



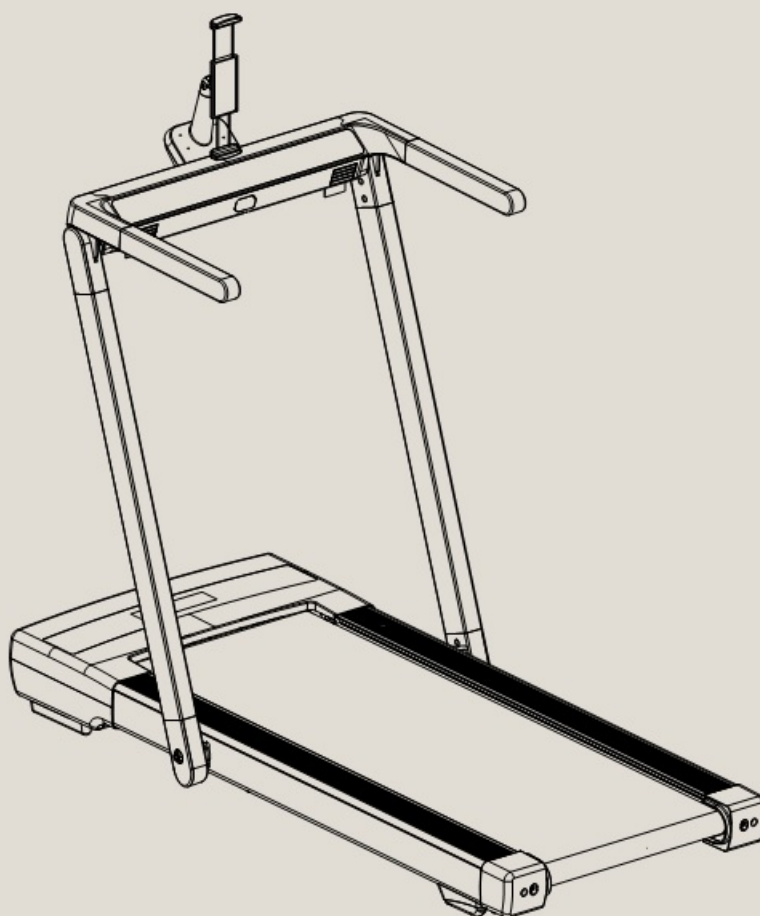
# SPORTSTECH sTread Fold 2 in 1 Folding Treadmill Electric Walking Running Machine User Manual

[Home](#) » [SPORTSTECH](#) » SPORTSTECH sTread Fold 2 in 1 Folding Treadmill Electric Walking Running Machine User Manual 

*SPORTSTECH sTread Fold 2 in 1 Folding Treadmill  
Electric Walking Running Machine User Manual*

# sTread Fold

LAUFBAND • TREADMILL



DE

EN

ES

FR

IT

Status: 2022-11-29

**Dear customer,**

We are pleased you chose a device from the SPORTSTECH product range. SPORTSTECH sports equipment offers you high quality and new technology.

In order to fully use the potential of your device and be able to enjoy it for many years, please read this manual carefully before starting up and beginning of training, and use the device according to the instructions. The operational safety and function of the device can only be guaranteed if the safety instructions in this user manual

are observed.

We shall not assume any liability for damages resulting from improper use or incorrect operation.



**WARNING!**  
**Danger from improper use!**

- Make sure that ALL persons using the device have read and understood this user manual. Keep this manual in a safe place close to the device.
- Adhere to ALL Safety Advices in this manual.
- NEVER overexert yourself or others when using the device.

This manual represents a status at press date. It is subject to changes without notice and to errors and omissions.

## **Contents**

- 1 Scope of delivery
- 2 Technical data
- 3 Exploded drawing/spare parts list
- 4 Conformity
- 5 Important Safety Notes
  - 5.1 PERSONAL REQUIREMENTS
  - 5.2 GENERAL CONDITIONS OF USE
  - 5.3 UNPACKING AND SETTING-UP
  - 5.4 ENSURE IMMEDIATELY BEFORE EACH USE
  - 5.5 DURING USE
  - 5.6 IMMEDIATELY AFTER USE
  - 5.7 CLEANING, MAINTENANCE, ADJUSTING, STORING
  - 5.8 SAFETY STICKERS
- 6 Setting up, Storing
  - 6.1 SET-UP LOCATION
  - 6.2 FOR RUN MODE: FOLDING UP THE HANDLE BAR
  - 6.3 ADJUSTING THE PLAY OF THE SUPPORT TUBES
  - 6.4 MOUNTING / INSTALLING MOBILE DEVICE HOLDER
  - 6.5 FOLDING DOWN HANDLE AND SUPPORT TUBES
  - 6.6 STORING
- 7 Control
  - 7.1 CONSOLE
  - 7.2 FUNCTION BUTTONS ON REMOTE CONTROL
  - 7.3 SPORTSTECH LIVE APP
  - 7.4 USING THE SPORTSTECH LIVE APP AS DEVICE CONTROLLER
- 8 Training
  - 8.1 OVERVIEW OF THE TRAINING OPTIONS
  - 8.2 CHOOSING AND MONITORING THE TARGET PULSE
  - 8.3 SELECTION OF THE MODE (WALK MODE OR RUN MODE)
  - 8.4 FREE TRAINING IN WALK MODE
  - 8.5 TRAINING PROGRAMS IN WALK MODE
  - 8.6 STEPPING OFF IN AN EMERGENCY IN WALK MODE
  - 8.7 FREE TRAINING IN RUN MODE
    - 8.7.1 Preparing the Free training
    - 8.7.2 Performing the Free training
  - 8.8 STEPPING OFF IN AN EMERGENCY IN RUN MODE
  - 8.9 TRAINING WITH PROGRAMS IN RUN MODE
    - 8.9.1 Structure and duration of the programs
    - 8.9.2 Preparing the training with programs

8.9.3 Performing the training with programs
8.10 STRETCHING FOR WARMING UP AND COOLING DOWN
9 Bluetooth audio function
10 Troubleshooting
11 Cleaning and maintenance
11.1 CLEANING
11.2 MAINTENANCE
11.3 LUBRICATING
11.3.1 Lubrication and inspection intervals
11.3.2 Checking lubrication
11.3.3 Re-filling silicone oil
11.4 ADJUSTING THE RUNNING BELT
11.4.1 Checking the tension of the running belt
11.4.2 Uniform retightening of the running belt
11.4.3 Relaxing the running belt
11.4.4 Adjusting the running belt centrally
12 You may also be interested in these accessories
13 Disposal
14 Documents / Resources
14.1 References
15 Related Posts

## Scope of delivery

1. Motor-driven walkingpad/ treadmill with variable speed;  
with foldable handlebar and support, with display and loudspeakers  
(maximum speed depending on use of handlebar).
2. Safety clip
3. Power cable
4. Remote control
5. Operating manual
6. Duo-tool (Hex and cross-head wrench) for tensioning

## Technical data

Product dimensions (LxWxH) <b>when set up</b>	134 × 66 × 112 cm
Net weight of the device	36.5 kg
Maximum permitted user weight	120 kg (265 lb)
Minimum/Maximum speed - <i>without...</i> <i>with handle</i>	1 km/h / 6 km/h (Walkingpad) 1 km/h / 12 km/h (Treadmill)
Mains voltage and frequency for power connection	220..240 V AC; 50..60 Hz
Electrical power consumption	1100 W
Current (fuse)	5 A
Radio protocol for pulse signal transmission	Bluetooth
Connection with smart devices	Bluetooth 4.2
Maximum radiated transmitting power	1 mW

## Exploded drawing/spare parts list

- With the drawing and list, identify the required spare part and note the number.
- Contact our customer service and give the number of the spare part. You find the contact details on the back of the manual or on our website.
- Clarify all further steps with our staff.



Under the following link you will find the exploded view and the spare parts list:

[https://service.innovamaxx.de/sTread\\_Fold\\_spareparts](https://service.innovamaxx.de/sTread_Fold_spareparts)

## Conformity

You find the declaration of conformity on the second-last page of this manual.

## Important Safety Notes

 **WARNING!** Danger from improper use!

- Read all instructions and safety notes before using the device. Follow them carefully.
- Danger of health damage or even death due to improper or excessive training!
- The device is not suitable for medical purposes and high accuracy applications.
- Also apply common sense to prevent risks.

 **PERSONAL REQUIREMENTS**

## GENERAL REQUIREMENTS

**WARNING! Danger of health damage or even death due to improper or excessive training!** Using the device is strenuous for the circulation and the musculoskeletal system.

- The intensity of use (speed) may never exceed the current fitness of the user.
- Always pay attention to physical signals. The pulse measurement may be inaccurate.
- Stop the training immediately in case of discomfort, weakness, body aches, chest pain, nausea, shortness of breath or similar.
- If necessary, seek medical advice before training; especially if you are older, have medical problems or have little experience with physical training.
- People with limited abilities may only use the device with a suitable supervisor and at low speed.

## WEIGHT AND AGE REQUIREMENTS

- Only adult persons are allowed to use the device.
- The maximum permissible user weight is 120 kg (265 lb).
- Children under 14 years of age may never use the device or perform any cleaning or maintenance tasks on the

device.



## GENERAL CONDITIONS OF USE

- Do not use the device commercially, but only for home use. Do not use the device for therapeutic purposes.
- Children and animals must be kept at a safe distance of at least 3 m (10 ft) from the device. The moving running belt is particularly dangerous.



## UNPACKING AND SETTING-UP

- **DANGER! Risk of suffocation!** Keep plastic bags and the like away from children and pets.
- Keep the packaging material during the return period to facilitate a possible return of the goods. Dispose of the packaging material later in accordance with local regulations (e.g. recycling).
- Only set up the device on a **firm, level** surface in **dry indoor areas** . Protect sensitive surfaces with a heat-resistant mat: The engine compartment can get hot.
- Set up the device with sufficient **clearance** in all directions; in particular, maintain a clearance of at least 2 m (6.6 ft) behind the device (see section “Setting up the device”).
- Ensure that all **ventilation openings** of the engine compartment are **free** and clean. If there is a carpet under the device, it may not touch the underside of the device.



## ENSURE IMMEDIATELY BEFORE EACH USE

- Perform visual inspection before each use; especially check and correct the following:
  - Is the device standing safely and stable?
  - Is the running belt sufficiently lubricated, aligned centrally and sufficiently tensioned?
  - Are all connections tight ? (screws, nuts, etc.)
  - Is the cable intact?
  - Is the area around the device free from accident hazards such as sharp-edged objects?
- In the event of any defect in the device or the cable, do not use the device, but secure it against any use and arrange for repair.
- Only use the device with correct electrical values and original cables with protective earthing. Do not use a distribution socket. Protect cables from heat and mechanical damage.
- Only use the device with non-slip sports shoes. Never use heels or spikes. Do not use it barefoot or on socks.
- If using shoelaces, ensure that they are tied short and tight.
- Do not use the device with loose clothing, long shoelaces or towels that could get caught.
- Do not use the device with jewelry or loose objects.
- Do not use the device under the influence of alcohol, medication or drugs.



## DURING USE

**I) In ANY case of use (Walking pad or Treadmill)**

- The device may only be used by one person at a time.
- Do not eat or drink on the device.
- Keep liquids and dirt away from the device.
- Do not use sprays on or near the device.
- **Entering and leaving the device:**
  - Only enter the device when the running belt is at a standstill.
  - For stopping, slowly reduce speed to a standstill (Speed +/- buttons).
  - Only leave the device when the running belt is at standstill. Step off the device to the side. If possible, hold on to something stable; e.g., the handlebar.
- **When walking or running on the device:**
  - Start the device at the lowest speed.
  - Increase speed only when the user is walking or running safely. Change speed only slowly.
  - Never overexert yourself.
  - Only walk or run forwards; never sideways or backwards.
  - Do not stop walking or running while the belt is still moving.

## II) Additional information when using as Treadmill (with handlebar) up to 12 km/h

- **Use the safety clip correctly:**
  - Always attach the safety clip well to the **clothing** so that it is reliably pulled off the console in the event of tripping or of accidentally leaving the treadmill. The running belt then stops immediately.
  - For this purpose, keep the **safety clip's cord short**; if necessary, shorten it by means of a loop.
  - Do not attach the safety clip to the console until the user is **ready**.
  - Remove the safety clip **immediately** each time you leave the device.
  - Store the safety clip **secured against unauthorized access**.
  - In cases of emergency, pull the safety clip off the console. The running belt immediately stops.



### IMMEDIATELY AFTER USE

- Turn off the switch next to the cable socket. Carefully disconnect the power cable from the device.
- Perform a visual inspection again: Is the device clean and intact?



### CLEANING, MAINTENANCE, ADJUSTING, STORING

- Perform maintenance tasks and adjustments regularly, but only according to the instructions.
- Never switch on the device in storage position.
- Store the device and power cord out of the reach of children and animals.
- Store the device in a dry, clean place protected from frost, heat and sunlight.



### SAFETY STICKERS

The safety stickers must be at the positions shown in the following figure.

- Make sure they are always intact and fully readable.

## ⚠ WARNING!

### Risk of injuries from moving belt !

- In Run mode, use only with safety clip and line properly fixed on your clothes.
- Keep children and animals away from the treadmill.
- Do **not** move **fingers, feet or other limbs** or objects **under the moving belt**.
- Always wear **suitable footwear** for training.
- Make sure the belt is always properly **tensed and centered**.
- Reduce speed to **full stop** before descending.

### Risk of electrical shock !

- Do not open the motor cover.
- Use the device only on a properly **grounded** socket.

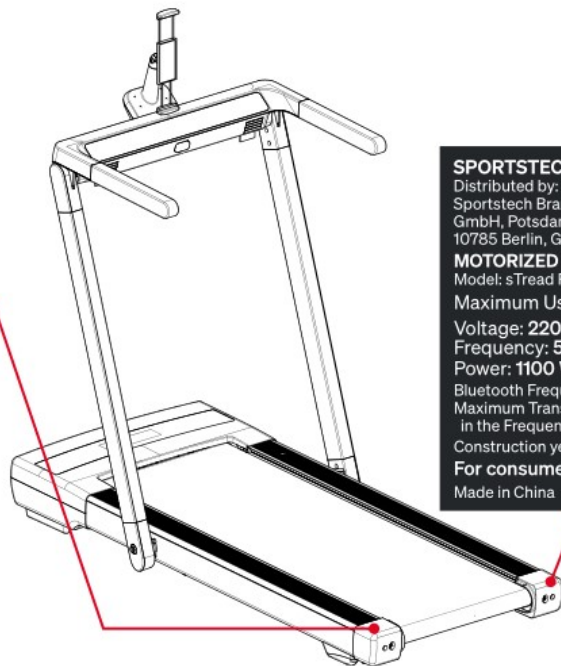
## ⚠ WARNUNG!

### Verletzungsgefahr durch Laufgurt !

- Im Laufmodus (Run mode) nur mit korrekt an der Kleidung befestigtem **Sicherheitsclip** verwenden.
- Kinder und Tiere vom Laufband fernhalten.
- **Finger, Füße oder andere Körperteile nicht** unter den Laufgurt bewegen.
- Immer **geeignete Schuhe** zum Training tragen.
- Sicherstellen, dass der Laufgurt immer korrekt **gespannt und zentriert** ist.
- Vor dem Absteigen Laufgurt **vollständig anhalten**.

### Gefahr des elektrischen Schlags !

- Motorabdeckung nicht öffnen.
- Gerät nur an korrekt geerdeter Steckdose nutzen.



### SPORTSTECH

Distributed by:  
Sportstech Brands Holding  
GmbH, Potsdamer Platz 11  
10785 Berlin, Germany

### MOTORIZED TREADMILL

Model: sTread Fold

Maximum User Weight: **120 kg (265 lb)**

Voltage: **220-240 V AC**

Frequency: **50/60 Hz**

Power: **1100 W**

Bluetooth Frequency Band: **2.4 GHz**

Maximum Transmit Power radiated

in the Frequency Band: **1 mW**

Construction year: **2022**

**For consumer use only!**

Made in China

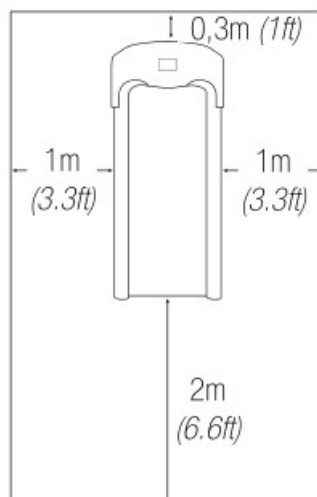


## Setting up, Storing

### SET-UP LOCATION

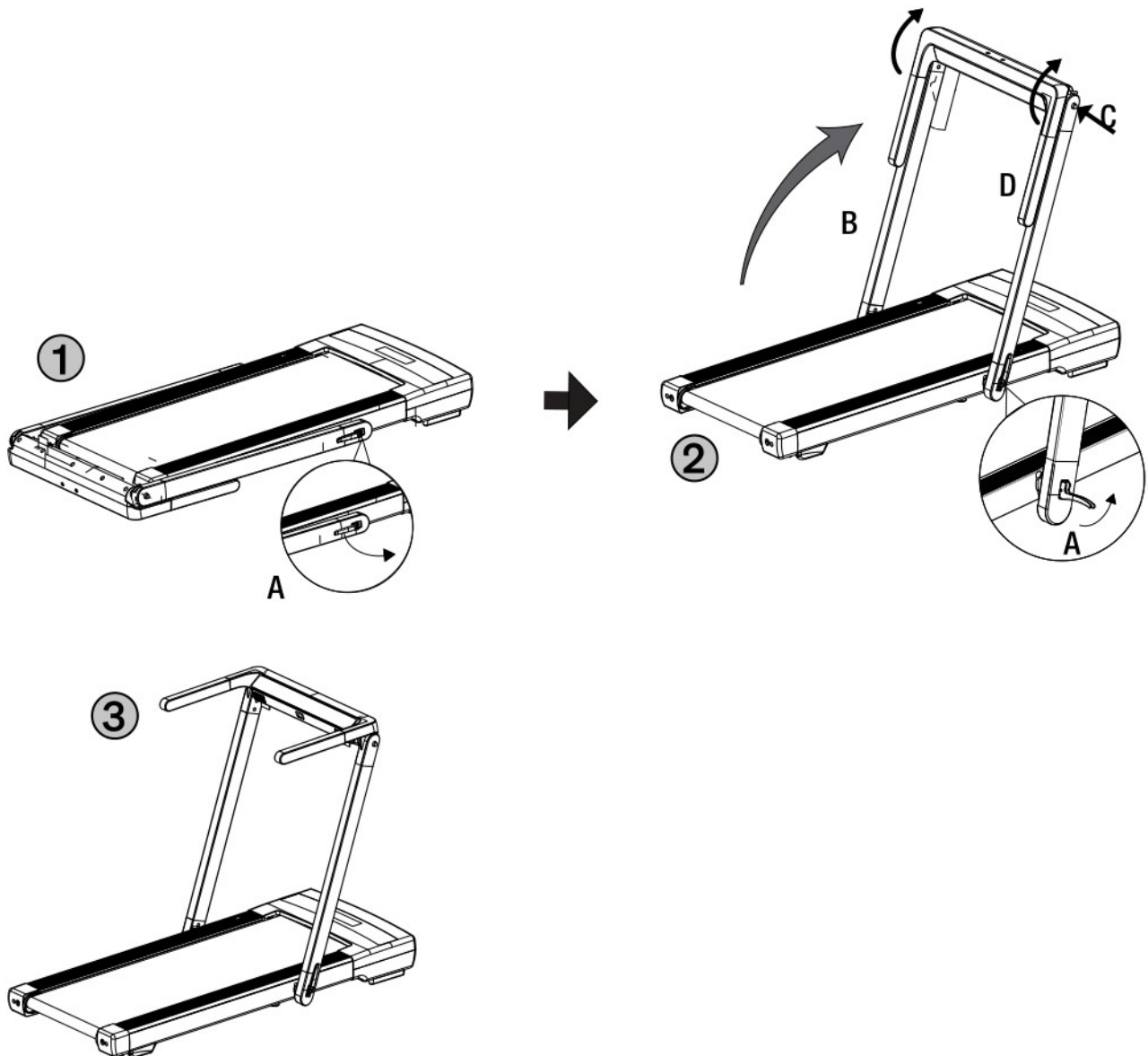
Find a location for the device that meets the following requirements:

- Dry interior
- Device does not cover any ventilation openings.
- Heat-resistant robust base; use floor protection mat if necessary
- Clearance of at least 2 m (6.6 ft) behind the device.
- Clearance of at least 1 m (3.3 ft) on both sides of the device.
- Clearance of at least 30 cm (1.0 ft) in front of the device. 24



## FOR RUN MODE: FOLDING UP THE HANDLE BAR

The sTread Fold can be used either in “Walk Mode” (maximum speed 6 km/h) or in “Run Mode” (maximum speed 12 km/h). In Walk Mode the handles are not required, in Run Mode they must be used:



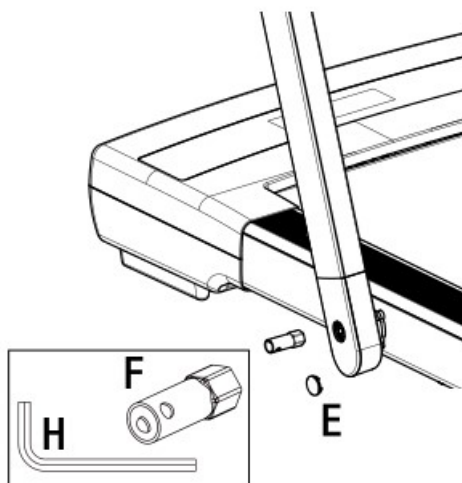
- Fold the latch (A) on the right side of the treadmill downwards/outwards.
- Fold up the support tubes (B) from their resting position.
- Fold the latch (A) on the right side of the treadmill upwards/inside. Ensure that the support tubes are securely locked in place. If the support tubes have too much or too little play, adjust the clamping screw on the left side (see below).
- Press the locking button (C) inwards.
- Fold up the handle (D) into the horizontal position. Ensure that the handle is securely locked in place.

## ADJUSTING THE PLAY OF THE SUPPORT TUBES

If the support tubes 'B' have too much or too little play :

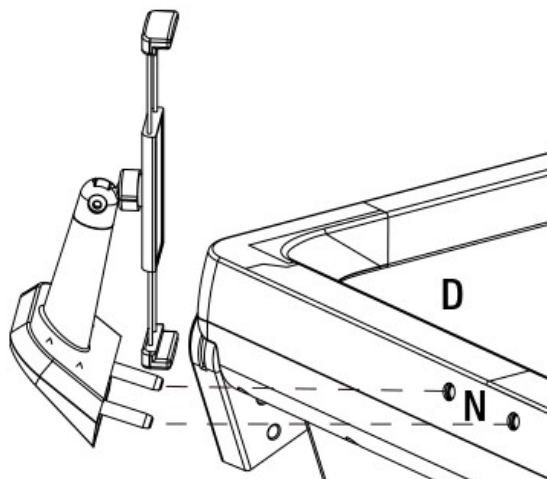
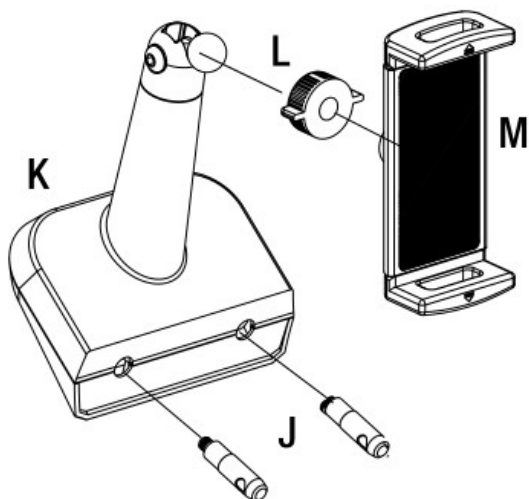
- Remove the cover cap ('E') on the lower left support tube and store it safely.

- Push the supplied socket ('F') into the opening so that it sits on the nut inside.
- Insert the supplied Allen key ('H') through the holes in the socket.
- Turn the socket until the play of the support tubes is minimal, but they can still be folded without problems.



#### MOUNTING / INSTALLING MOBILE DEVICE HOLDER

- Insert screws ('J') into mobile device stand ('K') and tighten with Allen key.
- Place the screw cap ('L') over the upper end of the stand. Fasten holder ('M') with screw cap.
- Insert the screws of the holder assembly into the openings ('N') on the folded-up handle ('D').
- After training: Pull the holder assembly out again before folding down the handle.



#### FOLDING DOWN HANDLE AND SUPPORT TUBES

- If present, pull mobile device holder assembly out of handle and store safely.
- Press the latch button ('C') inwards. Fold down handle ('D') onto support tubes ('B').
- Fold the latch ('A') on the right side of the treadmill outwards. Fold down the support tubes ('B'). Fold the latch inwards so that the support tubes are locked in place.


#### STORING

- Store the device out of reach for animals and children.


- Store in dry and clean indoor environment.  
Protect against direct sunlight. Protect against dust.





## Control

### CONSOLE

Values in current training:			
Elapsed <b>time</b> in minutes and seconds	Current <b>speed</b>	Elapsed <b>distance</b>	Burned <b>calories</b> (kcal) (estimated value)
			
<b>Buttons</b> LIGHTS: Switch LEDs on/off PROG. : Select program number MODE : Free or program mode		Info: LED strips switched on	<b>Buttons</b> START/STOP training SPEED - : Reduce speed SPEED + : Increase speed

### FUNCTION BUTTONS ON REMOTE CONTROL



-  Start/stop training in free mode or with preselected program.
- 
  - In standstill: Select a training program (Walk Mode: P01-P04; Run Mode: P01-P12). Press several times until the desired program number is displayed.
  - Hold for 3 seconds to switch on or off the light strips.
-  Increase speed.
-  Decrease speed.

### SPORTSTECH LIVE APP

The Sportstech LIVE App offers you, among other things:

- Individual workouts with professional trainers
- Landscape and outdoor videos
- Determining training priorities
- Training data in real time
- Training history and metrics
- Compete with others in Competition Mode
  - collect trophies in Ranking
- Equipment-independent workouts e.g. for yoga
- Delicious and varied cooking recipes and much more!

### USING THE SPORTSTECH LIVE APP AS DEVICE CONTROLLER

Besides other features, you can use the SPORTSTECH LIVE App for operating your device when it is ready for

this. The following main steps are required:

1. Download the app - You will automatically be redirected to the proper App store.



**SPORTSTECH**  
**LIVE**

<https://sportstech.link/app-download>

## Community.

Registrierte dich jetzt mit deiner E-Mail Adresse und wähle ein Passwort für deinen Account aus.

E-Mail

Password

Password wiederholen

☐ Ich habe die AGB, die Datenschutzerklärung und die Mitgliedschaftsbedingungen gelesen und stimme diesen zu.

ZURÜCK WEITER

2. Prepare or enter your **SPORTSTECH LIVE** account.

3. Select the training type.



4. Connect your device.



5. On the next screen, choose "Quick start".

6. Then choose if you want to use a training program or a free training.

The following **example** shows a free training screen (actual layout may differ):



Explanations of the yellow marked screen items:

**A** Overview of important training values

**B** Buttons for control windows:  
**B1** Start/Pause/Stop  
**B2** Switch light & colour

**C** Level/speed control buttons & display

7. Now use your mobile device as a smart remote control.

Scan the QR code in Chap. 3.4 and download more detailed instructions.

## Training

### OVERVIEW OF THE TRAINING OPTIONS

- Free training with manual setting of speed.
- Training with 4 preset programs with target value for duration or distance

**⚠ WARNING!** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

- Do not overexert yourself or others when performing the training! Always respect individual general and daily fitness!

### CHOOSING AND MONITORING THE TARGET PULSE

The pulse rate in BPM ('Beats per Minute') indicates very well if you are training according to your target and your current personal fitness level. The BPMs for the targets depend not at least on the age. You should monitor your pulse in a suitable way.

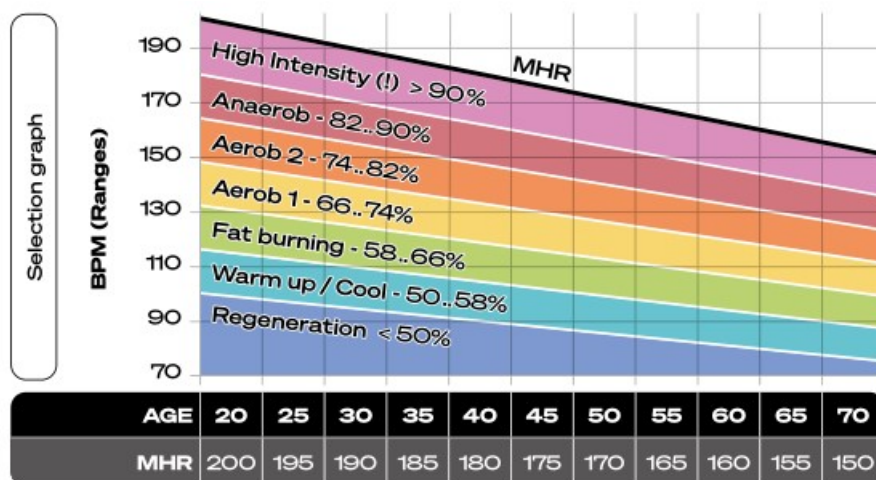
- For heart rate measurement you can put on a heart rate belt or a heart rate wristband.

**Select a guide value for your target pulse as follows :**

- Select your age in the graphic on the right.
- Below, your age-typical maximum pulse (MHR) is shown as an estimated value.

The Selection graph A allows to determine a Target pulse range.

- From your age value, go up into the color field which corresponds to your training target.
- Then go straight to the left and read the target pulse range from the scale.



**In any case:**

- Check if the determined target pulse suits your needs. If not, re-adjust it until you've found your individual

optimum value.

## Further information

### Videos and other media



Link to the videos: [https://service.innovamaxx.de/sTread\\_Fold\\_video](https://service.innovamaxx.de/sTread_Fold_video)

### We are also on Social Media!

Product information, training content & much more



Instagram-page <https://www.instagram.com/sportstech.official/>



Facebook-page <https://www.facebook.com/sportstech.de>

## SELECTION OF THE MODE (WALK MODE OR RUN MODE)

The sTread Fold can be used either in “Walk Mode” (maximum speed 6 km/h) or in “Run Mode” (maximum speed 12 km/h).

In both modes you can choose between free training and preset programs.

- In any case, position the device at a suitable place (see chapter 2.1).
- In walk mode, the handle is not required.
- In run mode, first fold up the support tubes and handle (see chap. 2.3 to 2.5).


## FREE TRAINING IN WALK MODE

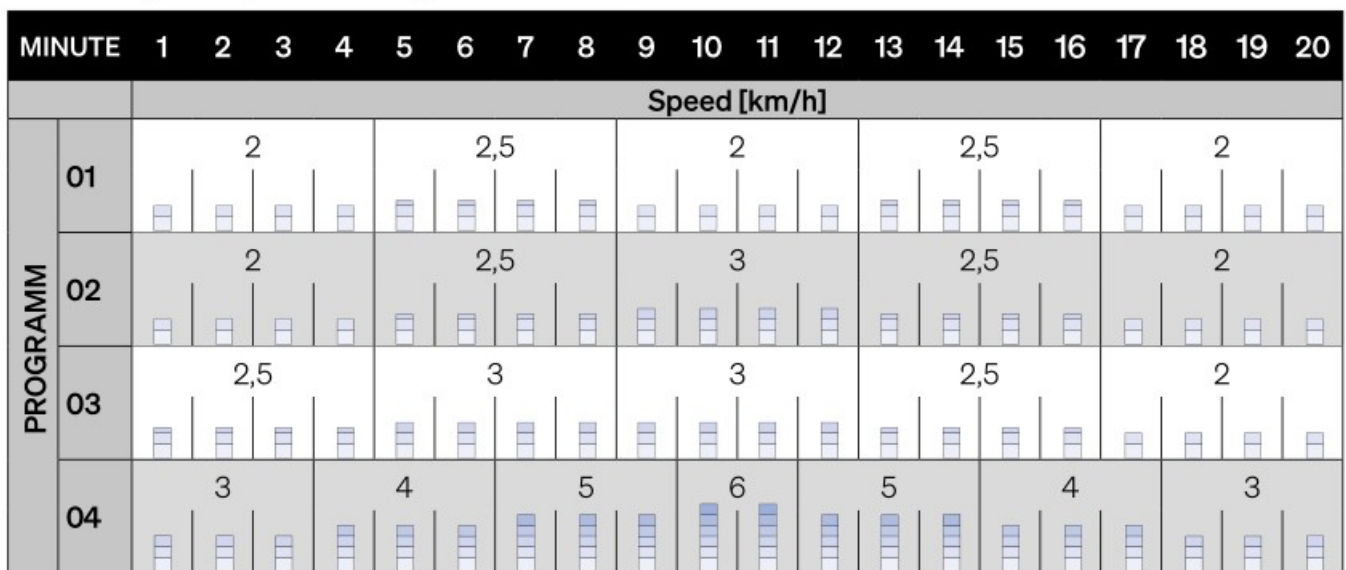
- When you are ready, press the Start button on the console. The treadmill starts moving.

- Set your feet on the treadmill in quick succession and start walking.
- If desired, change the speed and/or incline of the treadmill with the corresponding buttons on the control panel.  
Never overexert yourself!
- If you want to stop the training, press the 'Stop' button on the control panel.
- If a target value is set, the computer stops automatically when it is reached.

## TRAINING PROGRAMS IN WALK MODE

The computer offers 4 programs (P01-P04). The speed progress in each program is shown below.

- Press the  button on the remote control until the number of the desired program is shown.
- Press the START/STOP button on the remote control to begin the training.
- If desired, adapt the speed with the + / - buttons on the remote control.
- If desired, interrupt the training with the START/STOP button on the remote control.



## STEPPING OFF IN AN EMERGENCY IN WALK MODE

If for example dizziness or pain occurs during exercise, exit as follows:

- Stop the treadmill with the START/STOP button on the remote control. Wait until the belt has come to a standstill. Then carefully step off to the side.
- If the remote control is currently not available, place your feet on the side surfaces. Then carefully step off the treadmill without touching the moving belt. Switch off the treadmill.

## FREE TRAINING IN RUN MODE

### Preparing the Free training

- Make sure that the support tubes are folded up and securely locked.  
Make sure that the handle is folded up and securely locked.
- Make sure the safety clip is NOT attached to the plug-position on the console.
- Attach safety clip firmly to clothing with short cord.
- Hold on to a handle with one hand. Place the feet on the rails to the left and right of the treadmill.

## Optional: Setting a target value

- **MODE'** – Press the button on the control panel until the desired parameter flashes on the display (DISTANCE, TIME or CAL ).
  - Press the '**SPEED +**' or '**SPEED –**' button until the desired TARGET value is displayed.
  - **DISTANCE**: 1.0 to 65.0 km.
  - **TIME PERIOD**: 5:00 to 99:00 minutes
  - **CALORIES**: 10 to 995 kcal

### Performing the Free training

## Whether or not you have set a target value, perform the Free training as follows:

- Attach the **safety clip** to the plug-position on the console.
  - When you are ready, press the **Start button** on the console. The treadmill starts moving.
  - Set your feet on the treadmill in quick succession and start walking.
  - If desired, change the speed and/or incline of the treadmill with the corresponding buttons on the control panel.
- Never overexert yourself!**
- If you want to stop the training, press the '**Stop**' button on the control panel.
  - If a target value is set, the computer stops automatically when it is reached.
  - **In case of danger, pull off the safety clip or press the stop button!**

## STEPPING OFF IN AN EMERGENCY IN RUN MODE

In both Free training AND in training with programs applies in RUN mode :

**If for example dizziness or pain occurs during exercise, and in other emergencies, exit the moving treadmill in the following manner:**

1. Hold on to the handles.
2. Place your feet on the side surfaces.
3. Pull the safety clip off the console.
4. When the belt has come to a complete stop, carefully step off the treadmill.

## TRAINING WITH PROGRAMS IN RUN MODE

### Structure and duration of the programs

In RUN mode, you can choose from 12 programmes (P01-P12). The speed progression in each programme is shown below. Each program comprises 20 segments of equal duration. The actual duration of each segment is equal to the preselected total duration of the program divided by 20.

### Preparing the training with programs

- Make sure that the **safety clip is NOT attached to** the plug-position on the console.
- Press the '**PROG**' button on the control panel until the desired program appears on the display.
- Press the '**MODE**' button on the control panel until '**TIME**' flashes on the display.
- Press the '**SPEED +**' or '**SPEED –**' button until the desired time period is displayed (5 – 99 minutes).

- **Attach safety clip firmly to clothing with short cord.**
- Hold on to a **handle** with one hand. Place the feet on the rails to the left and right of the treadmill.

#### Performing the training with programs

- Attach the **safety clip** to the plug-position on the console.
- When you are ready, press the **Start button** on the console. The treadmill starts moving.
- Set your feet on the treadmill in quick succession and start walking.
- If desired, change the speed and/or incline of the treadmill with the corresponding buttons on the control panel.

#### **Never overexert yourself!**

- **If you want to stop the training beforehand, press the 'Stop' button on the control panel.**
- **In case of danger, pull off the safety clip or press the stop button!**

MINUTE		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
		Speed [km/h]																			
PROGRAMM	01	2	2	3	3	4	4	3	3	4	4	5	5	3	3	3	4	3	3	2	2
	02	2	3	3	3	4	3	5	4	3	4	5	3	4	4	4	3	3	3	2	2
	03	2	3	3	5	5	5	4	4	5	5	3	3	5	5	4	4	5	4	3	2
	04	2	2	3	4	4	3	4	5	3	5	6	6	6	4	4	5	4	4	3	2
	05	2	3	4	5	5	4	3	5	6	6	5	5	3	3	4	6	3	3	3	2
	06	2	4	4	6	6	4	4	4	4	6	6	4	4	4	6	6	5	4	3	2
	07	2	4	6	7	5	5	7	7	5	5	7	7	5	5	6	6	4	4	4	3
	08	2	4	5	6	2	4	5	7	2	4	5	7	2	4	5	6	2	4	5	2
	09	2	3	5	5	7	7	7	8	8	5	4	4	5	5	7	7	5	5	3	2
	10	2	4	5	5	6	6	7	7	8	8	7	7	6	6	5	5	4	3	3	2
	11	2	4	5	9	5	9	5	5	5	9	9	5	5	5	9	9	8	7	6	3
	12	2	5	8	10	7	7	10	10	7	7	10	10	6	6	9	9	5	5	4	3

#### STRETCHING FOR WARMING UP AND COOLING DOWN

- To begin your training session, do some stretching. Never overstretch your muscles.
- We recommend to perform each of the following exercises 10 times and to repeat the complete cycle up to five times. Then make your training according to your personal fitness level.
- After training, also do stretching exercises to properly cool down.

1



### HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.

2



### SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

3



### SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

4



### QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

5



### INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

6



### INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

7



### HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.

8



### CALF / ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

## Bluetooth audio function

You can use the loudspeakers on the console to play audio from your terminal.



- Switch on the Bluetooth function on the playback device. Make the playback device visible in Bluetooth.
- Select 'BTMP3' from the list of nearby Bluetooth devices and pair with your playback device.
- Control playback and volume via your playback device.

## Troubleshooting

Problem	Possible reason	Possible solution
Device does not switch on or does not start	Power cable not plugged in	Plug in the power cable
	Electronic fuse has tripped	Press the reset button next to the power connection on the device.
Running belt slips	Running belt not tightened enough	Tension the running belt
Running belt faltering during use	Running belt not lubricated enough	Refill silicone oil
	Running belt too tight	Relax the running belt
Running belt not centred	Running belt unevenly tensioned	Adjust the running belt centrally

## Cleaning and maintenance

### CLEANING

- After each use, wipe sweat from the device with a slightly wetted cloth.
- Never allow moisture or humidity to reach the computer or other electrical or electronic components.
- Do not use abrasives or solvents.

### MAINTENANCE

- Before and after each training session, check that the device is in perfect condition. Also check that all fastening parts and protective covers are in place and intact. Tighten bolts and nuts if necessary.

### LUBRICATING

For proper functioning and long life of the device, the running belt must be adequately lubricated with silicone oil. There are thin tubes on the underside of the device as a lubrication system.

#### Lubrication and inspection intervals

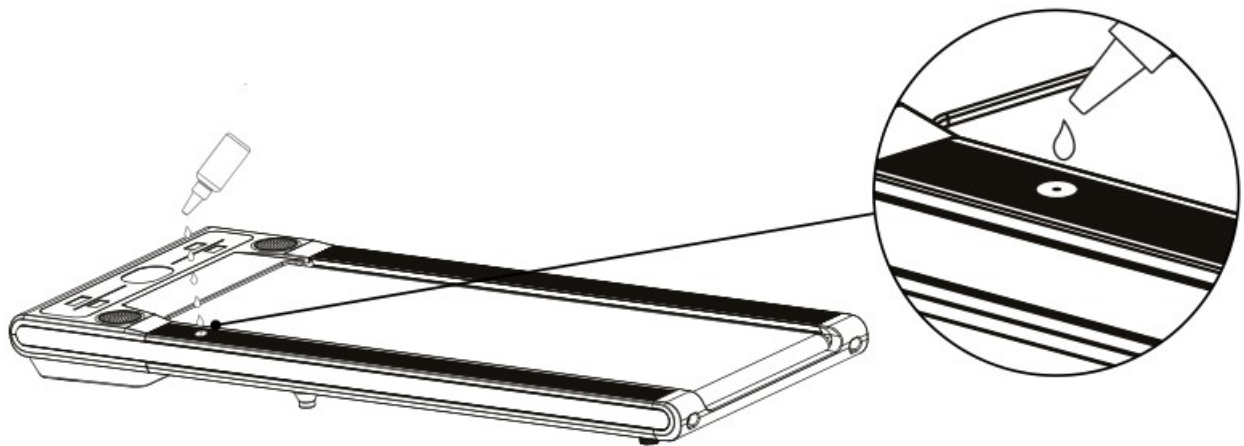
- Refill with silicone oil after the first 25 hours of operation (or 2-3 months).
- Check the lubrication regularly.
- Top up with silicone oil at least every 50 operating hours (or 5-8 months).
- Run on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

#### Checking lubrication

- Make sure that the electrical supply plug of the device is disconnected.
- Lift the running belt on one side. Run your finger over the top of the running deck under the running belt.
  - If the running deck feels slightly oily, the lubrication is sufficient
  - However, if the running deck feels dry, you need to top up with silicone oil.

#### Re-filling silicone oil

- Remove the protective cap of the oil system in the left rail of the treadmill.
- Carefully pour in a few drops of oil.
- Close the protective cap.
- Check lubrication as described.



## ADJUSTING THE RUNNING BELT

The running belt is tensioned at the factory. However, due to stretching, it may be necessary to re-tension and readjust the running belt after some time. This is done via screws in the end caps of the running belt frame, which can be turned with the Allen key supplied.

### Checking the tension of the running belt

If the running belt slips when stepping on, when changing speed or already when switching on, it is probably too weakly tensioned. However, the running belt may neither be too tight, as this increases the wear of the ball bearings, among other things.

- Ensure that no children or animals approach the treadmill.
- Switch on the device and run the belt at 4 to 6 km/h and observe the run.

### Uniform retightening of the running belt

- Turn the screws alternately on both sides evenly and carefully about a quarter turn clockwise to increase the tension. Do not stretch too much.
- Check that the running belt is centered and adequately tensioned.

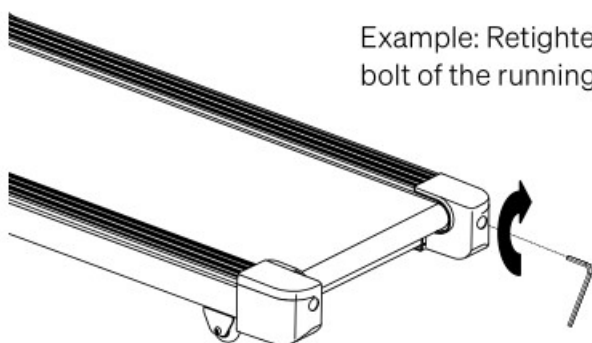
### Relaxing the running belt

In rare cases, the running belt may be too tight. Then: · Carefully turn the screw(s) about a quarter turn anticlockwise to reduce the tension. · Check that the running belt is centred and adequately tensioned.

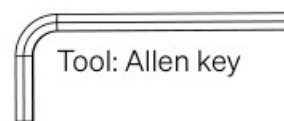
### Adjusting the running belt centrally

- If the belt does not run centrally, the tension must be increased on the side to which it is drifting. (drifting to the right => tighten slightly on the right or relax slightly on the left; drifting to the left => tighten slightly on the left or relax slightly on the right)

- Retighten by a maximum of a quarter turn, then check the central running again.



Example: Retightening the right-hand bolt of the running belt



Tool: Allen key

**You may also be interested in these accessories**

**SPORTSTECH**

**sPulse Heart Rate Wrist-Band**



**Bluetooth**



**ANT+**



**5,3 kHz connectivity**

With the wireless heart rate wrist-band sPulse you are supported during training via three sources: Bluetooth, ANT+ and 5.3 kHz. ensuring you have a constant data reference to track your fitness level.

The practical workout add-on also stores your fitness data and the data can be retrieved in a flash to contrast and compare. This allows you to monitor your personal development over days and even years. Push yourself to the limit and get fitter than ever.

Colored LEDs also indicate your pulse range giving you instant feedback. Depending on the intensity, the wrist-band lights up in one of seven colors – for optimal orientation and for additional motivation during a heart-strengthening cardio workout.

Thanks to the rechargeable battery, you also save on further battery purchases.



You can buy this product through the following QR-Code or link. <https://www.sportstech.de/sPulse>

**SPORTSTECH**  
**BBS300 Bathroom Scale**



**Simple. Healthier. Life.**  
**The BBS300.**

If you want to keep an eye on your fitness status at all times and find out whether you've already made progress towards achieving your goals, then the BBS300 personal scale from SPORTSTECH is exactly the right choice for you! Not only because it allows you to measure the 13 most important body data, but also because you benefit from enormous comfort thanks to smart features like app compatibility and the huge LED display as well as the high-performance battery.



You can buy this product through the following QR-Code or link.  
<https://www.sportstech.de/bbs300personenwaage-schwarz>

**Disposal**

**Dear customers,**

As an end user, you are legally obliged to collect waste electrical and electronic equipment and batteries as well as accumulators separately from municipal waste. We want to make this as easy as possible for you. Please note the information on this page and on the back.



**Notes on EU directive 2012/19/EU – in Germany implemented in ElektroG (Law about electric and electronic devices); elsewhere implementation may differ)**



We advise owners of electric and electronic equipment that waste electrical and electronic equipment must be collected separately from municipal waste in accordance with the applicable legal regulations. The symbol of a crossed-out garbage can, which is shown on waste electrical and electronic equipment, also indicates the obligation to collect this waste separately.



**Notes on disposal and symbols for an electrical appliance based on EU Directive 2006/66/EU (in Germany in accordance with the Battery Act (BattG); elsewhere, implementation may differ)**



Old batteries and accumulators must not be disposed of with household waste. As an end user, you are legally obliged to return used batteries. The symbol with the crossed-out garbage can means that you are not allowed to dispose of old batteries in the household waste.

Use the official collection points for this, such as the collection points of public waste disposal carriers. You can also return used batteries to retail outlets, provided they sell batteries. If the symbol Cd, Hg, or Pb is displayed under the symbol of the crossed-out garbage can, this is an indication that the battery contains either cadmium, mercury or lead. These are toxic heavy metals that not only pose significant risks to the environment but also to human health.



### **Recycling loop**

Packaging material can be conveyed back to the raw material cycle. Dispose of packaging material in accordance with legal provisions. Information can be retrieved from the return or collections systems of your community.



**Sportstech  
Fitness**


<https://www.sportstech.de/>






**Bluewheel  
Electromobility**

<https://www.bluewheel.de/>

**Verkauf durch / Distributed by / Distribuido por / Distribué / Distribuito da / Verkoop via**

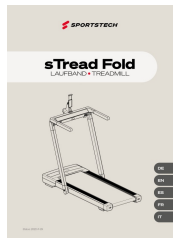
 Sportstech Brands Holding GmbH  
Karl-Liebknecht-Str. 7  
10178 Berlin, Germany  
 [www.sportstech.de](http://www.sportstech.de)

 +49 30 23 59 600  
SERVICE:  [service@sportstech.care](mailto:service@sportstech.care)  
 [www.sportstech.care](http://www.sportstech.care)











[service@sportstech.care](mailto:service@sportstech.care)  
<https://www.sportstech.de/>  
<https://www.bluewheel.de/>  
[www.sportstech.care](http://www.sportstech.care)

**Documents / Resources**



**[SPORTSTECH sTread Fold 2 in 1 Folding Treadmill Electric Walking Running Machine](#)** [pdf] User Manual  
sTread Fold 2 in 1 Folding Treadmill Electric Walking Running Machine, sTread Fold, 2 in 1 Folding Treadmill Electric Walking Running Machine, Electric Walking Running Machine, Walking Running Machine, Running Machine

## References

-  [Fitnessgeräte für Zuhause bei SPORTSTECH bestellen](#)
-  [Fitnessgeräte für Zuhause bei SPORTSTECH bestellen](#)
-  [entsorgung](#)
-  [sportstech.link/app-download](https://sportstech.link/app-download)
-  [E-Mobility Outdoor Sportartikel & Funsportgeräte | Bluewheel](#)
-  [Instagram](#)
-  [Fitnessgeräte für Zuhause bei SPORTSTECH bestellen](#)
-  [Take-e-way GmbH | Rücknahmestelle Elektroschrott | take-e-back](#)