crushing hazard when the treadmill is in operation. Keep feet, hands, and fingers away from moving parts. **WARNING:** To reduce the risk of burns, fire, electric shock or injury, it is imperative to connect each product to a properly grounded 110V electrical outlet.

A risk of electrical shock may result from improper connection of the equipment grounding conductor. Check with a qualified electrician if you are unsure about proper grounding techniques. Do not modify the plug provided with this product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician. Your fitness product must be properly grounded to reduce risk of shock if the treadmill malfunctions. Your treadmill is equipped with an electrical cord, which includes an equipment grounding conductor and a grounding plug. The plug must be inserted into an outlet that has been properly installed and grounded in accordance with all local codes and ordinances. **WARNING:** To reduce the risk of burns, fire, and electric shock or injury to persons, follow these instructions:

- This appliance should never be left unattended when plugged in.
- Do not use any type of extension cord with this product.
- Unplug it from the outlet when not in use and before any servicing.
- Do not operate the equipment while being covered with a blanket, plastic, or anything that insulates or stops airflow.

CAUTION:

- Health-related injuries may result from incorrect or excessive use of exercise equipment.
- Any changes or modifications to this equipment could void the product warranty.
- To disconnect, turn the power OFF at the ON/OFF switch if applicable, then remove the plug from the electrical outlet.
- Never operate the product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water.
- Position this product so the power cord plug is accessible to the user.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle. Do not run the power cord along the side or under the treadmill.
- If the electrical supply cord is damaged it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
- Do not use this product in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
- Close supervision is necessary when used near children under the age of 15, or disabled persons.
- Do not use this product outdoors, near water, while wet, or in areas of high humidity including extreme temperature changes.
- Never insert objects into any openings in this product. If an object should drop inside, turn off the power, unplug the power cord from the outlet, and carefully retrieve it.
- Never place liquids of any type directly on the unit except in the accessory tray or bottle holders. Containers with lids are recommended.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes.

Make sure no stones are embedded in the soles. Do not use this product in bare feet. Keep all loose clothing, shoelaces and towels away from moving parts.

- Do not reach into or underneath the unit, or tip it on its side during operation.
- Use correct ergonomic positioning while running on a treadmill.
- Do not allow animals on or near the equipment while in operation.
- Use the side handrails whenever additional stability is required. In case of emergency, such as tripping, the side handrails should be grabbed and the user should place his/her feet on the side platforms. The front handlebars should be used to grasp the heart rate sensors or to rest the hand on while operating the activity zone keys, but not for stability, emergency, or continuous use.
- Do not exceed the maximum user weight of 300 lbs.
- Do not use if you have a cold or fever.
- When using this exercise machine, basic precautions should always be followed.
- Use this equipment only for its intended use as described in this manual.
- Allow only trained personnel to service this equipment.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be done by children without supervision.
- Allow only one person at a time on the equipment while it's operating. It is the sole responsibility of the owner/operator to ensure regular and scheduled maintenance is performed.
- To avoid injury, stand on the side rails before starting the treadmill.
- Avoid exiting the treadmill while leaving the tread belt in motion.
- Never walk or jog backward on the treadmill.

GROUNDING INSTRUCTIONS:

- This product must be grounded, if it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER:

- Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.
- Do not remove the motor cover or you may risk injury due to electric shock. This model is for use on a nominal 110V circuit and has a grounding plug. Make sure the product is connected to an outlet having the same configuration as the plug. No adaptor should be used with this product.

PARAMETERS & PACKING LIST

Parameters

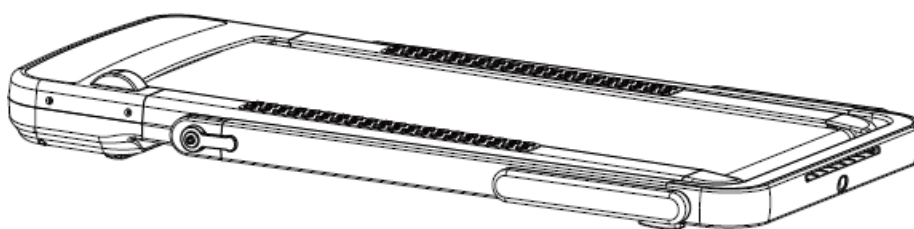
Parameters		
NO.	Parameter Name	Description
1	Input Voltage	AC110V/60HZ
2	Power	2.0HP
3	Speed Range	Expanded state: 0.6-7.5MPH Folded state: 0.6-4.0MPH
4	Max User Weight	300LBS
5	Running Belt Size	400×1000mm
6	N.W/G.W	70/79LBS
7	Functions	Walking/Jogging
Package List		
NO.	Name	Quantity
1	Base	1 PC
2	Spare Parts	1 SET

Spare Parts

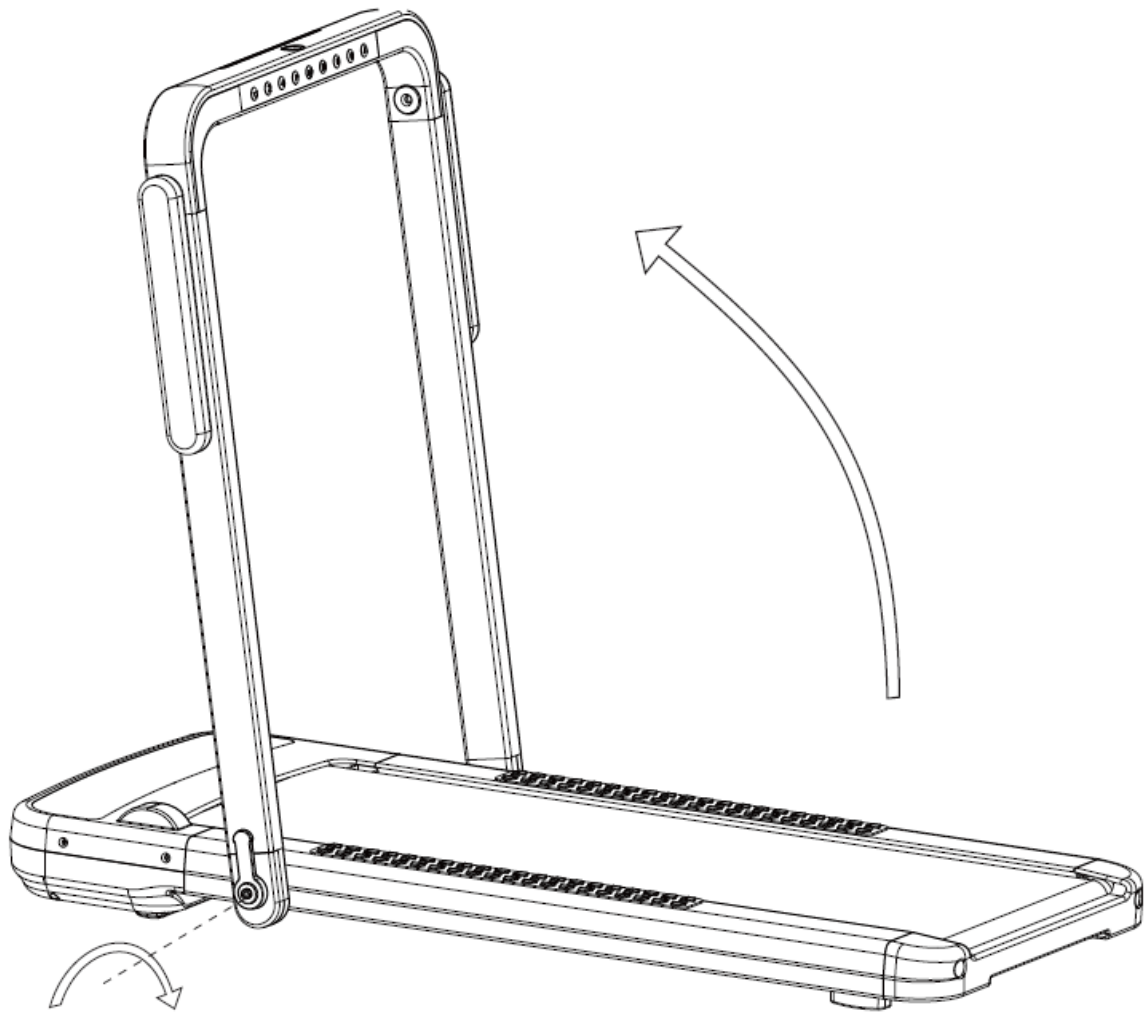
Spare Parts		
NO.	Name	Quantity
1	Allen Wrench	1
2	Silicone Lubricant	1
3	Manual	1
4	Emergency stop device	1
5	Remote Control	1
6	Phone holder	1
7	Power cord	1

ASSEMBLY GUIDANCE

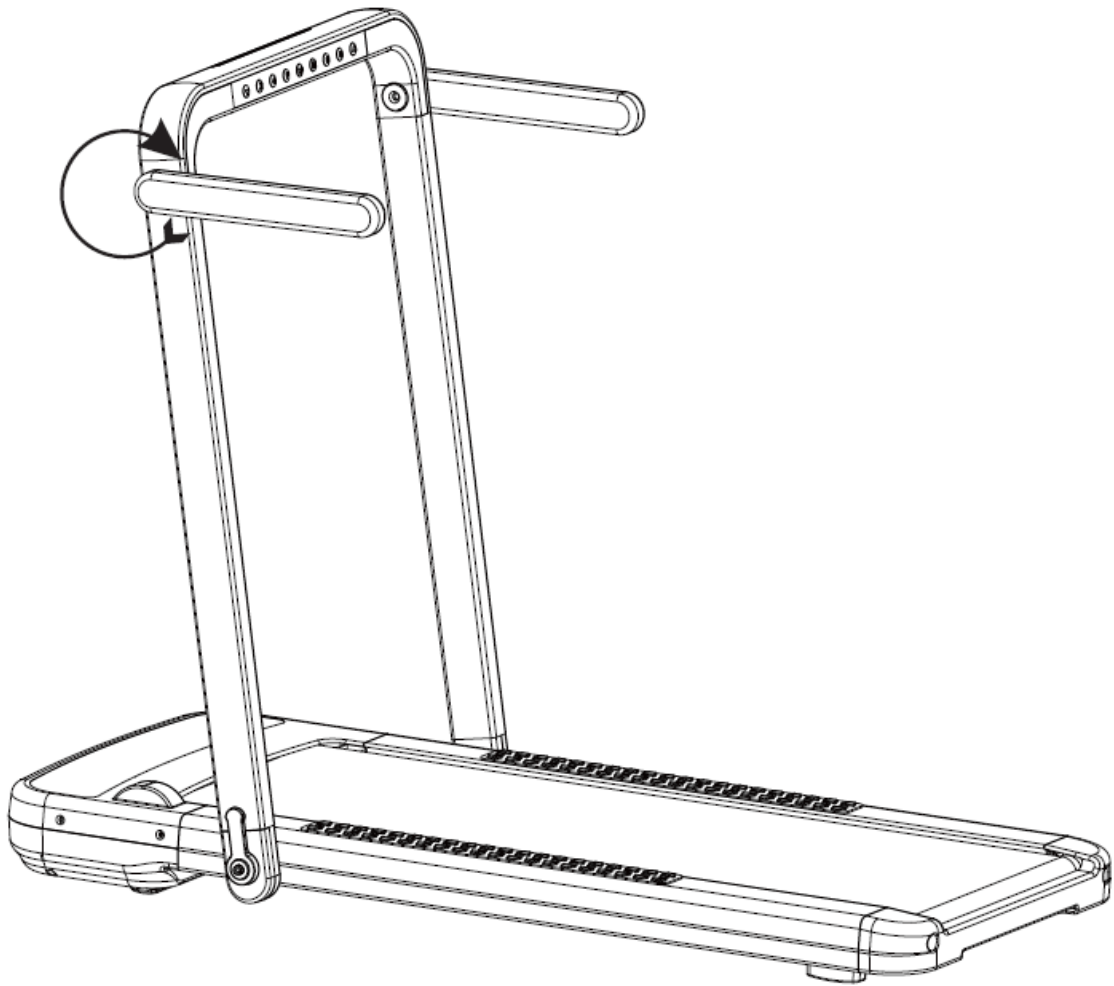
How to unfold the treadmill?



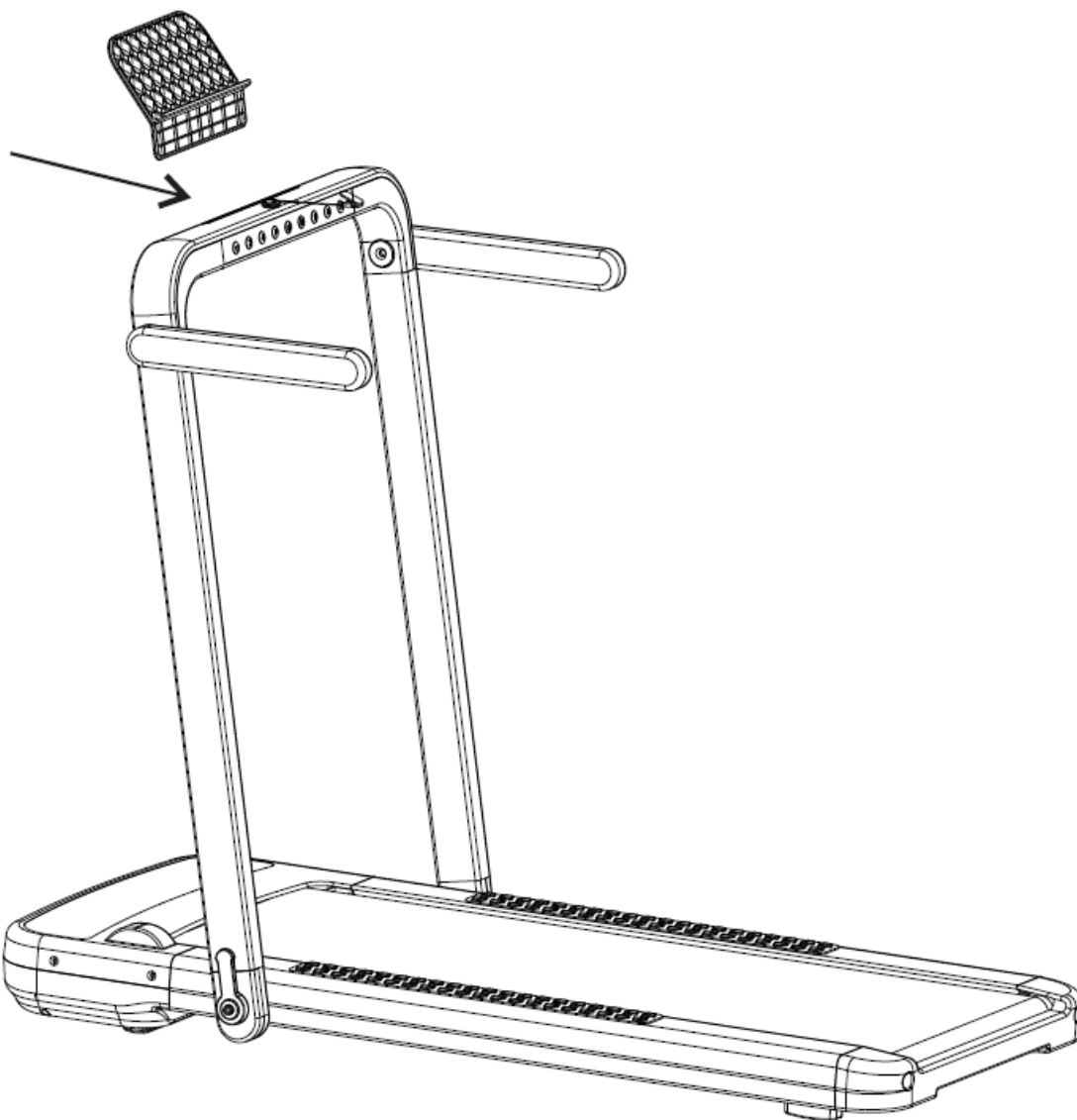
Step 1 : Take the product out from the carton, then take off the PE bag and lay it on the flat ground.



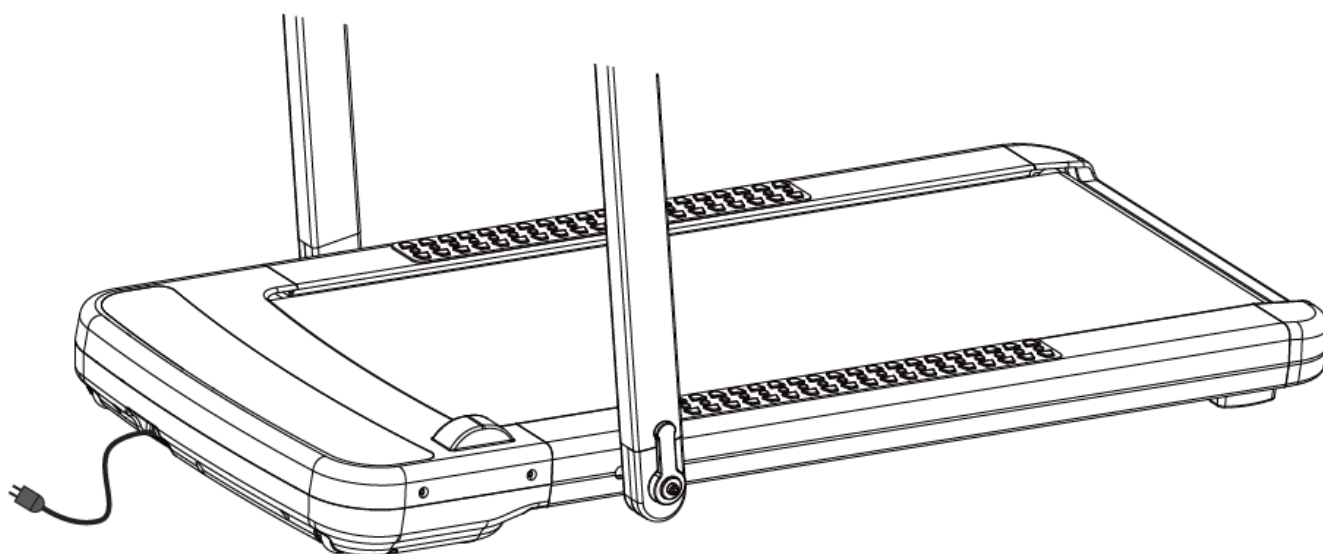
Step 2 : Raise the frame up, turn the screws on the support tube cover in clockwise direction to lock the frame with the Quick Wrench.



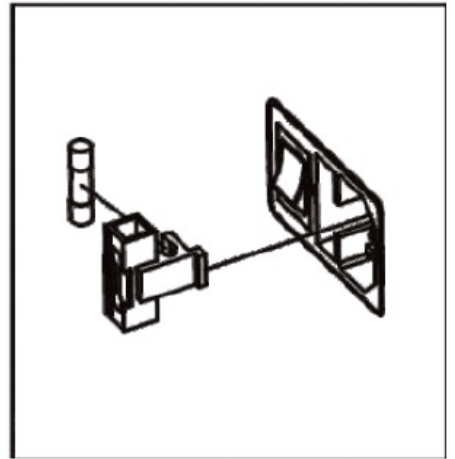
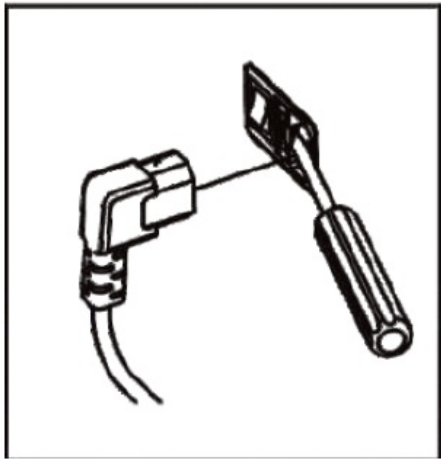
Step 3 : Turn the handles to horizon level in a clockwise direction.



Step 4 : Insert the phone holder into the hole on the handle tube and fix. Then put the emergency stop device on the middle of the yellow area on the handle.



Step 5 : Connect the plug to the 110V power source and turn the switch on, if the indicator is on, it means the product is ready.



Slotted screwdriver position

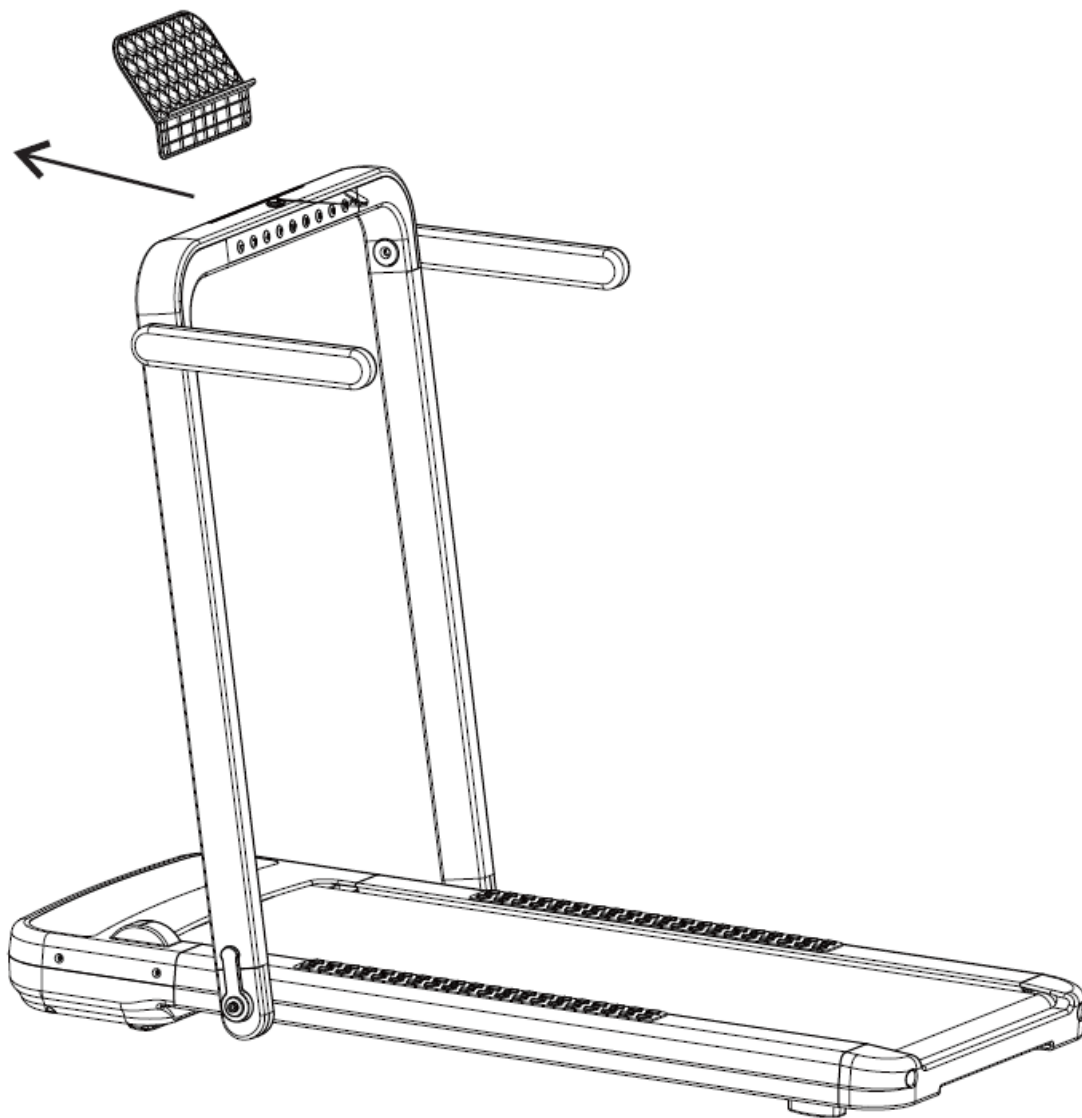
Step 6

Change fuse

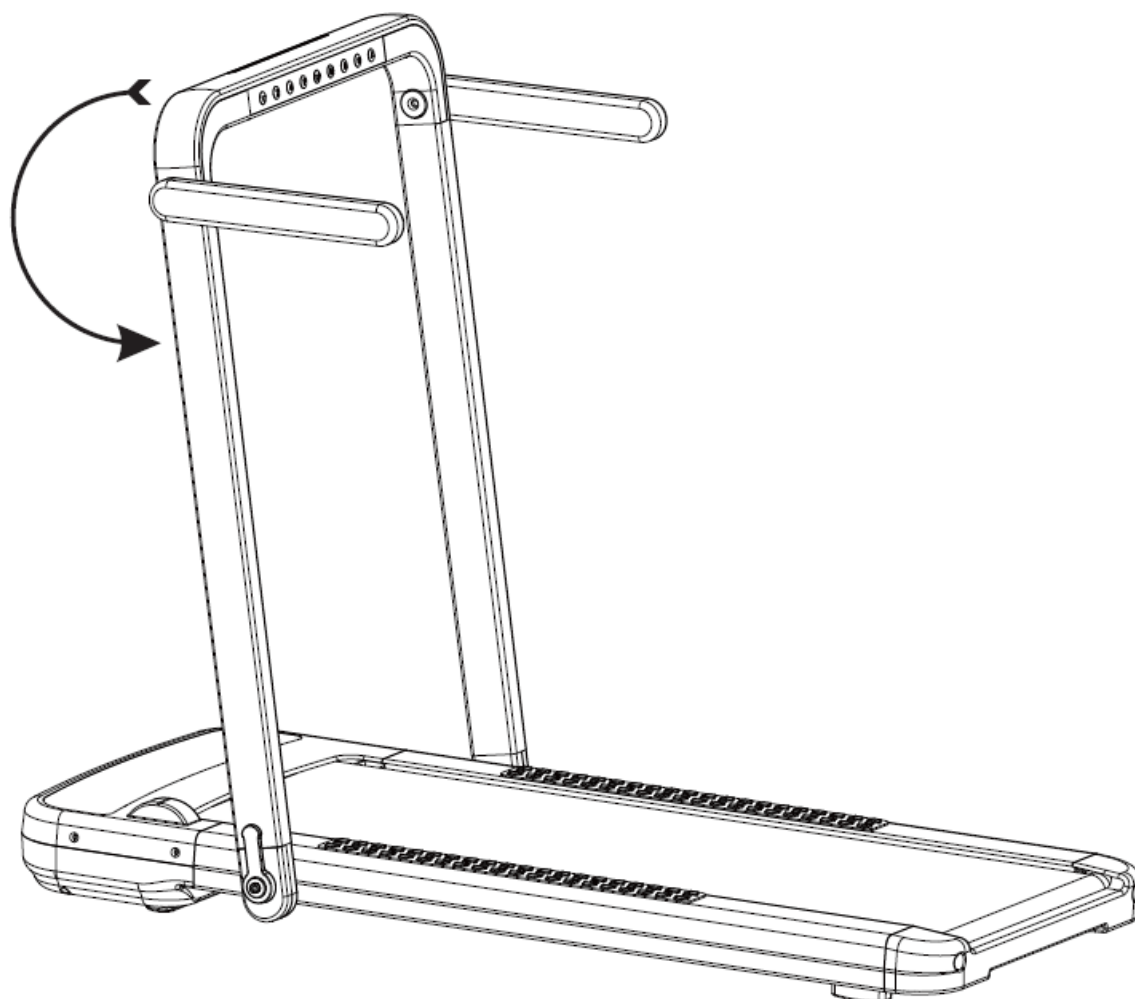
1. Unplug the product, use a slotted screwdriver to take out the safe socket as in picture 1.
2. Then replace a new fuse as in picture 2.

- **Remarks:** the fuse specification is 110V -220V/15A, $\phi 5 \times 20$ mm

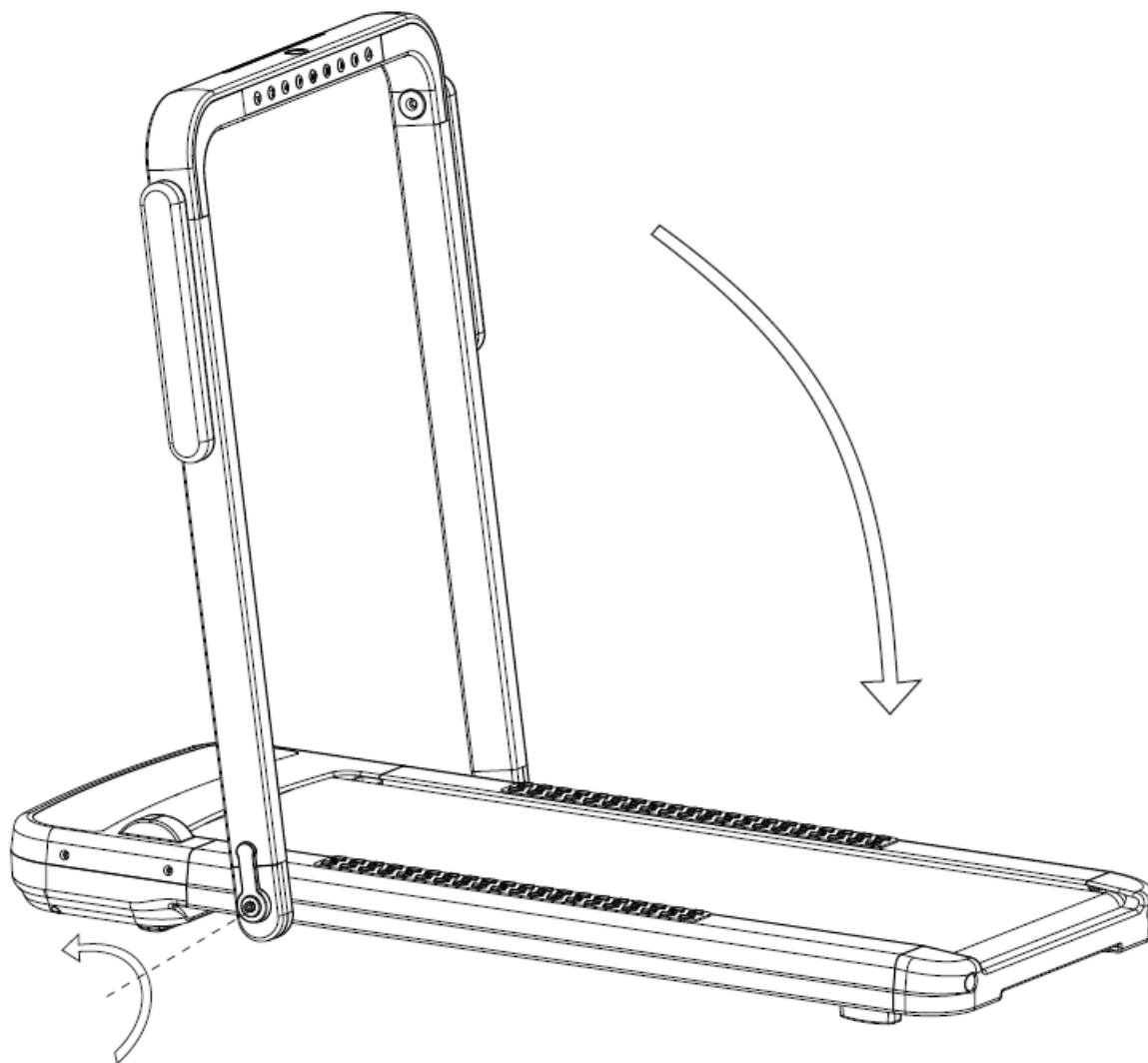
How to fold the treadmill?



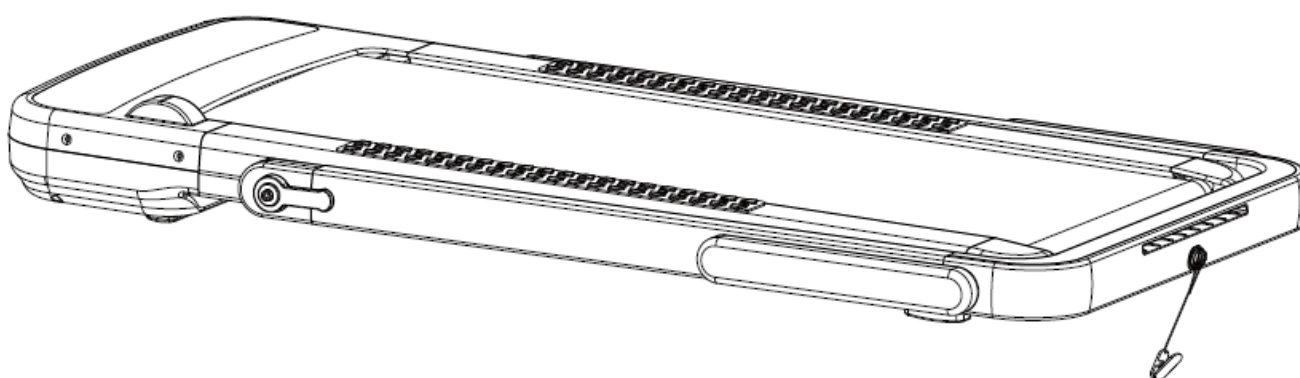
Step 1 : Take off the phone holder. DON'T remove the emergency stop device.



Step 2 : Fold the two handles in a counter counterclockwise direction.

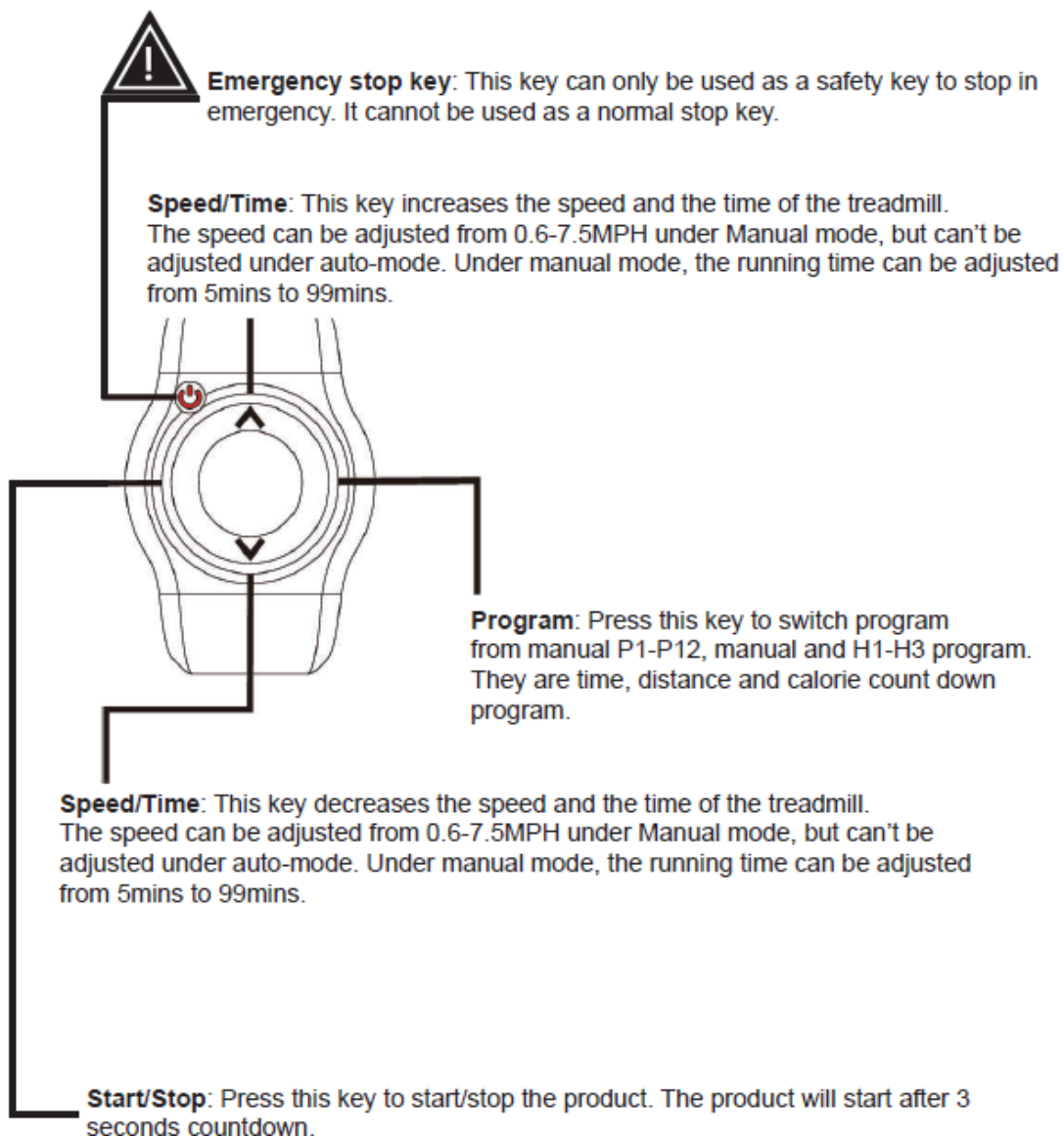


Step 3 : Turn both screws in a counter-clockwise direction with the Quick Wrench to lose the frame, then put the frame down slowly.



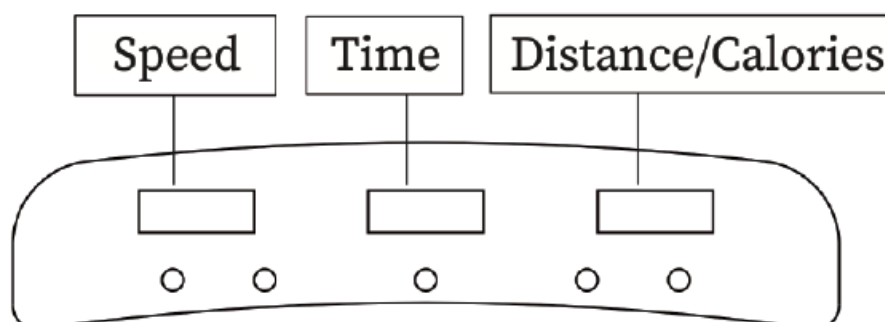
Step 4 : Connect the plug to the 110V power source (if the product is unplugged) and turn the switch on.

INSTRUCTION OF REMOTE CONTROL



Remarks: The receiving dimension of the remote control is 2~5 meters.

OPERATING PANEL



LED Digital Display (Keys display as shown above)

1. SPEED
2. TIME
3. DISTANCE
4. CALORIES

Keys





Keys on the product:

1. Speed hotkeys: 2 3 4 5

2. Auto Program 

3. Mode 

4. Speed up 

5. Speed down 

6. Start/stop 

MODES: AUTO & COUNTDOWN

Auto Mode

Before a workout, check whether the power supply is plugged in, whether the safety key is placed on the right place, and whether the power switch is on. The display window shows 0:00 under standby. Press P button, Select one of the 12 presets, and then press the start key, and there will be a 3-second count down and the workout will begin. The display will show speed, time, distance, and calories in loop. You can adjust the speed by pressing the speed+- key.

TIM PROG.		SET TIME / 10 = EVERY GRADE TIME									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	2	4	5	3	2	4	5	6	5	2
P2	SPEED	2	4	2	5	2	3	6	6	6	3
P3	SPEED	3	4	2	5	6	4	6	4	2	3
P4	SPEED	3	2	4	2	5	6	6	5	4	2
P5	SPEED	3	4	2	4	6	5	4	6	4	3
P6	SPEED	3	4	2	4	5	3	6	3	5	2
P7	SPEED	2	3	4	3	5	6	4	3	5	2
P8	SPEED	2	5	3	4	5	6	4	6	3	2
P9	SPEED	2	5	4	2	5	3	6	3	5	3
P10	SPEED	3	2	5	7	4	3	6	6	5	3
P11	SPEED	3	5	4	5	6	5	6	5	4	3
P12	SPEED	3	4	5	6	6	6	5	4	3	2

The diagram above describes the 12 different modes available (P1-P12). In each mode, the speed will automatically change every few minutes. The display window shows 0:00 under standby, the display window will show P1

..... P12 when pressing the “P” key. Pressing the “Time+” key will adjust workout time. After setting it up, system will enter the default state: 3 seconds count down, then start running.

Time Countdown (H1) – Press and hold the “P” key, display window will show “H1”, enter the time countdown workout schedule.

Distance Countdown (H2) – Press and hold the “P” key, the display window will show “H2”, enter the distance countdown.

Calorie Burning Countdown (H3) – Press and hold the “P” key, the display window will show “H3”, enter the calorie countdown workout schedule.

Parameters of expanded state

1. **Voltage:** 110V/60Hz
2. Minimum speed is 0.6 MPH
3. Maximum speed is 7.5 MPH
4. Under manual mode the minimum exercise time is 5 minutes, the maximum exercise time is 99 minutes.
5. Under auto mode, the maximum exercise time is 99 minutes.
6. Under auto mode, the maximum calorie is 990 K-cal.

Parameters of the folded state

1. **Voltage:** 110V/60Hz
2. Minimum speed is 0.6 MPH
3. Maximum speed is 4.0 MPH
4. Under manual mode the minimum exercise time is 5 minutes, the maximum exercise time is 99 minutes.
5. Under auto mode, the maximum exercise time is 99 minutes.
6. Under auto mode, the maximum calorie is 990 K-cal.

MAINTENANCE

Lubrication

The running belt must be lubricated with the specialized silicone lubricant after a certain period of time. Lubrication helps to keep the machine in good working condition.

Suggested Lubricating time

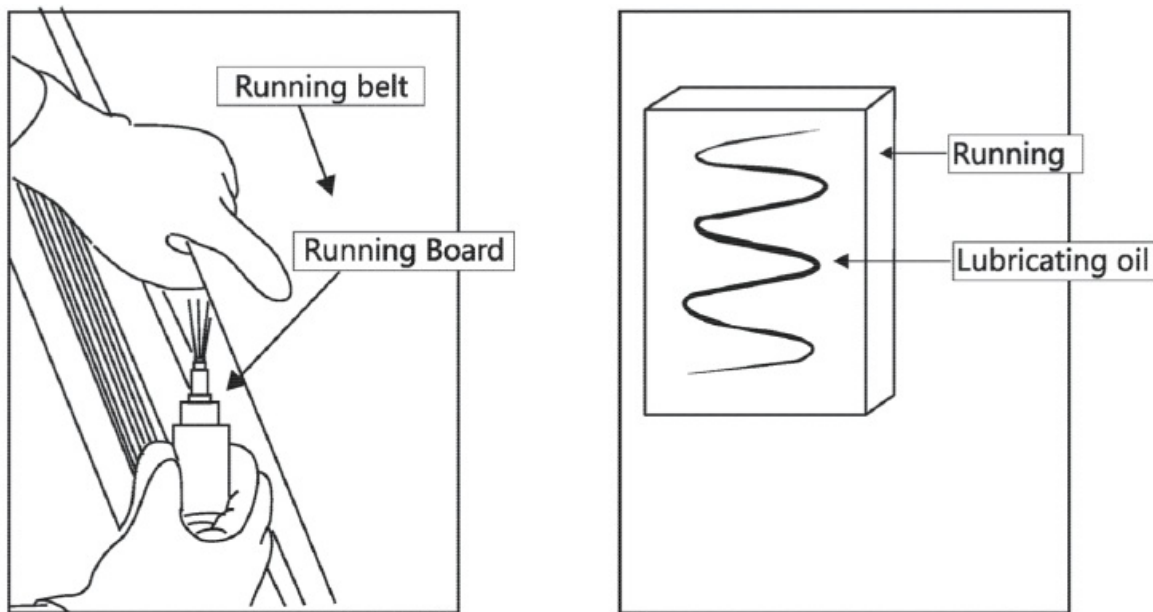
Every 5 Months – if Workout Time is less than 3 hours weekly.
Every 2 Months – if Workout Time is between 4-7 hours weekly.
Every Month – if Workout Time is more than 7 hours weekly.

Methods of Lubrication

To check whether your treadmill needs lubrication, you can flip the running belt over, and feel whether the material is dry or not. If you sense a dry running belt, then it means your treadmill needs lubrication.

How to Lubricate (see picture below)

Unplug the treadmill. Lift the running belt up from the base, then put the silicone lubricant under the running belt and apply the lubricant on the belt, as well as on both sides of the treadmill frame. Then allow the treadmill self operating at the lowest speed for 5 minutes to make sure the lubricant distributes throughout the frame.



Running Belt Gets Loose or Slides

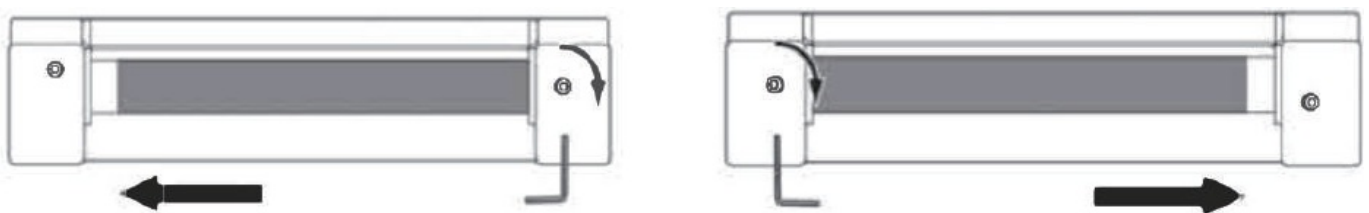
Every treadmill has an elastic tendency set, but it will become loose after using it for a period of time. If the belt gets loose or slide back and forth, you can turn the adjusting screws at the rear end. Try to turn them clockwise 1/4 circle (90 degrees) to adjust the running belt (repeat if necessary).

But don't make it too tight, or it will overload the motor and cause it to malfunction.

Running Belt Deviating (Running to the sides)

The Running belt may run off center due to users' footsteps or uneven floor.

If the deviation exists, you can adjust it with a 6 mm Allen wrench to adjust the screws at the rear end.



If the belt deviates to the right, then you need to adjust the belt to the left to fix it. (Vice versa, adjust the belt to the right if it is deviating to the left.)

Firstly, please allow the treadmill to self-operate at the lowest speed, then use the allen wrench to turn to the right or to the left screw clockwise (depending on which side it's deviating, 1-3 circles to start with). After you see the belt running back to the center, adjust the screws on both sides to fine-tune the alignment by turning 1/4 circle (90 degrees), until the belt running at the center.

Caution: Don't make the belt too tight, or it will overload the motor and cause it to malfunction if the belt is not running off center. You can turn both screws counterclockwise to loosen the belt if it is too tight. Turn them clockwise if the belt is skidding or loose.

COMMON MALFUNCTION & SOLUTIONS

Error Code	Malfunction	Cause	Solutions
E02	Motor over-voltage protection	<ol style="list-style-type: none"> 1. Your local power voltage is unstable with a much higher peak voltage. 2. Wrong preset wheel diameter value. 3. The control panel is malfunctioning. 	<ol style="list-style-type: none"> 1. Need to add a filter regulator to keep voltage stable. 2. Reset the wheel diameter value to fit the rated voltage. 3. Replace a new control panel.
E03	Product over-current protection	<ol style="list-style-type: none"> 1. The product is overloaded. 2. There is foreign matter stuck in the motor or rolling axle. 3. The roller is not lubricated enough and the resistance increases. 4. The control panel is malfunctioning. 5. The motor is under malfunction and the resistance increases. 	<ol style="list-style-type: none"> 1. Reduce load, do not let it over rated load. 2. Take out the foreign matter. 3. increase lubricant. 4. Change a new control panel. 5. Change a new motor.
E04	Motor malfunction	<ol style="list-style-type: none"> 1. The motor is disconnected. 2. The motor is an open circuit, broken. 3. The control panel is an open circuit, broken. 	<ol style="list-style-type: none"> 1. Reconnect and make motor lines firmer. 2. Change a new motor. 3. Change a new control panel.
E06	Signal error	<ol style="list-style-type: none"> 1. The main single wire is loose between the up and down control panel. 2. The main single wire is broken between the up and down control panel. 3. The electrical head is broken. 4. The control panel is broken. 	<ol style="list-style-type: none"> 1. Reconnect the signal line. 2. Change a new signal line. 3. Change a new electrical head. 4. Change a new control panel.

E07/—	The emergency stop device is disconnected	1. The emergency stop device is not on the right place. 2. The induction line of the emergency stop device is broken. 3. The interface of the electrical head is broken.	1. Put the emergency stop device in the right place. 2. Change a new induction line. 3. Change a new electrical head.
E0C	Explosion-proof protection	The power transistor is down, control panel is malfunctioning.	Change a new control panel.

Other malfunctions and solutions:

1. No display

- 1) Check whether the power is plugged in correctly and switched on, whether the control is fuse blown;
- 2) Whether the 4-core line of the control panel and the display is connected correctly;
- 3) Whether the control and transformer is intact.

2. The motor does not work

- 1) Please check all the wires are connected well;
- 2) Please check the error code displayed on the electrical head.

3. The touch screen is insensitive

- 1) Whether the touch screen is moist; 2) Whether sweat on your hands.

Contact Us!

Contact our friendly customer service department for help first. Replacements for missing or damaged parts will be shipped ASAP!



- E-mail: service@abv-supreme.fun

Contact Us!

Dear Customer, Thanks for buying from us.

If you have questions or quality problems during the installation and use, please kindly contact us through an Amazon message(or **email to us:** service@abv-supreme.fun). We will reply to you within 24 hours and solve your problem as soon as we can.

Returns Policy!

We offer a returns policy equivalent to Amazon.com's. Ensure you enclose the correct and complete item when making a return. The correct item must be returned to receive a refund. It can take up to 15 days for an item to reach us once you return it. Once the item is received at our fulfillment center, it takes 2 business days for the refund to be processed and 3-5 business days for the refund amount to show up in your account.

Warranty!

The product is guaranteed to be free from defects in workmanship and parts for a period of 12months from the date of purchase. Defects that occur within this warranty period, under normal use and care, will be repaired, replaced or refunded at our discretion.

CEARTRY



Folding Treadmill

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Desk Treadmill, Foldable Treadmill Under Desk Treadmill, Treadmill Under Desk Treadmill, Unde
r Desk Treadmill, Desk Treadmill

References

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- [User Manual](#)

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