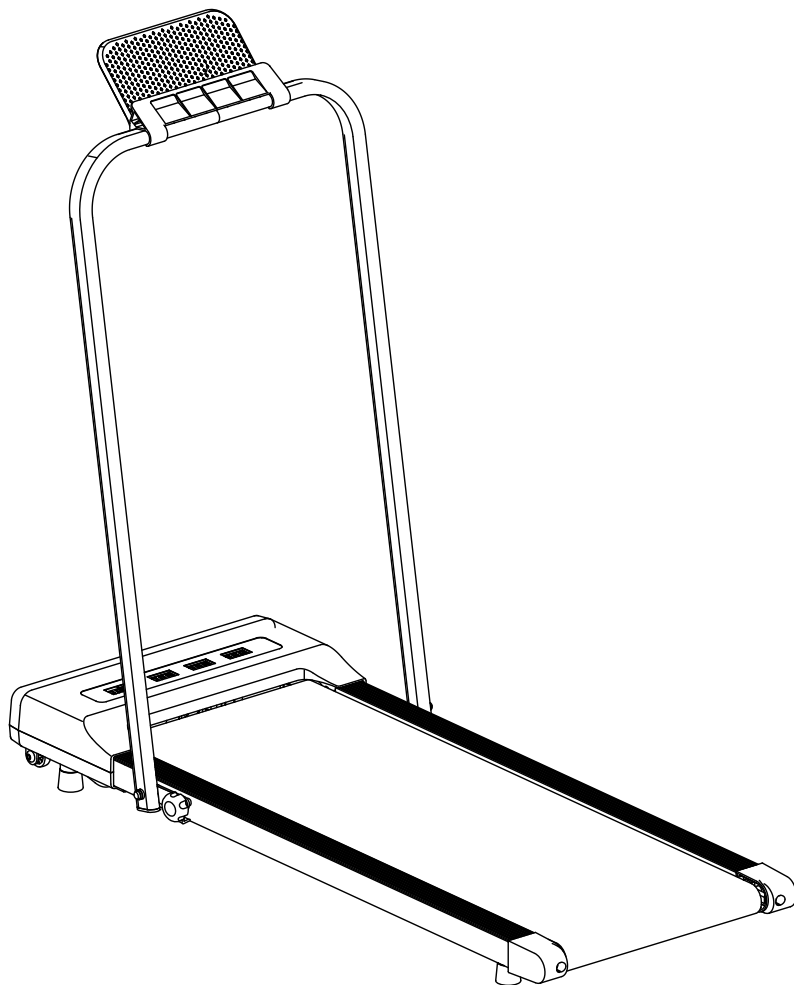


Motorized Treadmill

MODEL: TMILL-380-PAD



Turn on Bluetooth capability on your device and make it discoverable, choose the shown device "FS-*****" to pair it. Once the device is paired you can start using the application on your device to play, pause and adjust the volume, etc.

USER MANUAL

Please read this manual carefully before using the machine to avoid product damage and personal injury. Please retain this manual for future reference.

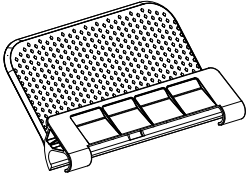
WARNING & SAFETY INFORMATION

1. Ensure that you read the manual carefully before attempting to assemble or use Power Electric Treadmill.
2. The Power Electric Treadmill must be positioned on a firm flat surface.
3. The Power Electric Treadmill is designed for indoor use only. It is not to be used outdoors.
4. Do not position the Power Electric Treadmill on a deep thick carpet as air needs to be able to circulate underneath.
5. Always wear the correct clothing when using the Power Electric Treadmill. Do not wear loose or long clothing as this may get caught in the moving belt.
6. Always ensure that correct foot wear is worn.
7. Do not stand on the Power Electric Treadmill belt before operating. Position your feet on either side of the Treadmill belt and as the motor starts step onto the treadmill. Do not step on the belt if the Power Electric Treadmill is at full speed.
8. Do not allow children or pets near the Power Electric Treadmill when in use.
9. Children and elderly should only use the Power Electric Treadmill under adult supervision.
10. Always unplug the Power Electric Treadmill from the main power supply when not in use.
11. Regularly clean the Power Electric Treadmill after use. Remove any dust and sweat from the handles and the running belt. Use a light soapy water mixture to clean the running belt. NEVER USE A ROUGH CLEANING AGENT.
12. When the Power Electric Treadmill is not in use for an extended period fold away it away and store in a clean dry place.
13. If any part of the electrical cable or plug is loose or becomes worn, do not use the Power Electric Treadmill and have a qualified electrician inspect the problem.
14. The Power Electric Treadmill is not a toy and is not intended for use by persons (including children) with any physical or mental conditions. The Power Electric Treadmill should not be used by any person who has not read and understood the manual.
15. If the user has had any prior medical condition they should consult a doctor before use.

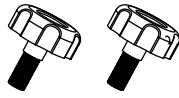
Warning!

The device cannot be moved without the power cord being pulled out.

ACCESSORIES



Ipap holder



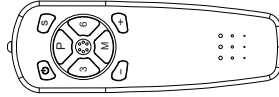
Lock nut



Allen Key



Lubricant

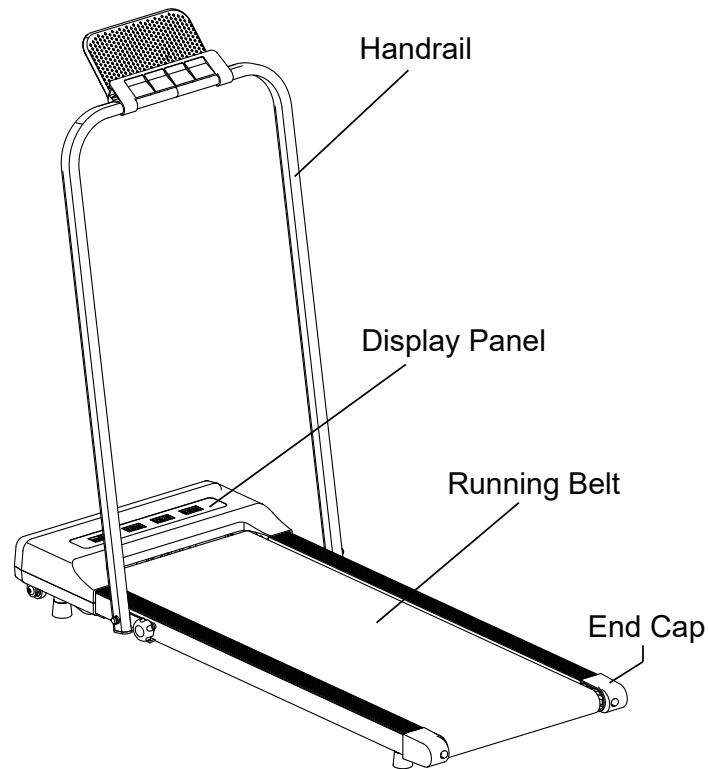


Remote Control



Power Cable

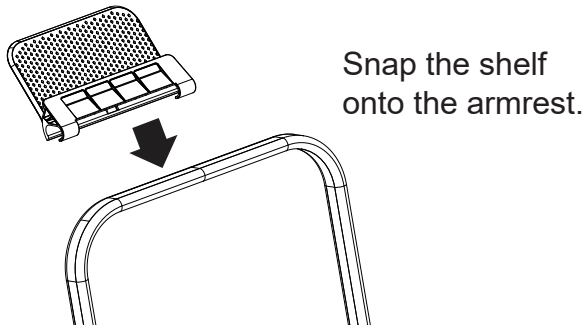
PARTS LIST



TECHNICAL SPECIFICATIONS

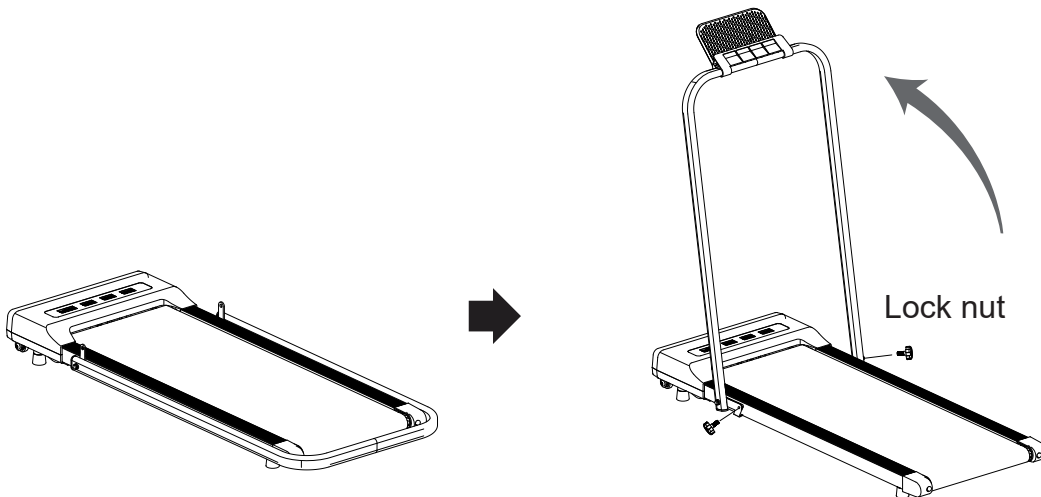
1	Input power voltage	AC 220-240V,50Hz
2	Motor power	2.0hp
3	Speed	1.0km/h - 10.0km/h
4	Running surface dimensions	1000x380mm
5	Maximum weight capacity	110KG
6	Unfolded dimensions	1250x590x1080mm

SHELF INSTALLATION

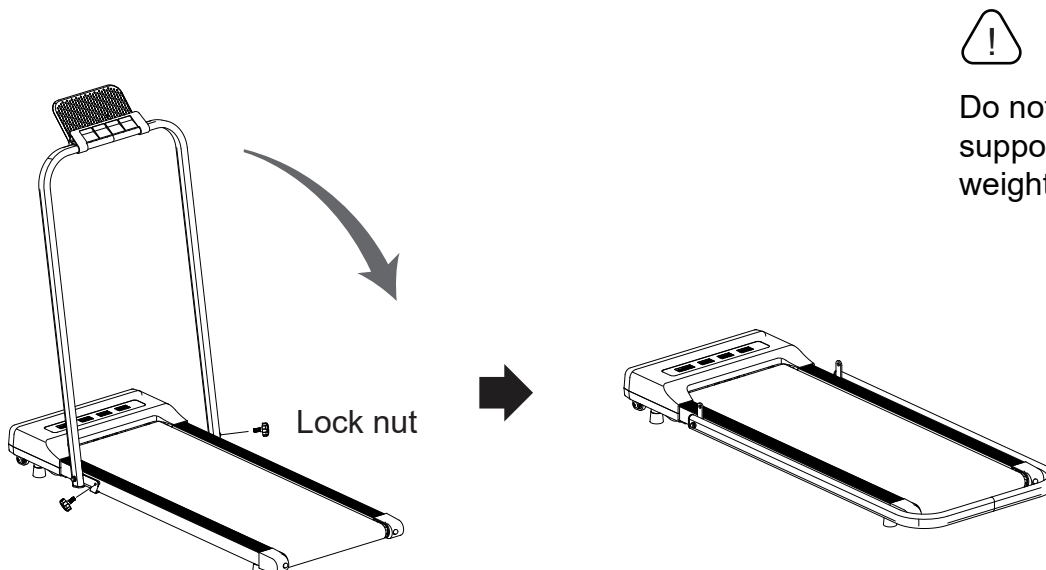


UNFOLDING/FOLDING THE MACHINE

1. Unfolding the machine



2. Folding the machine



CONTROL PANEL



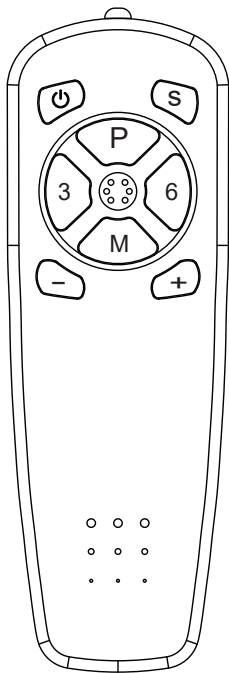
DISPLAY FUNCTIONS:

TIME: Displays your elapsed workout time in minutes and seconds.

SPEED: Displays the current speed from the minimum 1.0 KPH to the maximum 10.0 KPH.

DISTANCE: Displays the accumulative distance travelled during workout.

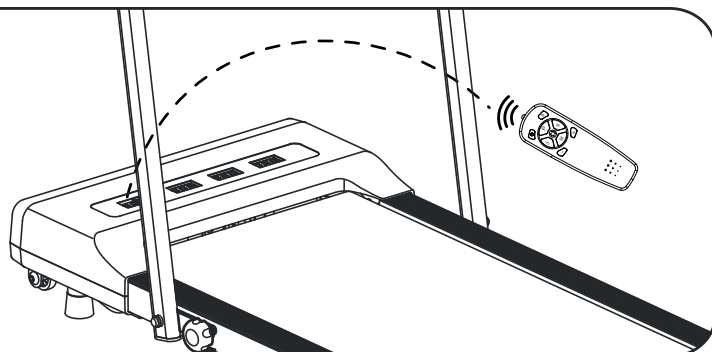
CALORIES: Displays the total calories burned during your workout.



FUNCTION BUTTONS:

- ⏻** : Press the button to start/stop training on different training mode immediately.
- S** : Press the button to stop the machine slowly .
- P** : Press the button to select the pre-set training program (P01-P06) mode before training.
- M** : Press the button to switch the display.
- 3** : Press the button to quickly select speed 3.
- 6** : Press the button to quickly select speed 6.
- +** : Press the button to make upward adjustments for the speed.
- : Press the button to make backward adjustments for the speed.

Please keep the remote focus on the motor area when using



LUBRICATION

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

How to check running belt for proper lubrication

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

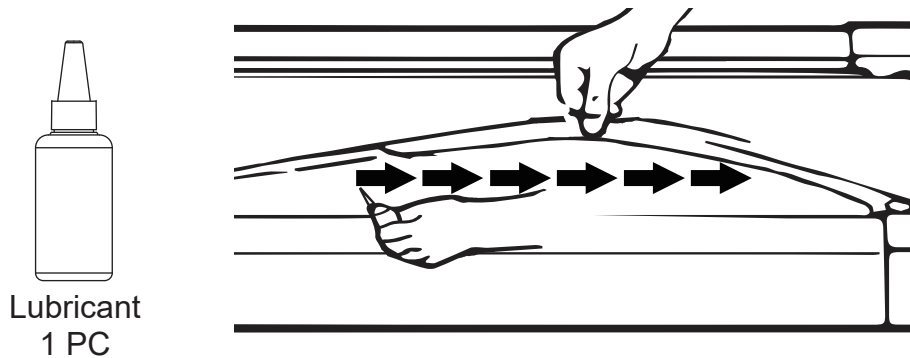
How to apply lubricant

Lift one side of running belt.

Pour some lubricant under the **centre** of the running belt on the top surface of the **running deck**.

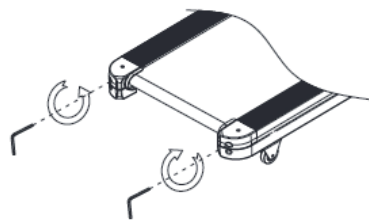
Run on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

NOTE: DO NOT over lubricate running deck. Any excess lubricant that comes out should be wiped off.

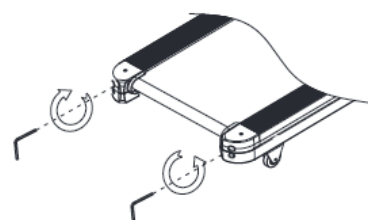


ADJUSTING THE RUNNING BELT

1. The running belt on the Confidence Power Electric Treadmill will shift slightly after continuous use. This is normal for all treadmills.
2. To straighten/adjust the running belt turn the adjusting bolt on either side of the base, see figure C and D.



PICTURE C



PICTURE D

3. Do not allow for the running belt to catch the sides of the Confidence Power Electric Treadmill as this will tear the belt.

CARE, MAINTENANCE & TROUBLESHOOTING GUIDE

WARNING: To prevent electrical shock, please turn off and unplug the treadmill before cleaning or performing routine maintenance.

WARNING: Always check the wear and tear components like spring knob and running belt to prevent injury.

CLEANING

After each exercise, ensure that the unit is wiped down and any sweat is removed from the unit.

The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not to get excessive moisture on the display panel as this might damage the unit and create an electrical hazard.

Please keep the treadmill, especially the computer console, out of direct sunlight to prevent damage to the screen.

STORAGE

Store the treadmill in a clean and dry indoor environment. Never leave or use the unit outdoors. Ensure the master power switch is off and the power cord is un-plugged from wall outlet.

TROUBLESHOOTING GUIDE

Problem	Potential Causes	Corrections
Treadmill will not start.	<ol style="list-style-type: none">1. Treadmill not plugged in.2. Safety Tether Key is not correctly installed.3. Circuit breaker in the house has been tripped.4. Treadmill circuit breaker has been tripped.	<ol style="list-style-type: none">1. Plug the power cord into a wall outlet.2. Reinstall the Safety Tether Key.3. Reset the circuit breaker, or call an electrician to replace the circuit breaker.4. Wait 5 minutes and then try to restart the treadmill.
Belt slips.	Belt not tight enough.	Adjust belt tension.
Belt hesitates when stepped on.	<ol style="list-style-type: none">1. Not enough lubrication applied onto the running deck.2. Belt is too tight.	<ol style="list-style-type: none">1. Apply lubricant.2. Adjust belt tension.
Belt is not centred.	Running belt tension not even across the rear roller.	Centre the belt.

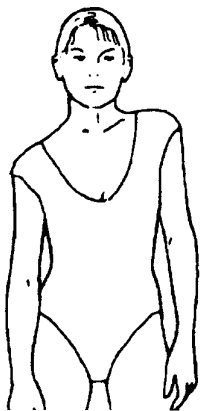
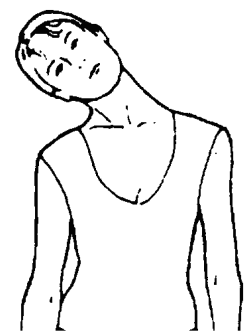
WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

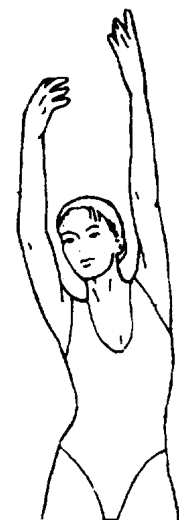
HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation 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.



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.



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.

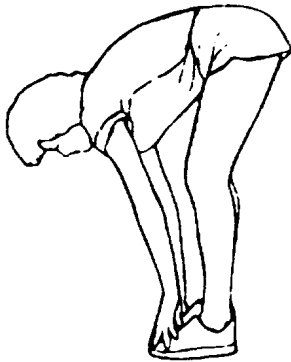


QUADRICEPS STRETCH

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.

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.

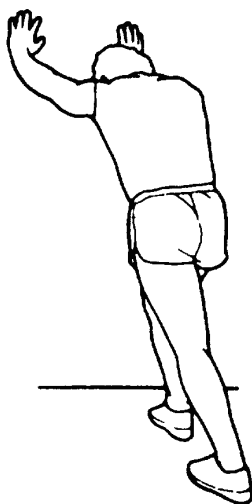
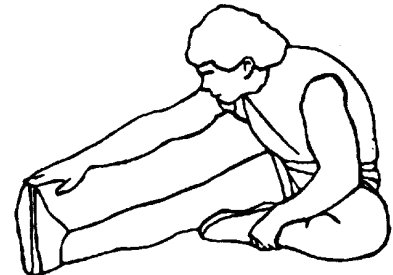


TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

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.



CALF/ACHILLES STRETCH

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



ANDROID

Download your favorite application from Google PlayStore.

IPAD / IPHONE

Download your favorite application from the AppStore.

Check if your mobile device reflects the requirements of the application. The requirements are indicated within the Google PlayStore or the AppStore.

HOW TO USE THE APP

- 1.** Turn on the Bluetooth function on your mobile device. Be sure to disable all restrictions that affect Bluetooth, so the mobile device can be seen on the treadmill (please check the user manual of the mobile phone).
- 2.** Open the application on your mobile device.
- 3.** Click on the “Indoor” button in the main menu to search for available devices.
- 4.** Select the device among those available within the list and pair it.

Once the device is paired, you can start using the application in several categories: Quick Mode Run Map Target Mode.

Please understand that we are not able to offer a complete guide of the ‘Fitshow’ application in this manual, as it is a free third-party application and the application is continuously updated and implemented.

For more information about the ‘Fitshow’ app, please refer to the instructions found within the specific app in the Google PlayStore or AppStore or contact us.

We inform you that other free or paid apps are also available within the Google PlayStore or the AppStore.

