



CEARTRY TM-13 2 in 1 Foldable Treadmill User Manual

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CEARTRY

CEARTRY TM-13 2 in 1 Foldable Treadmill



Product Information

Specifications

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

Product Usage Instructions

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 a clockwise direction to lock the frame with the Quick Wrench.
- **Step 3:** Open the phone holder. Then put the emergency stop device on the middle of the yellow area on the handle.
- **Step 4:** Connect the plug to a 110V power source and turn the switch on. If the indicator is on, it means the product is ready.

Instruction of Remote Control

The remote control has the following functions:

- **Emergency stop key:** This key can only be used as a safety key to stop in an emergency. It cannot be used as a normal stop key.
 - **Speed+:** This key increases the speed of the treadmill.
 - **Speed-:** This key reduces the speed of the treadmill.
 - **Start/Stop:** Press this key to start/stop the product. The product will start after a 3-second countdown.
- Remarks: The receiving dimension of the remote control is 6-16.4FT.

Operating Panel

The operating panel features an LED digital display and a keyboard with the following functions:

- **Start/stop**
- **Speed down**
- **Speed up**
- **Auto Program**
- **Mode**
- **Speed Hot Key**

Parameter:

- **Voltage:** 110V/60HZ
- **Minimum Speed:** 0.6MPH
- **Maximum Speed:** 7.5MPH
- Maximum working time is 99 mins under auto mode.
- Minimum working time is 5 mins, and maximum working time is 99 mins under manual mode.
- Minimum distance is 0.6 mile, and the maximum distance is 99 miles under manual mode.
- Minimum calories is 20 Kcal, and the maximum calories is 990 Kcal under manual mode.

FAQ

- **Can I use an extension cord with this product?**

No, it is not recommended to use any type of extension cord with this product.

- **How should I perform scheduled maintenance on the treadmill?**

Please refer to the maintenance instructions provided in the user manual for detailed guidance on scheduled maintenance.

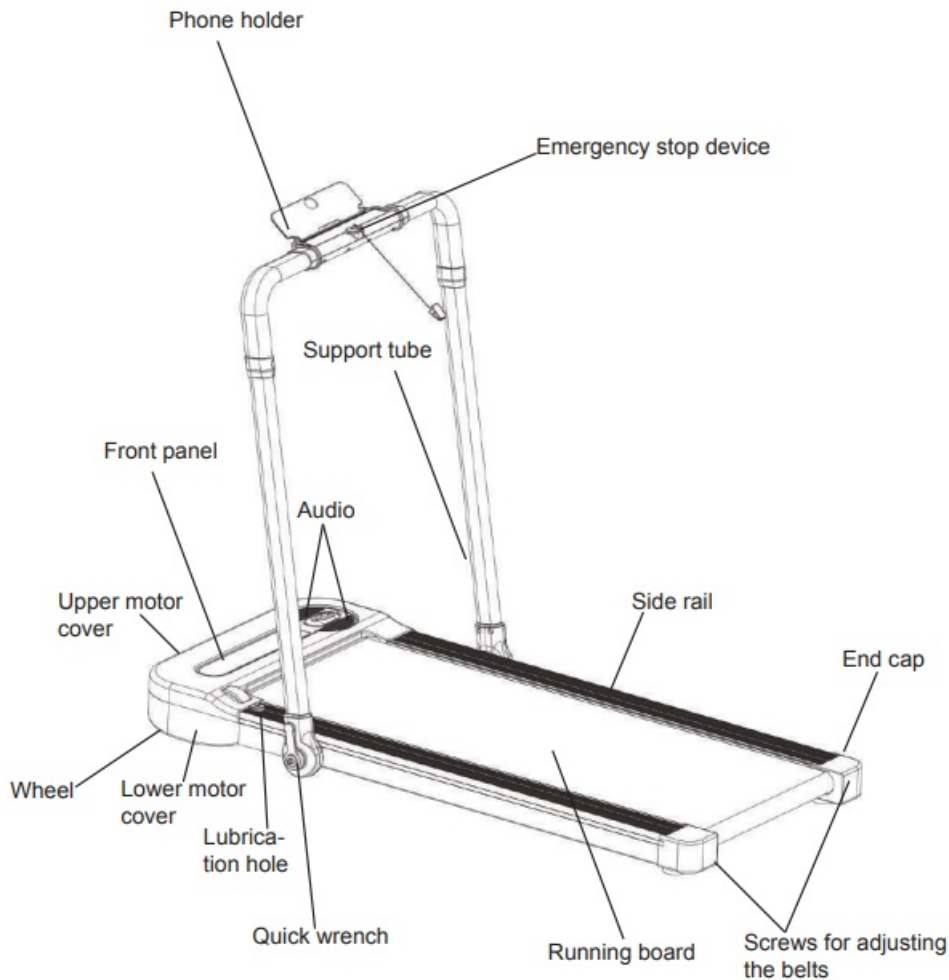
- **Can I walk or jog backwards on the treadmill?**

No, it is not recommended to walk or jog backwards on the treadmill.

- **How should I ground the product?**

This product must be grounded. Please ensure that it is plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

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 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 power OFF at the ON/OFF switch if applicable, then remove plug from 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 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 maximum user weight of 300lbs.
- 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 made 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 treadmill while leaving the tread belt in motion.
- Never walk or jog backwards on the treadmill.

GROUNDING INSTRUCTIONS

This product must be grounded, if it should malfunction or breakdown, 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

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

- **Functions:** Not specified

Package List

1. **Base** 1 PC
2. **Spare Parts** 1 SET

Spare Parts

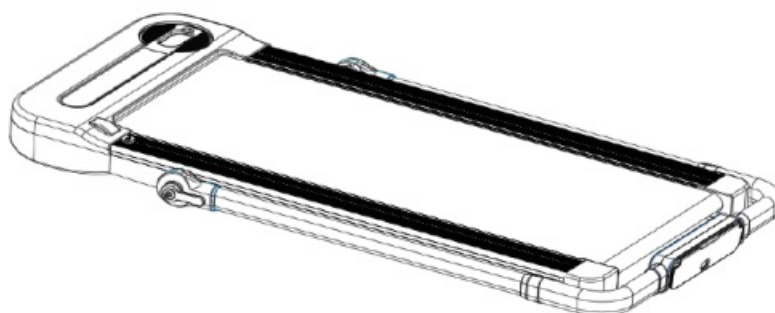
- **Allen Wrench** x1
- **Silicone Lubricant** x1
- **Manual** x1
- **Emergency stop device** x1
- **Remote Control** x1

ASSEMBLY GUIDANCE

How to unfold the treadmill?

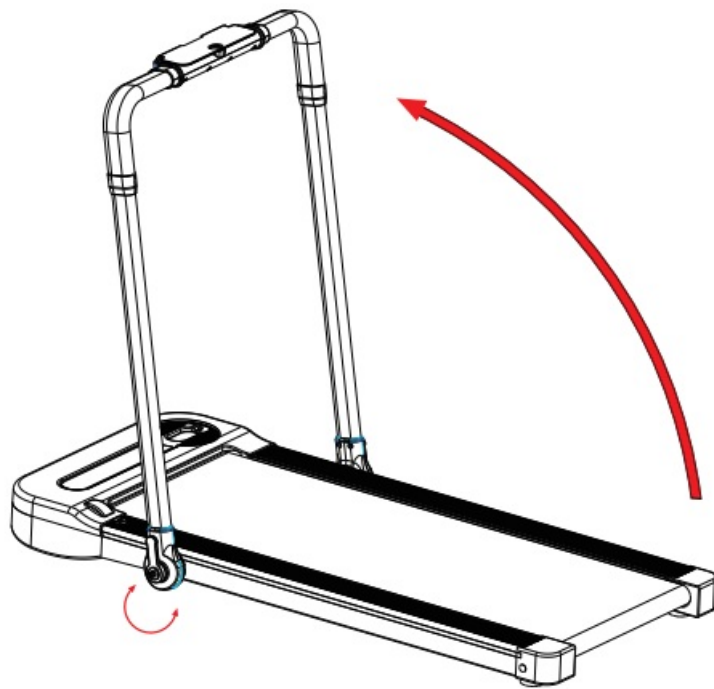
- **Step 1**

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



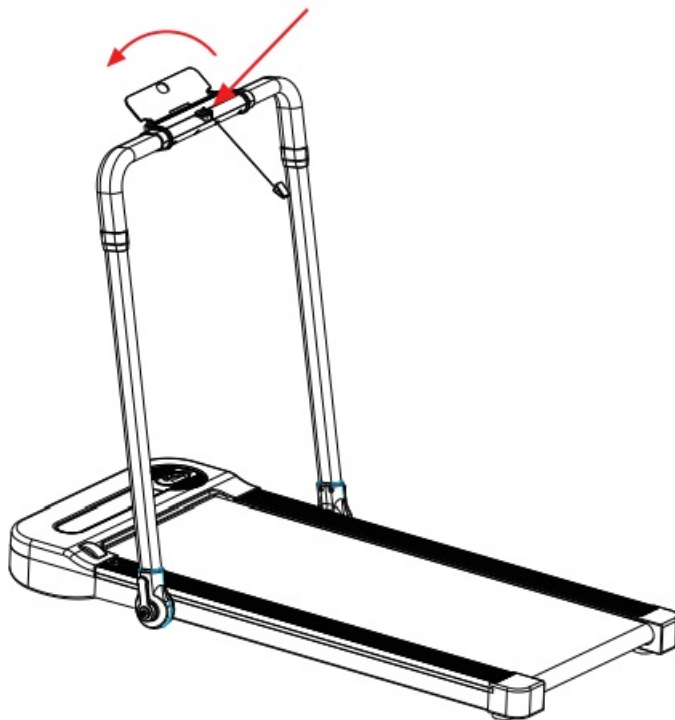
- **Step 2**

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



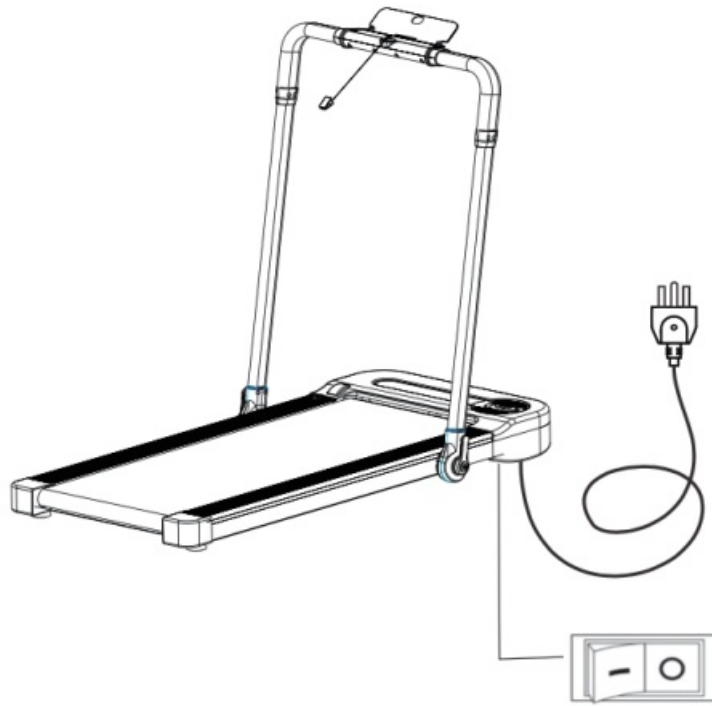
- **Step 3**

Open the phone holder. Then put the emergency stop device on the middle of the yellow area on the handle.

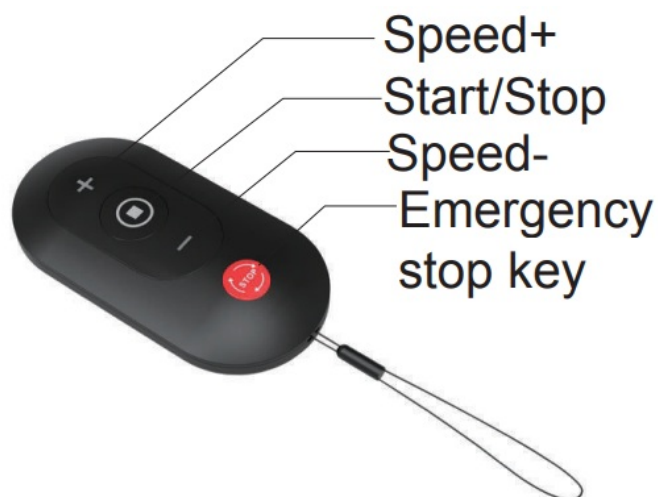


- **Step 4**

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



INSTRUCTION OF REMOTE CONTROL



- **Emergency stop key:** This key can only be used as a safety key to stop in emergency. It cannot be used as a normal stop key.
- **Speed+:** This key increases the speed of the treadmill.
- **Speed-:** This key reduces the speed of the treadmill.
- **Start/Stop:** Press this key to start/stop the product. The product will start after 3 seconds countdown.

FITSHOW Installation Procedure

- Scan the QR code on the right



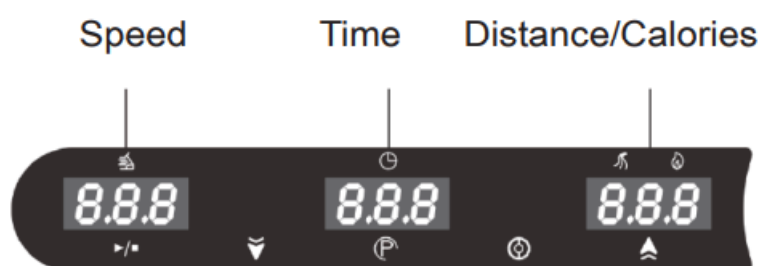
- <http://ifitshow.com/qr>
- Jump to the App Store to download and install Open the App, allow permission based on the system prompt
- Login to the App, please use the mobile number or email to register for the new user
- Start Using FITSHOW

Attentions:

Please fill in the correct email or mobile phone number to make sure you can retrieve your password and username via them.

OPERATING PANEL

LED Digital Display



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

Keyboard



1. Start/stop
2. Speed down
3. Speed up
4. Auto Program
5. Mode

Parameter

















1. **Voltage:** 110V/60HZ
2. **Minimum Speed:** 0.6MPH
3. **Maximum Speed:** 7.5MPH
4. Maximum working time is 99mins under auto mode.
5. Minimum working time is 5mins, and maximum working time is 99mins under manual mode.
6. Minimum distance is 0.6mile, and the maximum distance is 99miles under manual mode.
7. Minimum calories is 20 Kcal, and the maximum calories is 990 Kcal under manual mode.

MODES: AUTO & Manual

Auto Mode

- Before workout, check whether the power supply is plugged in, whether the safety key is placed on the right place, whether the power switch is on. Display window shows 0:00 under standby. Press the start key, and there will be a 3 seconds count down and the workout will begin.
- The window displays 1mile. Timing begins clockwise with speed, time and Calories. The product will stop in 99 mins automatically. You can adjust the speed by pressing speed+- key.

Manual Mode

1. Press , display panel will show P01. Keep press P sequentially, it will show P2-P12, TIME window displays 30mins. Press   to adjust, the minimum time is 5mins, the maximum time is 99mins. Press the start key  and there will be a 3 seconds count down and the workout will begin. In the course of running, the treadmill will make a “drip, drip” sound under auto-mode speed switch.
2. Press  once, the display window will show H-1, TIME window displays 30mins. Press   to adjust, the minimum time is 5mins, the maximum time is 99mins. Press the start key  and there will be a 3 seconds count down and the workout will begin.
3. Press  twice, the display window will show H-2, DISTANCE window displays 1mile. Press   to adjust, the maximum distance is 99 miles. Press the start key  and there will be a 3 seconds count down and the workout will begin.
4. Press  three times, the display window will show H-3, Calories window displays 50kcal. Press   to adjust, the minimum is 20kcal, the maximum is 990kcal. Press the start key  and there will be a 3 seconds count down and the workout will begin.
 - **Distance Countdown (H2)** – Press and hold “P” key, display window will show “H2”, enter distance countdown.
 - **Calorie Burning Countdown (H3)** – Press and hold “P” key, display window will show “H3”, enter calorie

countdown workout schedule.

MAINTENANCE

• Lubrication

The running belt must be lubricated with the specialized silicone lubricant after 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)

Stop the treadmill. Take the cover of the lubrication hole off. Add the Oil to the Treadmill. Then allow the treadmill self operating at the lowest speed for 5 minutes to make sure the lubricant distributes throughout the frame. Meanwhile, you can step lightly on the running belts to make sure the oil is better absorbed.

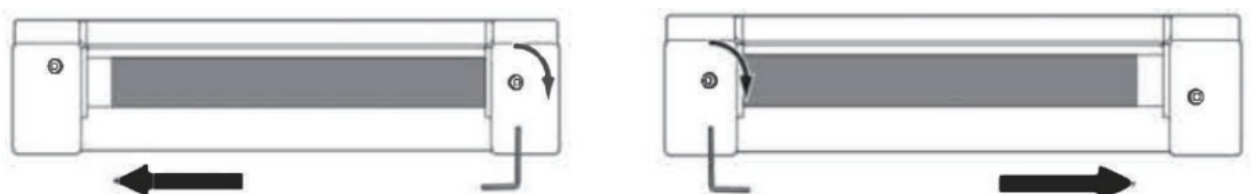


• Running Belt Gets Loose or Slides

- Every treadmill has the 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 causing it to malfunction.

• Running Belt Deviating (Running to the sides)

- Running belt may run off center due to users' foot steps 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 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 (depends 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 degree), until the belt running at the center.
- Caution:** Don't make the belt too tight, or it will overload the motor and causing it to malfunction, if the belt is not running off center. You can turn both screws counter clockwise 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
E01	Signal error of control panel	1. The signal wire of digital display is loose or broken. 2. No signal output from the digital display. 3. No signal output from the control panel.	1. Reconnect the signal wires. 2. Change a new digital display. 3. Change a new control panel.
E02	Abnormal voltage detection between control panel and motor	1. Motor is disconnected. 2. No Voltage output from the control panel to the motor, or the output is abnormal. 3. Motor is under malfunction.	1. Reconnect and make motor lines firmer. 2. Change a new control panel. 3. Replace a new motor.
E03	Abnormal speed detection from the control panel	The PWM driving circuit of the control panel is under malfunction.	Replace a new control panel.
E04	Motor over voltage protection	1. The product is over loaded. 2. The motor is under malfunction. 3. The overvoltage detection circuit of the control panel is under malfunction.	1. Reduce load, do not let it over rated load. Use within the rated voltage range. 2. Replace a new motor. 3. Replace a new control panel.
E05	Motor overcurrent protection	1. The product is over loaded. 2. Motor assembly is under malfunction. Motor resistance increases, or is obstructed 3. The current limiting system of the control panel is under malfunction.	1. Reduce load. Use within the rated current range. 2. Check whether the structure of the product is normal. 3. Replace a new control panel.
E06	Abnormal low voltage	1. The supply voltage is too low. 2. The control panel's detecting circuit is under malfunction.	1. Check whether the power supply circuit is normal. 2. Change a new control panel.
E07	Fail to start	1. Emergency stop device is not on the right place. 2. The interface of electrical head is broken.	1. Put the emergency stop device on the right place. 2. Change a new electrical head.

Other malfunctions and solutions:

1. No display

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

2. Motor does not work

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

3. Touch screen is insensitive

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!

Please remember to specify your ORDER ID when contacting with us.

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 Amazon message(or email to us: service@abv-supreme.fun). We will reply 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.

Documents / Resources

CEARTRY

TM-13



Folding Running/Walking/Jogging Treadmill

[CEARTRY TM-13 2 in 1 Foldable Treadmill](#) [pdf] User Manual

TM-13 2 in 1 Foldable Treadmill, TM-13, 2 in 1 Foldable Treadmill, Foldable Treadmill, Treadmill

References

- [Amazon.com](#)
- [User Manual](#)

Manuals+.