



Model: T5B-110.1  
T5B-220.1

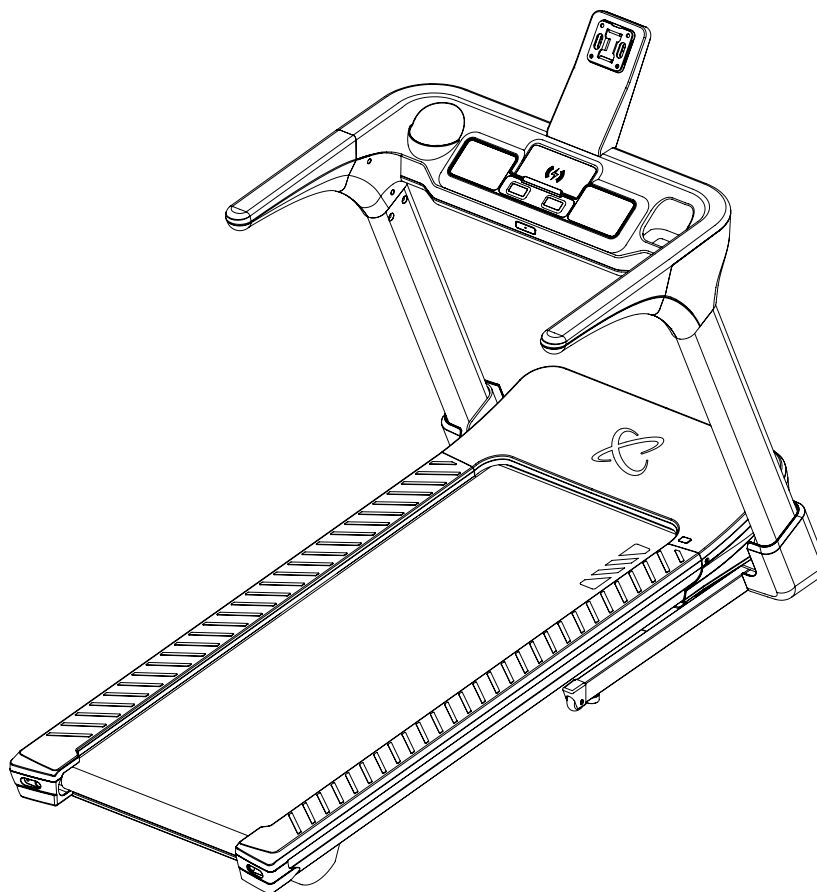
## USER MANUAL

# CENTR INSPIRE SERIES T5 & T5S

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY



SCAN FOR MANUALS,  
VIDEOS, AND SUPPORT



Record Serial Number Here

MADE IN CHINA  
80364-EN-V2025-04-04



## WELCOME

Welcome to Centr and thanks for your purchase. We're happy to have you. Please inspect your product and contact us right away if anything is missing or damaged.

Your equipment also comes with access to Centr's digital membership, unlocking tools that will fuel your active lifestyle and well-being. The Centr wellness system aligns your movement, meals and mind with expert-led programs and advice made to work together to deliver you the best results and lifelong healthy habits. Get moving with limitless ways to fuel your routine and reach your goals!

## NEED HELP? WE'RE HERE FOR YOU.

### US CUSTOMERS

If you have questions or issues with your equipment, please contact our US Customer Service team. Support is provided in English and Spanish.



#### EMAIL

hello@centr.com



#### PHONE

877-738-1729 (US Only)

+1 714-738-1729 (Global)

Mon-Fri 8am-5pm PT - UTC-7h/8

*\*Support is provided in English and Spanish\**

### GLOBAL CUSTOMERS (OUTSIDE OF US)

If you have any questions or issues with your equipment, please contact the store where your purchase was made.

## PRODUCT WARRANTY

To view full warranty details, or to register your product for warranty, visit **[centr.com/support](https://centr.com/support)**

### AUSTRALIA

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Our goods and services come with guarantees that cannot be excluded under the Australian Consumer Law. For major failures with the service, you are entitled:

- to cancel your service contract with us; and
- to a refund for the unused portion, or to compensation for its reduced value.

You are also entitled to choose a refund or replacement for major failures with goods. If a failure with the goods or a service does not amount to a major failure, you are entitled to have the failure rectified in a reasonable time. If this is not done you are entitled to a refund for the goods and to cancel the contract for the service and obtain a refund of any unused portion. You are also entitled to be compensated for any other reasonably foreseeable loss or damage from a failure in the goods or service.



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## IMPORTANT SAFETY INSTRUCTIONS

 This icon is to alert of a potential hazard. Obey all safety messages that follow this icon to avoid possible harm.

When using this electrical appliance, basic precautions should always be followed, including the following:

### **SAVE THESE INSTRUCTIONS**

This treadmill is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. Please note the following safety precautions:

#### **WARNING**

Before using this treadmill, all users must read, understand, and carefully follow all warnings, instructions, and procedures on the treadmill and in this User Manual.

#### **DANGER**

To reduce the risk of electric shock and the injury from moving parts, always unplug this treadmill from the electrical outlet immediately after using and before cleaning or attempting any maintenance activity.

#### **WARNING**

To reduce the risk of burns, fire, electric shock, or injury to persons:

1. Consult your physician before beginning any exercise program.
2. The treadmill should never be left unattended when plugged in. Unplug from outlet when not in use, and before service or maintenance.
3. DO NOT operate the treadmill while being covered with a blanket, plastic or anything that insulates or stops airflow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
4. Always keep children under the age of 14 and pets away from the treadmill. DO NOT leave children unattended in the same room with the treadmill. Children should be supervised to ensure that they do not play with the appliance.
5. Only one person at a time should use the treadmill.
6. Use the treadmill only for its intended use as described in this manual. DO NOT use attachments not recommended by Centr.
7. Never operate the treadmill if it has a damaged power cord or electrical plug, if it is not working properly, if it has been dropped or damaged, or partially immersed in water. Contact Centr customer service.
8. Keep the power cord away from heated surfaces. Do not pull the treadmill by the power cord or use the cord as a handle. Do not run the power cord under or along the side of the treadmill.
9. Never operate the treadmill with the air openings blocked. Keep air openings free of lint, hair or any obstructing material.
10. Never insert objects into any openings in this treadmill. If an object should drop inside, turn off the power, unplug the power cord from the outlet and carefully retrieve it. If the item cannot be reached, contact Centr customer service.
11. Do not use this treadmill outdoors, near water, while wet, or in areas of high humidity.
12. Do not use this treadmill in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.

## IMPORTANT SAFETY INSTRUCTIONS

13. To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.
14. Connect this treadmill to a properly grounded outlet only. See Grounding Instructions, page 11.
15. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
16. This treadmill is intended for consumer home use only. Do not exceed maximum user weight of 300 lbs (136 kg).
17. Inspect the treadmill for incorrect, worn, or loose components and then correct, replace, or tighten prior to use.
18. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other loose clothing that could become caught in the treadmill. Running or training shoes are also required when using the treadmill.
19. Care should be used when mounting or dismounting the treadmill.
20. Read, understand, and test the emergency stop procedures before use.
21. Keep hands away from all moving parts.
22. Keep the top side of the moving surface clean and dry.
23. Disabled persons should not use the machine without a qualified person or physician in attendance.
24. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 14 away from this machine.
25. Before using the machine to exercise, always do stretching exercises to properly warm up.
26. Position the treadmill on a solid level surface, and do not block any openings or vents in the floor.
27. DO NOT place any sharp objects around the machine.
28. Remove the Safety Key from the treadmill when not in use, and safely store out of reach of children.

### WARNING

**BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. Centr, LLC. DOES NOT ASSUME ANY RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**



### FLOOR PROTECTION NOTICE:

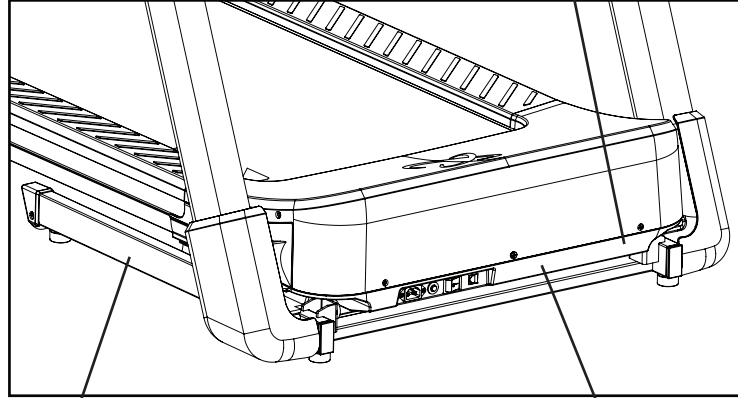
To help prevent damage to your flooring, it is strongly recommended to place the treadmill on a non-slip, protective floor mat. Prolonged contact between the treadmill base and certain floor types (e.g., hardwood, vinyl, tile, or carpet) may result in scuffs, pressure marks, or surface wear, especially during transport or use. A floor mat can also help reduce noise, vibration, and movement during workouts.





-Sample label shown for placement purposes only

<b>HOME USE TREADMILL</b> For Consumer Use Only. <b>TAPIS ROULANT À USAGE DOMESTIQUE</b> Pour usage grand public uniquement. <b>CINTA DE CORRER PARA USO DOMÉSTICO</b> Solo para uso del consumidor. <b>LAUFBAND FÜR DEN HEIMGEBRAUCH</b> Nur für den privaten Gebrauch.		Manufacturer / Fabricant / Fabricante / Hersteller: Shuhua Sports Co., Ltd Shuhua Industrial Park, Chidian, Jiangsu, Fujian, China	Importer / Importateur / Importador / Importeur: HEALTH IN MOTION LLC 3300 Herselee Carriage Drive Norco, CA 95860 USA +1 714-738-1729
 FCC ID: 2A006-WL3016	 IC ID: 26141-WL3016	Model / Modèle / Modelo / Model: T5B-XXX.1 Load / Charge / Carga / Ladin: 136KG Class / Classe / Class / Klasse: HB	Voltage / Tension / Voltage / Stromspannung: 220V Frequency / Frecuencia / Frecuencia / Frequenz: 50Hz Power / Pouvoir / Fuerza / Leistung: 1000W
NO MEDICAL TREATMENT PURPOSE! Made in China. AUCUN BUT DE TRAITEMENT MÉDICAL! Fabriqué en Chine. SIN PROPOSITO DE TRATAMIENTO MEDICO! Hecho en China. KEIN MEDIZINISCHER BEHANDLUNGSZWECK! Vorgestellt in China.		SERIAL NO. NO DE SERIE N° DE SERIE SERIENNR XXXXX-X-XXX-X-XX-XX-XXXXXX	



**⚠ CAUTION / ATTENTION / CUIDADO / VORSICHT**  
 KEEP HANDS AND FEET AWAY WHILE TREADMILL IS RUNNING.  
 TENIR LES PIEDS ET LES MAINS ÉLOIGNÉS LORSQUE LE TAPIS ROULANT EST EN MARCHÉ.  
 MANTENGA LAS MANOS Y LOS PIES ALEJADOS AL USAR LA CINTA DE CORRER.  
 HALTEN SIE IHRE HÄNDE UND FÜßE FERN, WENN SICH DER LAUFGURT BEWEGT.

80310-V2024-11-27

**⚠ WARNING / AVERTISSEMENT / ADVERTENCIA / WARNUNG**

TO REDUCE THE RISK OF INJURY FROM MOVING PARTS AND ELECTRIC SHOCK, UNPLUG THE MACHINE BEFORE CLEANING OR SERVICING.  
 POUR RÉDUIRE LE RISQUE DE BLESSURES DUES AUX PIÈCES MOBILES ET AUX DÉCHARGES ÉLECTRIQUES, DÉBRANCHER L'APPAREIL AVANT DE LE NETTOYER OU DE L'ENTREtenir.  
 PARA REDUCIR EL RIESGO DE LESIONES CAUSADAS POR PARTES MÓVILES O DESCARGAS ELÉCTRICAS, DESENCHUFE LA MÁQUINA ANTES DE LA LIMPIEZA O EL SERVICIO.  
 UM DAS RISIKO EINES STROMSCHLAGS UND DIE VERLETZUNGSGEFAHR DURCH BEWEGLICHE TEILE ZU REDUZIEREN, TRENNEN SIE VOR DER REINIGUNG ODER WARTUNG DER MASCHINE DIE STROMVERBINDUNG.



80419-V2025-03-17

**⚠ WARNING  
 AVERTISSEMENT  
 ADVERTENCIA  
 WARNUNG**

STORE THE STRAP FOR FUTURE REPACKAGING.

KEEP THE STRAP ON WHEN MOVING THE TREADMILL IN A NON-ASSEMBLED STATE. DO NOT LIFT THE TREADMILL WITHOUT SECURING THE RUNNING DECK AND BOTTOM FRAME WITH THE STRAP. FAILURE TO DO SO MAY RESULT IN INJURY.

CONSERVER LA SANGLE POUR LE FUTUR REEMBALLAGE.

UTILISER LA SANGLE POUR DÉPLACER LE TAPIS ROULANT NON MONTÉ. POUR ÉVITER LES BLESSURES, FIXER LE PLATEAU ROULANT ET LE CADRE INFÉRIEUR AVEC LA SANGLE AVANT DE SOULEVER LE TAPIS ROULANT.

CONSERVE LA CORREA PARA UN EMBALAJE FUTURO.

NO quite la correa cuando desplace la cinta de correr si no está montada. Para evitar lesiones, asegure la plataforma y el marco inferior con la correa antes de levantar la cinta de correr.

BEWAHREN SIE DEN RIEMEN FÜR EINE SPÄTERE WIEDERVERPACKUNG AUF.

LASSEN SIE DEN GURT ANGELEGT, WENN SIE DAS LAUFBAND IM NICHT ZUSAMMENGEBAUTEN ZUSTAND BEWEGEN. HEBEN SIE DAS LAUFBAND NICHT AN, OHNE DIE LAUFLÄCHE UND DEN UNTERRAHMEN MIT DEM GURT ZU SICHERN. ANDERNFALLS KANN ES ZU VERLETZUNGEN KOMMEN.

80353-V2024-11-27

-Attached to Packing Strap

**⚠ WARNING**

CONTACT MAY CAUSE ELECTRICAL SHOCK OR BURNS. TURN OFF POWER AND UNPLUG BEFORE SERVICING.

ELECTRICAL SHOCK HAZARD- PLUG INTO A GROUNDED 3 PRONG OUTLET.

DO NOT REMOVE THE GROUND PRONG FROM THE POWER CORD PLUG.

DO NOT USE AN ADAPTER OR AN EXTENSION CORD.

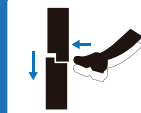
FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN DEATH, FIRE OR ELECTRICAL SHOCK.



80448-V2025-01-24

-Attached to Power Cord

**NOTICE  
 AVIS  
 AVISO  
 BEACHTEN**



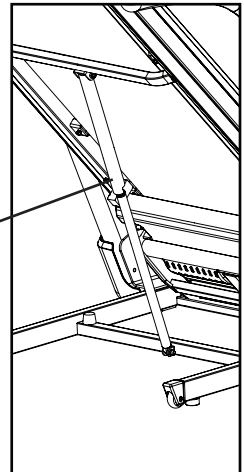
GENTLY PRESS WITH YOUR FOOT TO RELEASE THE LOCK AND LOWER THE DECK.

APPUYER DOUCEMENT AVEC LE PIED POUR OUVRIR LE VERROU ET ABAISSER LE PLATEAU.

PRESSIONE SUAVEMENTE CON EL PIE PARA DESBLOQUEAR Y BAJAR LA PLATAFORMA.

DRÜCKEN SIE LEICHT MIT DEM FUß, UM DIE SPERRE ZU LÖSEN UND DAS DECK ABZUSENKEN.

80855-V2024-11-26



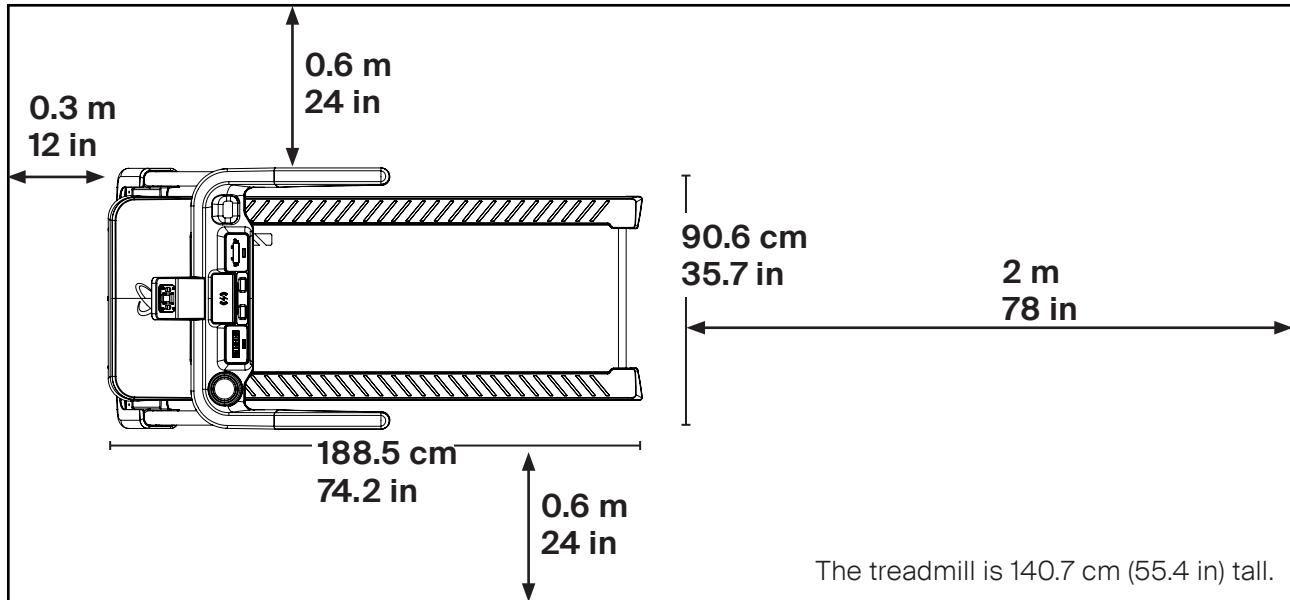
## SPACE REQUIREMENTS

This treadmill requires a minimum amount of floor space to safely operate. Keep a minimum open area of 2 m (78 in) behind the treadmill, and 0.6 m (24 in) on both sides. A space of 0.3 m (12 in) in the front is recommended for access to the power cord and switch.

Stowed (folded) dimensions of machine: 128 cm (50.4 in) L x 91 cm (35.8 in) W x 156 cm (61.4 in) H

Total Surface Area (footprint) of machine: 17,078 cm<sup>2</sup>

Weight of machine: T5 - 98.5 kg (217.2 lbs)  
T5S - 99.3 kg (218.9 lbs)

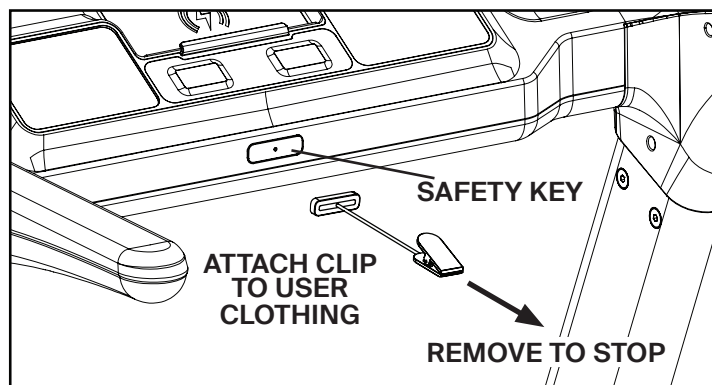


## USE OF SAFETY KEY

This treadmill is designed with a removable Safety Key. If the Safety Key is removed, the treadmill will not operate and will display "Please Reinsert the Safety Key" or "E40". The console display will reset once the Safety Key is pushed back in place.

### WARNING

The Safety Key red clip should be attached to the user's clothing directly in front of the Safety Key. In case of emergency, remove the Safety Key to immediately stop the belt and shut off the treadmill.

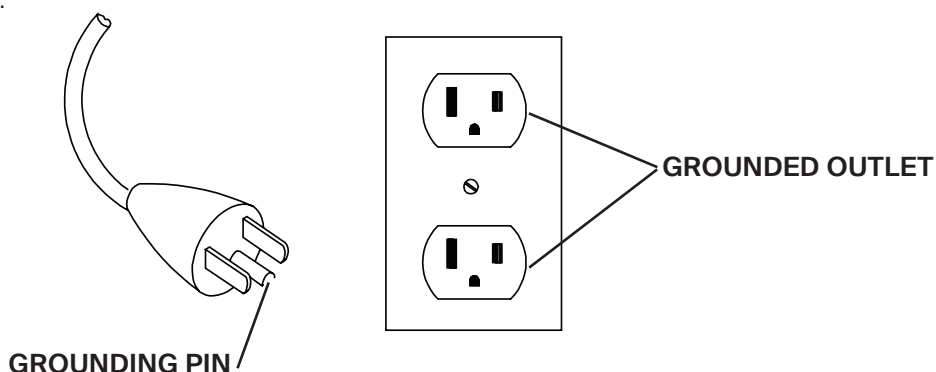


## GROUNDING INSTRUCTIONS (FOR 110V MACHINES)

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 treadmill 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 treadmill, if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

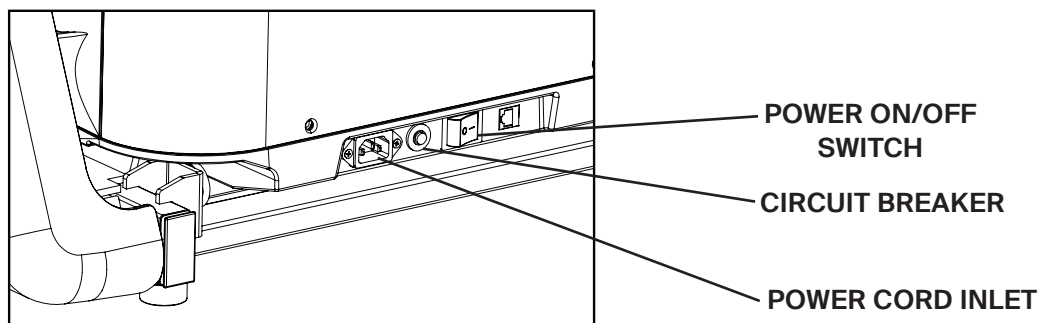


This treadmill is intended for use on a nominal 120V circuit and has a grounding plug that looks like the plug illustrated above. Make sure the treadmill is connected to an outlet that has the same configuration as the plug. **No extension cord or adapter should be used for this treadmill.**

## POWER REQUIREMENTS (FOR 110V MACHINES)

### WARNING

1. This treadmill requires a power source of 15 Amps (120V) in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging in the treadmill. Any power source above or below this grade could cause significant damage to the treadmill and or user.
2. Never use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill, including the elevation mechanism and transport wheels.
3. Never operate the treadmill using a generator or UPS power supply.
4. Never remove any cover without first disconnecting AC power.

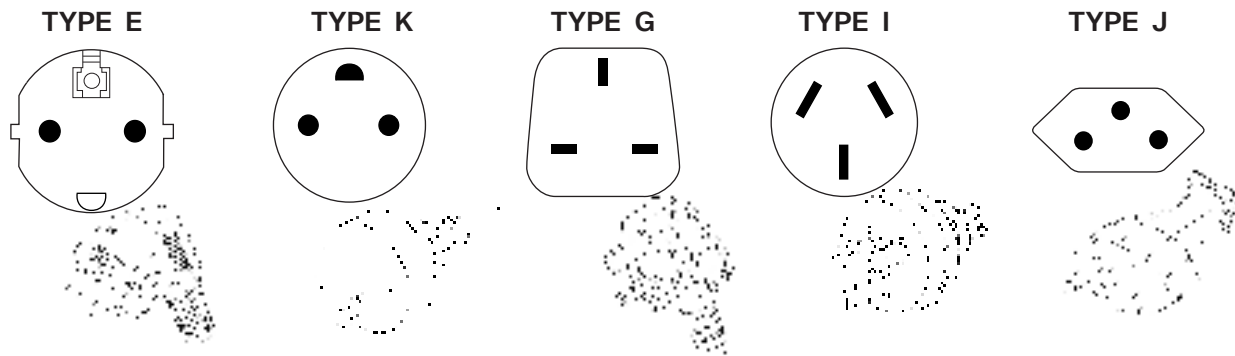


## GROUNDING INSTRUCTIONS (FOR 220V MACHINES)

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 treadmill 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 treadmill, if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

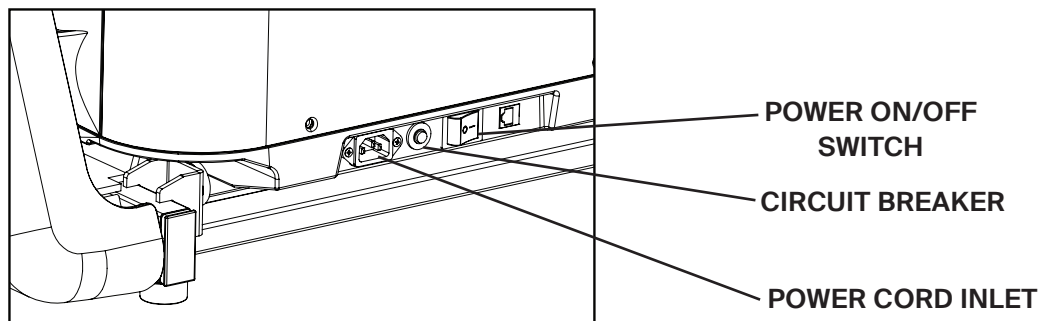


This treadmill is intended for use on a nominal 220V circuit and has a plug that looks like one of the plugs illustrated above (depending on your region). Make sure the treadmill is connected to an outlet have the same configuration as the plug. No extension cord or adapter should be used for this treadmill.

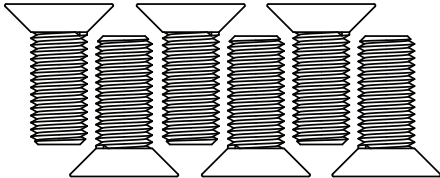
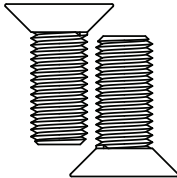
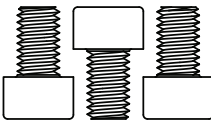
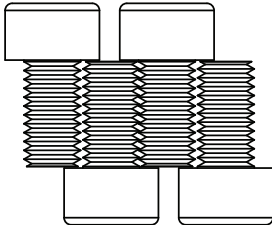
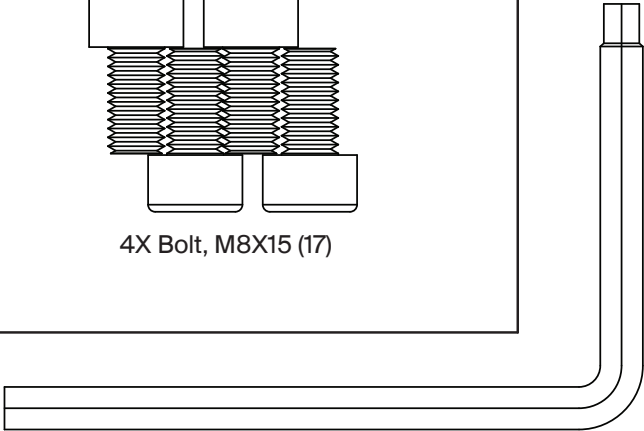
## POWER REQUIREMENTS (FOR 220V MACHINES)

### WARNING

1. This treadmill requires a power source of 10 Amps (220V) in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging in the treadmill. Any power source above or below this grade could cause significant damage to the treadmill and or user.
2. Never use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill, including the elevation mechanism and transport wheels.
3. Never operate the treadmill using a generator or UPS power supply.
4. Never remove any cover without first disconnecting AC power.



HARDWARE PACK (NOT TO SCALE)

HARDWARE		
<div>STEP 2</div> <div></div> <div>6X Bolt, M8X25 (1)</div>	<div>STEP 3</div> <div></div> <div>2X Bolt, M8X25 (1)</div>	
<div>STEP 5</div> <div></div> <div>3X Bolt, M6X10 (2)</div>	<div>STEP A</div> <div></div> <div>4X Bolt, M8X15 (17)</div>	
		1X #5 & #6 Allen Wrench
		80351-EN-V2024-09-20

## ASSEMBLY

### WARNING

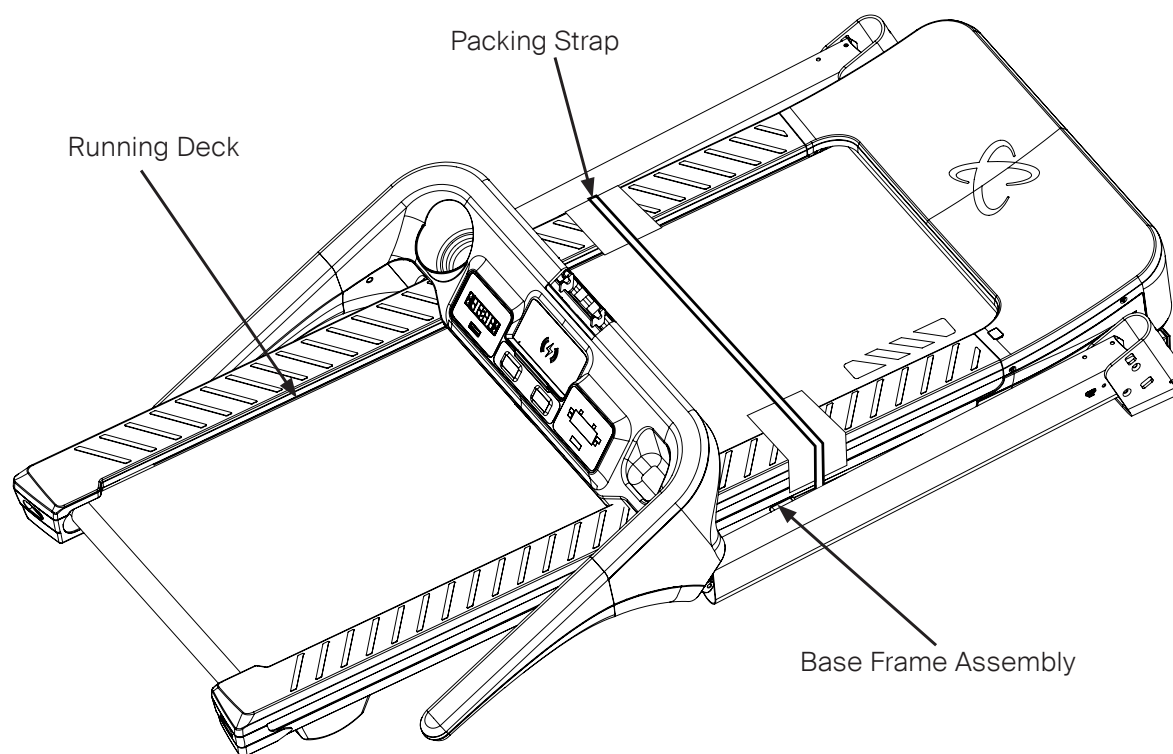
Do not remove the **Packing Strap** until instructed. Do not lift the treadmill without the **Packing Strap** securing the **Running Deck** to the **Base Frame Assembly**. Failure to do so may result in injury or damage to property.

**NOTE:** It is recommended to have at least 2 people for unboxing and assembling the treadmill.

**STEP 1 -** Remove the treadmill from the carton and place it on flat ground in the intended workout area. Remove the Packing Strap that secures the **Running Deck** to the **Base Frame Assembly**. Save the **Packing Strap** for future use.

### WARNING

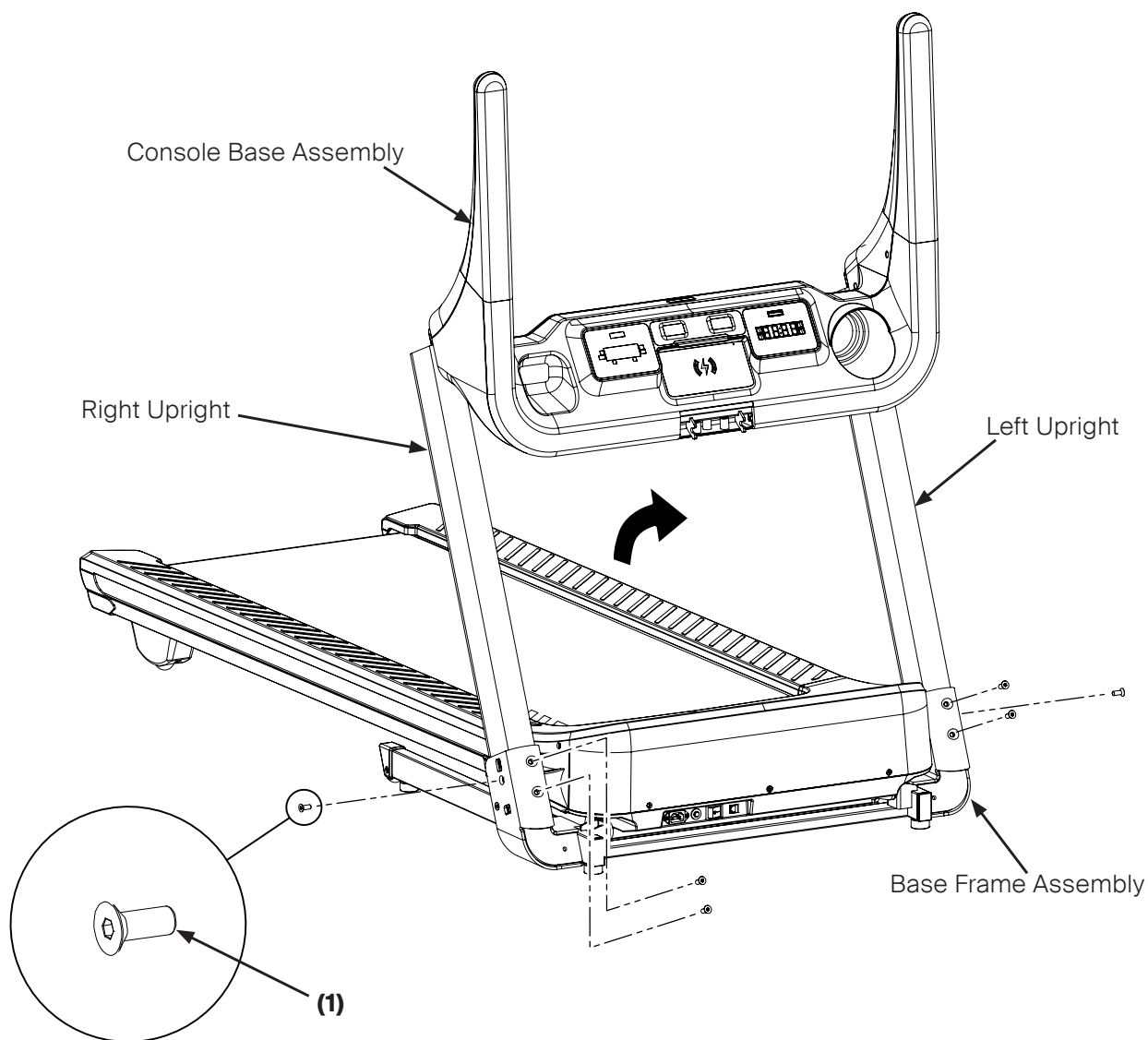
The treadmill may be moved by two or more people depending on their physical abilities and capacities. Make sure that you and the others are all physically fit and able to move the treadmill safely.



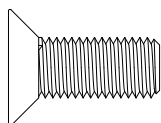
**STEP 2** - Lift the **Left and Right Uprights** until the holes at the bottom are aligned on the **Base Frame Assembly**, and install the hardware. **DO NOT FULLY TIGHTEN THE HARDWARE UNTIL INSTRUCTED.**

## WARNING

The **Console Base Assembly** is loose and can pivot down onto the **Uprights**. Keep fingers away from both ends of the Upright tubes. A second person to safely hold the **Uprights** during this step is recommended.



## HARDWARE REQUIRED:

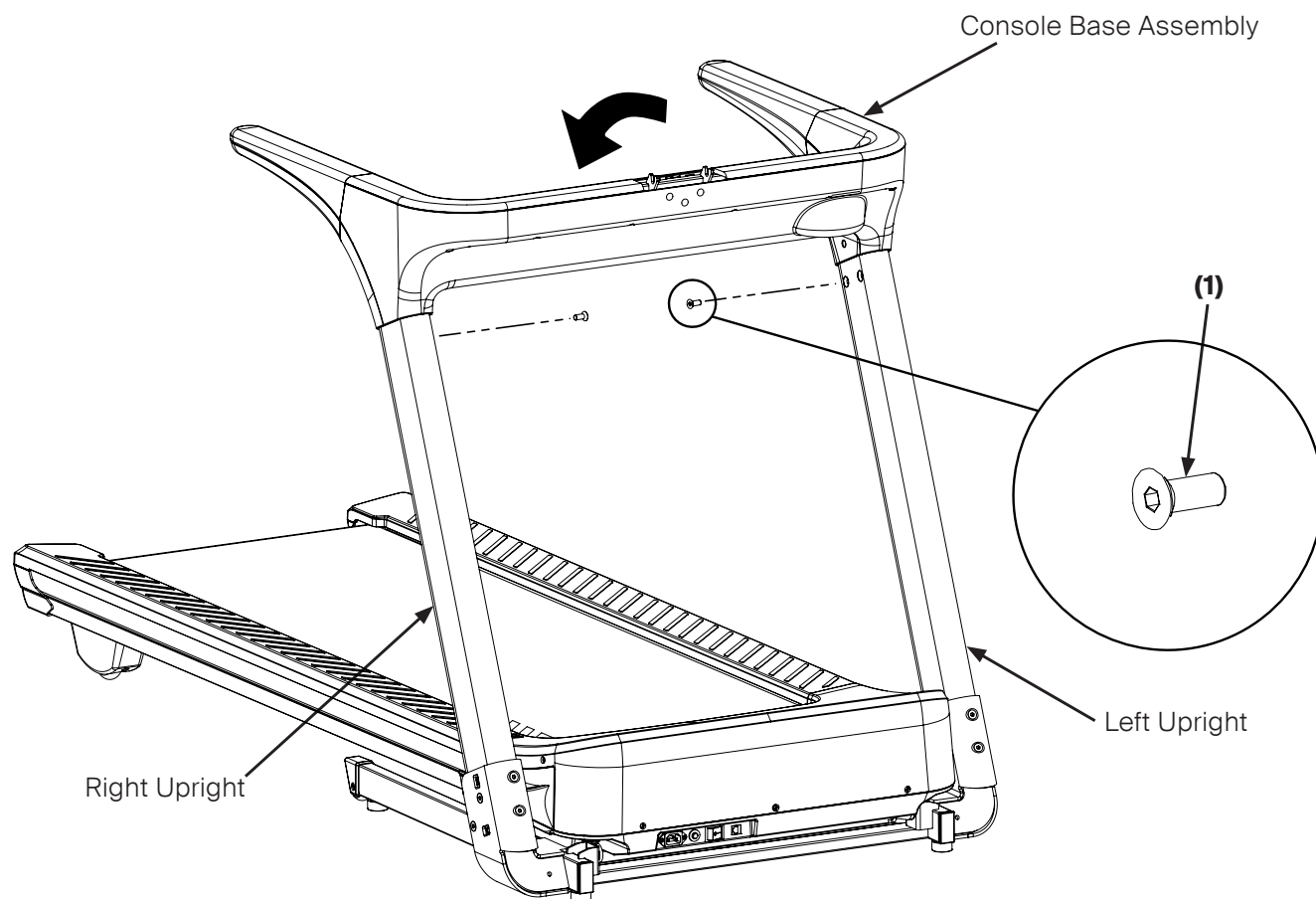


6X BOLT, M8X25 (1)

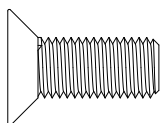
**STEP 3** - Pivot the **Console Base** until the holes align, and install the hardware to secure it.

## WARNING

Keep fingers away from the ends of the **Upright** tubes when pivoting the **Console Base Assembly**. A second person to safely hold the **Console Base Assembly** during this step is recommended.



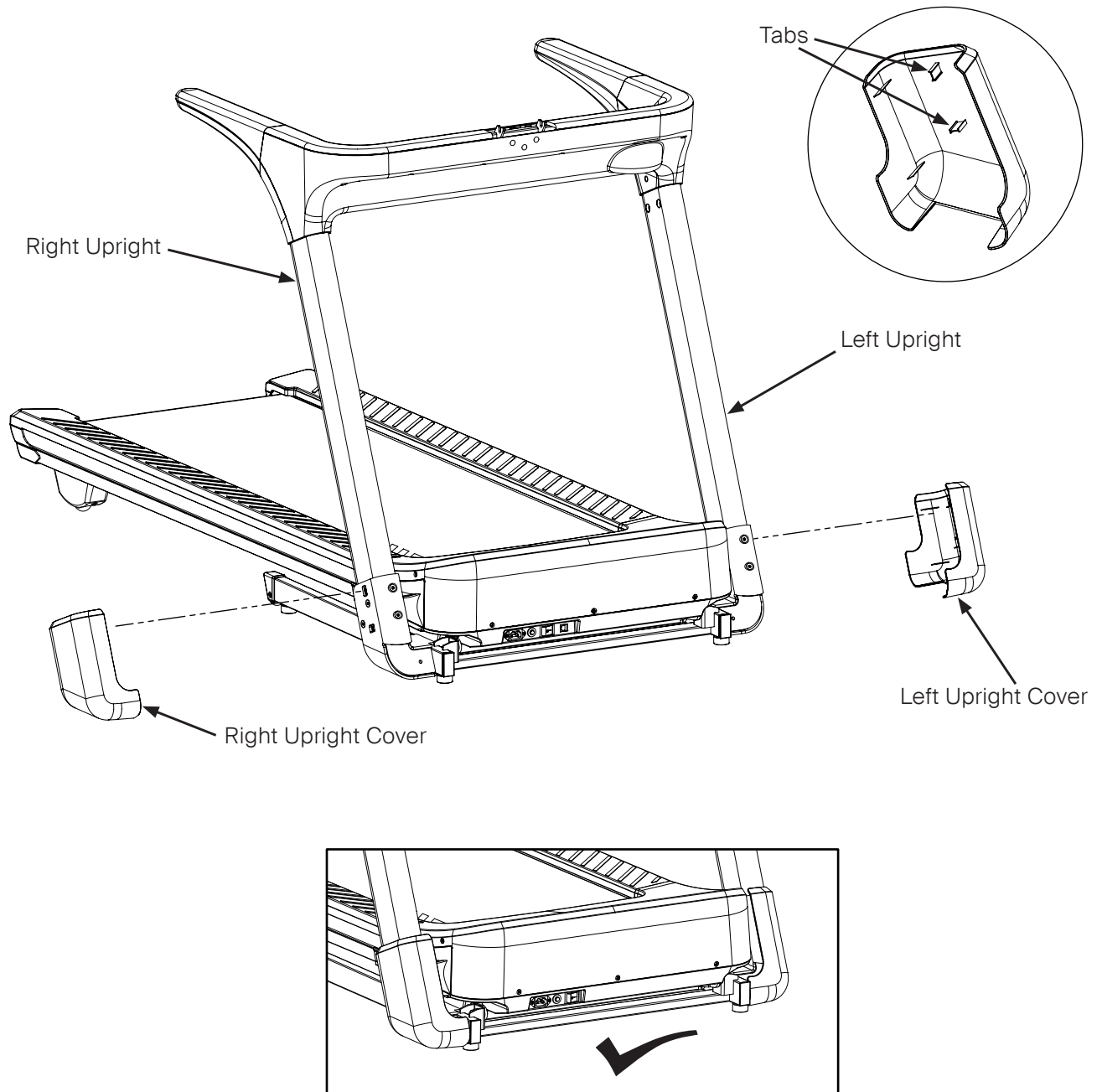
## HARDWARE REQUIRED:



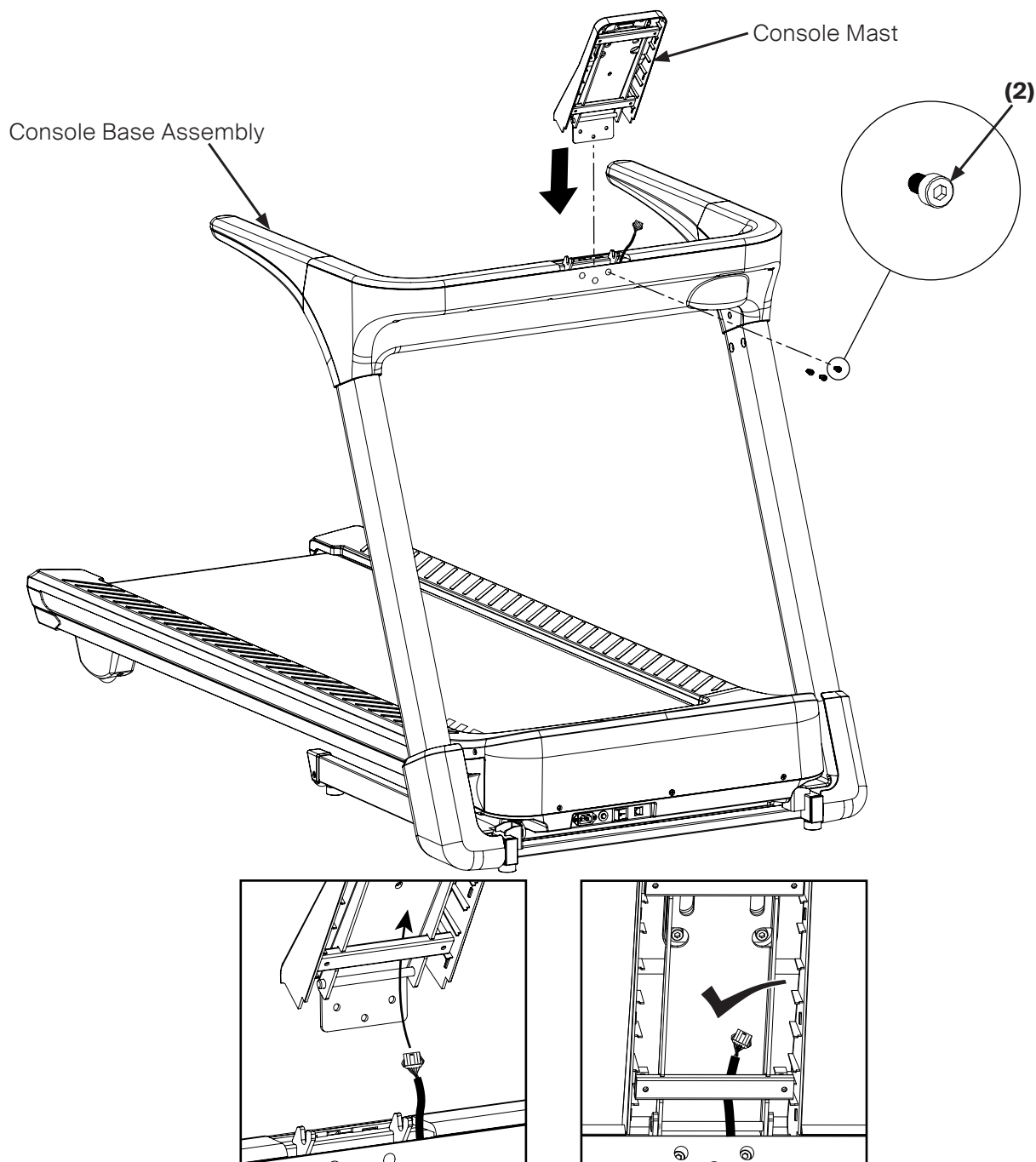
2X BOLT, M8X25 (1)



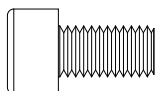
**STEP 4 - TIGHTEN ALL HARDWARE FROM PREVIOUS STEPS.** The **Left and Right Upright Covers** have two tabs that secure them to the **Uprights**. Slide the tabs of the appropriate **Upright Cover** onto the **Upright**, and then push into place.



**STEP 5** - Route the Cable up into the **Console Mast** while sliding it down onto the **Console Base Assembly**. Only pull the Cable out enough to route it into the **Console Mast**. Be sure not to crimp or cut any Cables. Secure the **Console Mast** to the **Console Base Assembly**.



## HARDWARE REQUIRED:



2X BOLT, M8X15 (2)

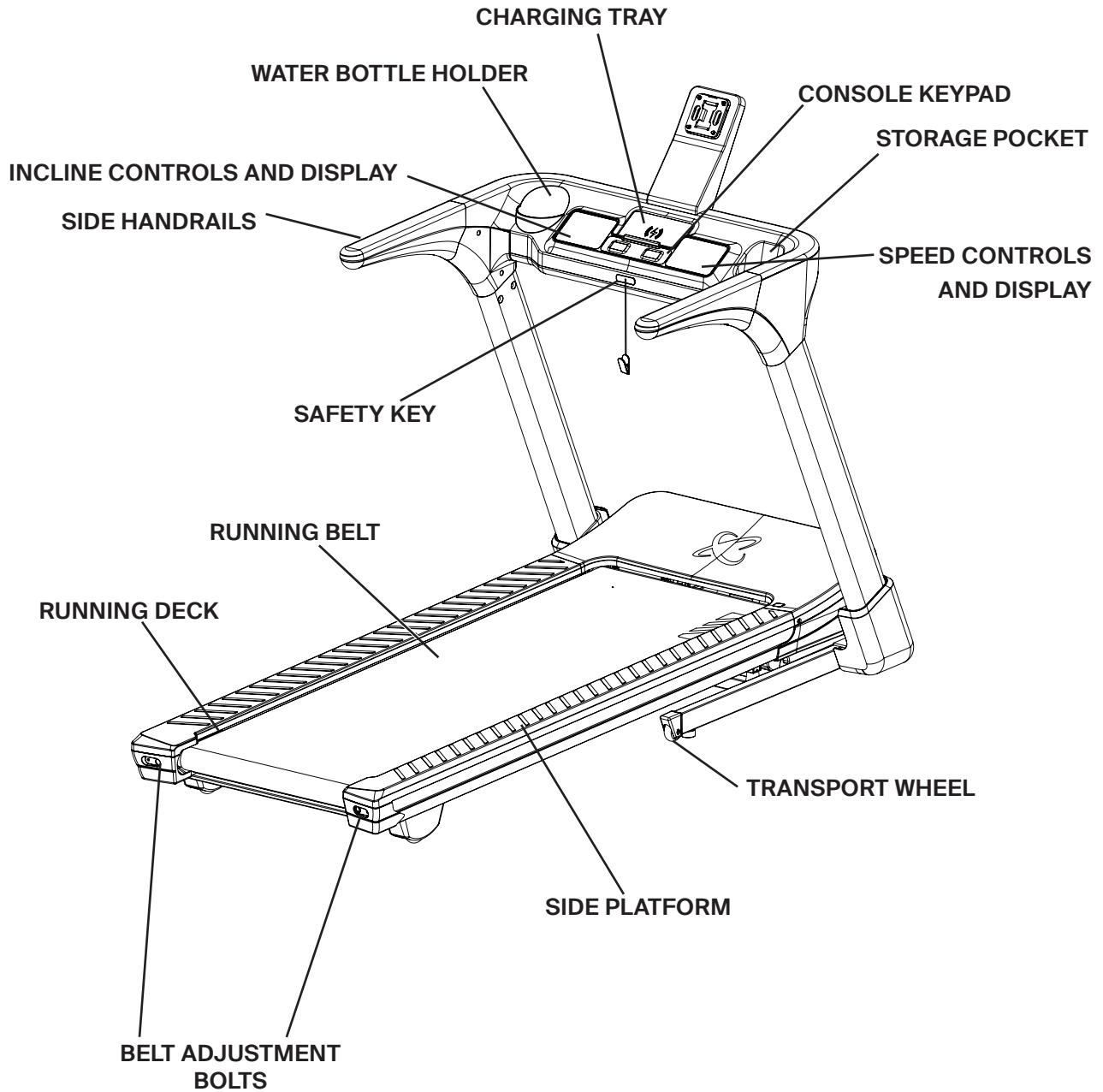
**STEP 6** - This treadmill has the option for a 15.6" Touchscreen (T5S) or a 15" Touch Key LED Display (T5). The assembly steps to attach the **Console Assembly** are in the Console User Manual, supplied along with the **Console Assembly**. If needed, the Console User Manual can be found by scanning the QR Code on the front page.

**Note:** If the Safety Key is not inserted into the Console Base Assembly, be sure to attach it when ready to workout.

## **WARNING**

Remove the Safety Key from the treadmill when not in use, and safely store out of reach of children.

## FEATURE OVERVIEW



## BEFORE YOU BEGIN

This treadmill is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment.

### WARNING

Before using this treadmill, all users must read, understand, and carefully follow all warnings, instructions, and procedures on the treadmill and in this User Manual. The user is required to perform a complete visual inspection, and test of the features and functions of the assembled treadmill prior to use. Inspect all hardware and securing devices to be sure that they are fully tightened, and tighten as necessary.

### CAUTION

1. To avoid injury, use extreme caution when stepping onto or off of a moving belt.
2. Changes in speed do not occur immediately. Set your desired speed using the adjustment keys on the console. The speed will increase gradually.
3. While on the treadmill, move with caution as distractions may cause you to lose balance and stray from walking in the center of the belt, which may result in serious injury.
4. The treadmill starts at very low speed. To begin use, hold onto the handrails and stand on the side platforms while it starts up, then step onto the belt once it's in motion.
5. Always hold the handrail when changing settings on the console.
6. When ready to workout, attach the Safety Key and the Power Cord to the machine.

## CONSOLE OPERATION

This treadmill has the option for a 15.6" Touchscreen (T5S) or a 15" Touch Key LED Display (T5). Console operations and details are provided in the appropriate Console User Manual supplied along with the Console or by scanning the QR Code on the front page.

### CHARGING TRAY

For tech devices that can be charged with wireless charging, the treadmill has a Charging Tray on the Console Base.

### BLUETOOTH® AUDIO FROM DEVICE TO TREADMILL SPEAKERS

Your machine is able to play audio across a Bluetooth® connection from your phone or other Bluetooth audio device through the treadmill speakers. The name of the Bluetooth® audio device is "BT-Speaker".

1. From your device, scan for available Bluetooth devices from the Bluetooth or Connected devices setting.
2. Tap on "BT-Speaker" to connect to it.
3. Once the device is found, tap on Pair.
4. The "BT-Speaker" is added to the Paired Devices list, and is currently active.
5. Play the desired audio on the device and adjust the volume with the console.


The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Centr, LLC, is under license. Other trademarks and trade names are those of their respective owners.

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**Note:** To remove a previously connected or paired device from the list, tap on the icon to the right of the undesired device and select Unpair. The device is removed from the list.

## **BLUETOOTH® AUDIO FROM THE TREADMILL TO HEADPHONES (T5S ONLY)**

Your machine is able to play audio across a Bluetooth® connection to your Bluetooth headphones.

1. With the console active, tap on the Bluetooth  icon.
2. Activate your Bluetooth headphones and put them into pairing mode. Follow the instructions provided by the manufacturer to pair or connect it.
3. Once the Bluetooth headphones are found, the console will list it as an available device.
4. Tap on Connect. The headphones will be connected, muting the speakers on the treadmill.

**Note:** To disconnect your device, tap on Disconnect from the list of connected devices.

## **WORKING OUT WITH A FITNESS APP**

Your machine is able to connect across a Bluetooth® connection to a fitness app (such as Zwift) running on your device. The app will reflect the current workout, but the speed and incline of the workout will be controlled by the treadmill.

1. Confirm that Bluetooth is active on your device.
2. Open the desired fitness app on your device, and log in to your account.
3. Next, connect the treadmill to the app. On the Zwift app, select the Run tab and tap on “Run Speed” from the Paired Devices screen.
4. The app will search for available devices, and will provide an available list.
5. Tap on “Centr-T5-XXXXXX” to select it.
6. The app will show that it is connected to the treadmill.
7. Tap OK.
8. Then select a workout and tap Start when ready to workout.
9. Once the workout on the app begins, push Start on the treadmill to begin a Quick Start workout. The app will capture your workout from the treadmill.

**Note:** If the app does not follow along with the workout, the connection to the treadmill may need to be reconnected. For the Zwift app, tap the lower left side of the screen on your device. Then tap on Menu, and the available options are displayed. Tap on Pair found on the right side of the display. The Paired Devices screen of the app is displayed. Repeat Steps 3-7 to reconnect the treadmill to the app.

## **BLUETOOTH® HEART RATE**

This console will connect to an activated chest strap or any other similar device that uses BLE protocol. With the Bluetooth Heart Rate device providing a heart rate, the console will detect it after approximately 15 seconds. Follow the instructions provided by the manufacturer to connect it to the treadmill.

**Note:** The console will connect to the first active Bluetooth Heart Rate device that it finds. Be sure to deactivate or remove other Bluetooth Heart Rate devices near the treadmill.

## FOLDING AND MOVING INSTRUCTIONS

### FOLDING

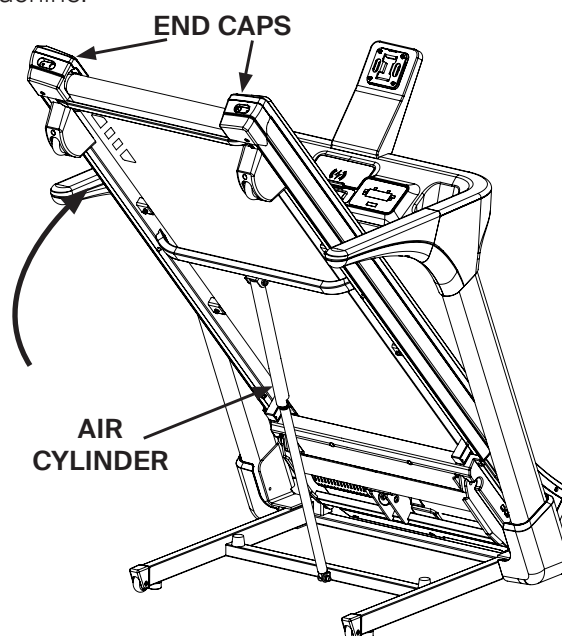
This treadmill is designed to be folded when not in use, to save floor space and allow for easy transport.

Before folding the treadmill, be sure that the Incline is set to 0, the Power switch is in Off position, and the power cord is removed from the outlet and machine.

### WARNING

The treadmill may be folded by one or more people depending on their physical abilities. Be sure that you and others are all physically fit and able to safely move the machine.

1. Following proper lifting techniques (crouch with your legs and keep your back straight), grasp under the End Caps with your hands.
2. Lifting with your legs, raise the Deck upward until the air cylinder locks. An audible click will be heard.
3. Gently pull back on the End Caps to confirm that the Deck is securely folded.

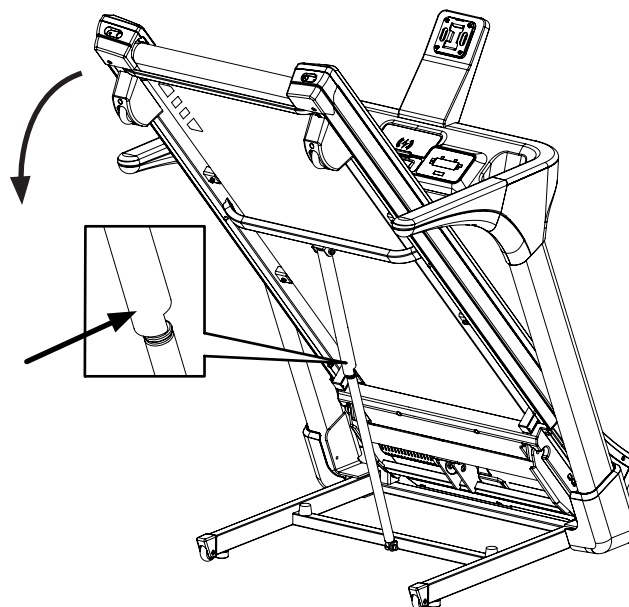


### UNFOLDING

### WARNING

Before lowering the treadmill, be sure that the floor space under the treadmill is clear of any objects.

1. Lightly press the air cylinder with your foot to release the Deck.
2. Safely back away from the Deck. The Deck will slowly lower to the floor.



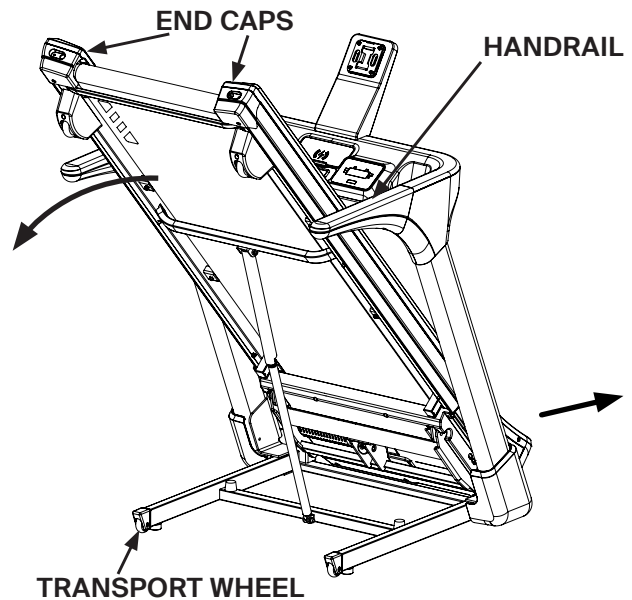
## MOVING

Before moving the treadmill, be sure that the deck is securely folded, and the power cord is removed from the outlet and machine.

### WARNING

The treadmill may be moved by one or more people depending on their physical abilities. Be sure that you and others are all physically fit and able to safely move the machine.

1. Place one of your feet to block the Transport Wheel from rolling.
2. Pull back on the Handrails to lift the front of the machine until it is balanced on the Transport Wheels.
3. Grasping the balanced treadmill by the End Caps, push the treadmill forward into the new position.
4. Gently lower the treadmill into place.



### WARNING

Before lowering the treadmill, be sure that the floor space under the treadmill is clear of any objects.

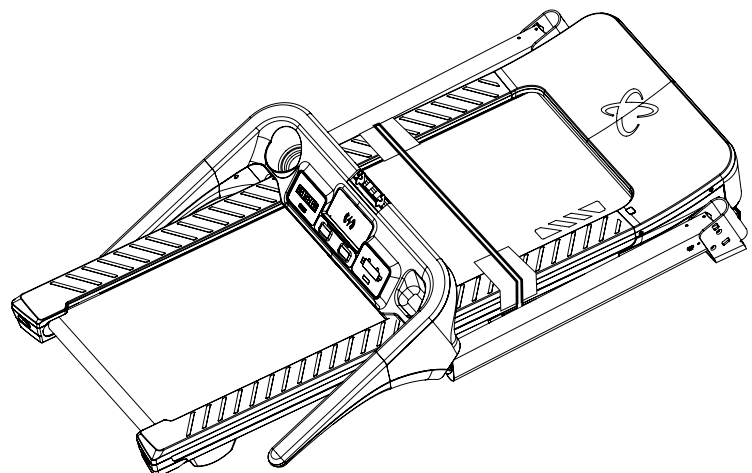
## TRANSPORTING

When needing to transport the treadmill into a different room or location, it may need to be tilted onto a side. The treadmill must be broken down to the originally shipped configuration by reversing the assembly process, and the Packing Strap that shipped with the treadmill MUST be installed before it can be tilted onto a side and transported.

### WARNING

Do not tilt the treadmill onto a side without the Packing Strap securing the Running Deck to the Base Frame Assembly. Failure to do so may result in injury or damage to property.

During disassembly, be aware that the Console Base Assembly and the Uprights will freely pivot once the hardware is removed. Be prepared to support the weight of the Console Base Assembly and Uprights, and safely pivot them down to the Deck. Keep fingers away from the ends of the Upright tubes and the Deck. A second person is encouraged to assist with this process. Once safely lowered, be sure to securely install the Packing Strap.





## **MAINTENANCE AND CARE**

### **WARNING**

The safe operation of the machine can only be maintained when the equipment is regularly examined for damage and wear. It is the sole responsibility of the user/owner to ensure that regular maintenance and inspections for damage and wear are performed. Special attention should be given to components which are most susceptible to wear. Components which are most susceptible to wear are the Running Belt, Running Deck, Rollers, and Side Platforms. Worn or damaged components should be replaced immediately, or the equipment removed from use until the repair is made. Inspect all bolts, nuts and any other securing devices to be sure that they are fully tightened and that the machine is properly assembled and in a safe condition. All warnings and instructions must be read and followed prior to use.

General cleaning will help prolong the life and performance of the treadmill.

- Keep the treadmill clean and maintained by dusting the components on a regular basis.
- Cleaning and maintenance of the treadmill should not be done by anyone under 14 years of age. Keep children under the age of 14 away from this machine.
- Clean the side platforms and the visible portion of the running deck to prevent debris from accumulating underneath the running belt. Debris under the running belt will degrade the performance and prematurely wear out the running belt and deck.
- Keep your running shoes clean so that debris does not accumulate underneath the running belt.
- Clean the surface of the running belt with a clean damp cloth.
- Regularly inspect the product for loose hardware.
- The moving parts should turn freely and quietly. Abnormal moving parts will affect the safety of the equipment.
- To prolong the treadmill life, it is suggested that the product be powered off for at least 10 minutes for every 2 hours of use.
- Power off the treadmill when not in use.
- It is recommended to place the treadmill on a qualified treadmill mat that is slightly larger than the treadmill base. This will help protect your product from accumulating dust, debris and carpet fibers which can affect the performance and longevity of your treadmill.

**SCAN THE QR CODE ON THE FRONT PAGE TO DOWNLOAD THE SERVICE MANUAL**

## ADJUSTING THE RUNNING BELT

The running belt is properly adjusted at the factory but may loosen or change over time. It is important to properly adjust the running belt so it has the right tension and is centered on the deck, without drifting to one side.

### RUNNING BELT TENSION

To check the running belt tension, pull up on the running belt in the middle of the running surface, and the running belt should lift off the running deck between 2-3 inches. If the running belt is too tight, this will negatively affect the motor's performance and also create more friction between the roller and running belt. When the running belt is too loose, it may not move smoothly with the motor.

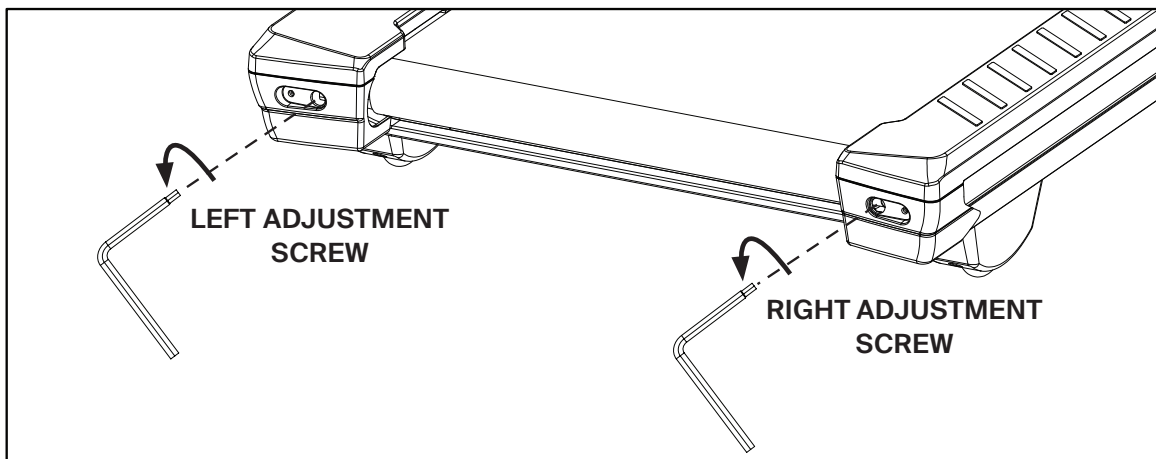
### RUNNING BELT CENTERING

To check the centering of the running belt, set the Incline to 0 and set the Speed to 3.0 mph. Watch the belt to see if it moves all the way to the left or right on the running deck. If properly centered, the belt should be centered on the running deck and the side platforms. If the running belt is not properly centered, this will cause premature running belt failure.

To adjust the running belt tension or centering, use the included Allen wrench and use this table to know which adjustment screw to turn. Repeat the steps given in the table until it is properly adjusted.

BELT ADJUSTMENT	LEFT ADJUSTMENT SCREW	RIGHT ADJUSTMENT SCREW
TOO TIGHT	1 TURN CCW	1 TURN CCW
TOO LOOSE	1 TURN CW	1 TURN CW
SHIFTED TO THE LEFT	1/4 TURN CW	1/4 TURN CCW
SHIFTED TO THE RIGHT	1/4 TURN CCW	1/4 TURN CW

CW =CLOCK-WISE    CCW = COUNTER CLOCK-WISE



## LUBRICATING THE RUNNING BELT

**IMPORTANT NOTE:** The pre-lubricated running belt on this treadmill should run approximately 5592 miles (9000 km) before the belt and deck need to be inspected for lubrication.

After the initial break in period, lubricating the running deck and belt is essential as the friction between the two affects the life span and function of the treadmill. Therefore, it is suggested the running belt and deck be inspected regularly. Use the Recommended Lubricant Schedule below after the initial break in period.

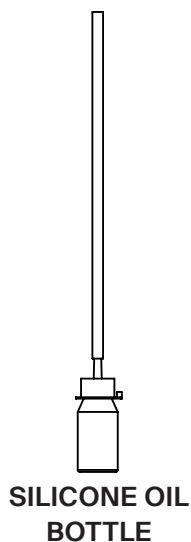
### WARNING

Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

Follow these instructions to lubricate the running belt and deck:

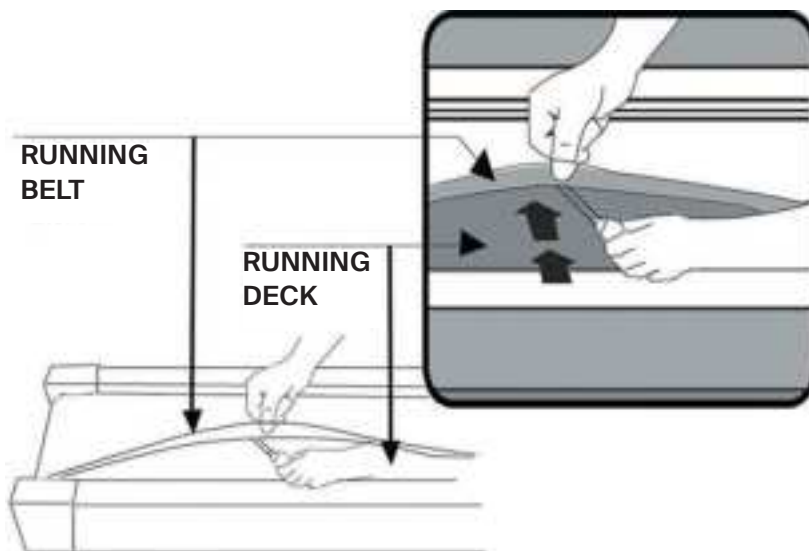
1. Attach the extension tube to the bottle of lubricant. This extension tube allows you to evenly apply lubricant across the entire width of the running belt and deck.
2. Raise the running belt up on one side and evenly apply lubricant across the width of the running deck. Ideally, the lubricant should be applied where the feet contact the deck when running, as this is where it is most needed. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process to the other side.

EXTENSION TUBE



RUNNING BELT

RUNNING DECK



RECOMMENDED LUBRICATION SCHEDULE

RECOMMENDED LUBRICATION SCHEDULE	
LIGHT USE (LESS THAN 3 HOURS / WEEK)	EVERY 6 MONTHS
MEDIUM USE (3 - 5 HOURS / WEEK)	EVERY 3 MONTHS
HEAVY USE (MORE THAN 5 HOURS / WEEK)	EVERY 2 MONTHS

## TROUBLESHOOTING

When the treadmill electronics detect a problem or a potential problem, the HR window in the center of the console keypad will display one of the Error Codes in the following table.

### WARNING

Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

ERROR CODE	POSSIBLE SOLUTION(S)
E00 - No Error	Reset the power using the On/Off switch
E01 - Motor Overload	<ol style="list-style-type: none"> <li>1. Motor current exceeds load rating. To prevent damaging the motor, the system will restart.</li> <li>2. A part of the treadmill is stuck, causing a the motor to shut off. Check for parts that are not moving normally and also trying adding running belt lubrication.</li> <li>3. If you smell burning when the motor runs, or an unusual motor sound, the motor may need replacement.</li> <li>4. The motor control board may need replacement.</li> </ol>
E02 - Motor Hall Sensor Error	<ol style="list-style-type: none"> <li>1. Check that the motor cable is properly connected.</li> <li>2. Replace the motor or motor control board.</li> </ol>
E03 - Motor Control Board Overcurrent	<ol style="list-style-type: none"> <li>1. Motor current exceeds load rating. To prevent damaging the motor, the system will restart.</li> <li>2. Check that the power cord and motor connection are properly connected.</li> <li>3. Replace the motor control board.</li> </ol>
E04 - Phase Loss	<ol style="list-style-type: none"> <li>1. Check that the motor cable is properly connected.</li> <li>2. Replace the motor.</li> <li>3. Replace the motor control board.</li> </ol>
E05 - Undervoltage	<ol style="list-style-type: none"> <li>1. Check that the input power supply voltage is normal.</li> <li>2. Check if the power cord is loose.</li> </ol>
E06 - Overvoltage	<ol style="list-style-type: none"> <li>1. Check that the input power supply voltage is normal.</li> </ol>
E7 - Incline Adjustment Error	<ol style="list-style-type: none"> <li>1. Check that the incline adjustment motor cable is properly connected.</li> <li>2. Reset the power using the On/Off switch.</li> <li>3. Re-calibrate the incline motor.</li> </ol>
E08 - Motor Control Board Error	<ol style="list-style-type: none"> <li>1. Check that the power cord and motor connection are properly connected.</li> <li>2. Replace the motor control board.</li> </ol>
E16 - Incline Adjustment Error	<ol style="list-style-type: none"> <li>1. Check that the incline adjustment motor cable is properly connected.</li> <li>2. Reset the power using the On/Off switch.</li> <li>3. Re-calibrate the incline motor.</li> </ol>

## TROUBLESHOOTING

### WARNING

Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

ERROR CODE	POSSIBLE SOLUTION(S)
E17 - Lift Motor Calibration Error	<ol style="list-style-type: none"> <li>1. Check that the incline adjustment motor cable is properly connected.</li> <li>2. Re-calibrate the incline motor.</li> </ol>
E21 - Motor Control Board Save Data Exception	<ol style="list-style-type: none"> <li>1. Turn off the power using the On/Off switch.</li> <li>2. After 3 minutes, turn the power ON. If the motor control board fails to start, replace the motor control board.</li> </ol>
E22 - Communication Error Between Console and Motor Control Board	<ol style="list-style-type: none"> <li>1. Check that the cable between the console board and motor control board is properly connected.</li> <li>2. Check if the console or motor control board is damaged.</li> <li>3. Turn off the power using the On/Off switch.</li> <li>4. After 2 minutes, turn the power ON.</li> </ol>
E30 - Motor calibration error	<ol style="list-style-type: none"> <li>1. Replace the motor control board.</li> </ol>
E31 - Overtemperature	Wait until the machine temperature is normal before continuing to use.
E32 - Motor Reversal	Check that the motor cable UVW is properly connected.
E33 - Issue with Motor or Motor Control Board	<ol style="list-style-type: none"> <li>1. Replace the motor.</li> <li>2. Replace the motor control board.</li> </ol>
E40 - The Safety Key Not In Place	<ol style="list-style-type: none"> <li>1. Check if the Safety Key is loose or removed.</li> <li>2. Check that the Safety Key moves free in place.</li> <li>3. Check if the Safety Key is damaged.</li> <li>4. Check if the console is damaged.</li> </ol>
E50 - Other Error	Please contact customer service.
Connection Error - Communication error between the Console and Console Board	<ol style="list-style-type: none"> <li>1. Check if the console board wire is loose or detached from the console board.</li> <li>2. Check the connectors of the console board and the console board wire.</li> <li>3. Check if the console is damaged.</li> <li>4. Turn off the power using the On/Off switch. After 2 minutes, turn the power ON.</li> </ol>





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