# MOTORIZED TREADMILL – MODEL K1000
## INSTRUCTION MANUAL

**Please read these instructions carefully before use and keep for future reference**

## FOR DOMESTIC INDOOR USE ONLY

**WARNING: Keep young children away from this machine at all times. Contact with the moving surface may result in severe friction burns.**

# 1. CAUTION

To avoid injuries please read this manual carefully before using the treadmill.



- Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions which could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- Ensure you have tightened all the bolts and nuts on this machine before commencing any exercise.
- For safety reasons do not stand on running belt whilst starting the unit.
- Please stop immediately if you feel unwell or nauseous.
- Please adjust speed slowly.
- Adjustment of belt is prohibited during use.
- It is recommended that you wear sports shoes and appropriate clothing when using the treadmill
- Children, elderly, pregnant women and people with medical conditions should not use the treadmill unless authorized by their doctor and in the presence of an adult who may assist.
- Clip the safety key on your clothing during use.
- Firmly hold the handle bars during use.
- Keep the safety key away from children when the treadmill is not in use, as it may present a choking hazard.
- Keep silicone oil away from children's reach. If accidentally swallowed or comes into contact with eyes, use water to wash out and immediately seek medical assistance.

# 2. SAFETY NOTICE

- Please place the machine on flat ground. It is unsuitable to use the machine in the following situations:
    - Outdoors. (The machine is specially designed for indoor use only)
    - Slant ground or slant places on balcony.
    - Sunlit area or near heater.
    - Big noisy places.
- Machine requires a constant a.c 220-240V power connection
- Error may be displayed if power is not stable. Please do not share points with integral equipment such as computers, air conditioners etc.
- Be careful of children or other objects while folding and unfolding the machine.
- Do not put machine near wet objects to avoid slippery surfaces and damage to machine

# 3. CAUTION PRIOR TO USE

- Do not use the machine if you are unwell and immediately stop using the machine if you start feeling unwell whilst using it.
- Disconnect the machine from power when not in use.
- Prior to relocating or folding the machine, disconnect it from power.
- Machine is to be used on a flat surface only.
- Ensure a 2m clearance around the machine is available prior to using it.
- Do not start the machine when it is folded.
- Keep all liquids away from the machine as they will damage the unit and void all warranty.
- Machine is not to be used in poorly ventilated spaces or locations with flammable objects in its vicinity.
- Do not put any objects on the machine.
- Switch off all functions and disconnect from power when not in use.
- Please do not stand directly on the belt while starting the machine.
- Do not disassemble the machine without a written authorization from the manufacturer
- Please make sure the running belt is fastened before use

# 4. PRODUCT SPECIFICATIONS
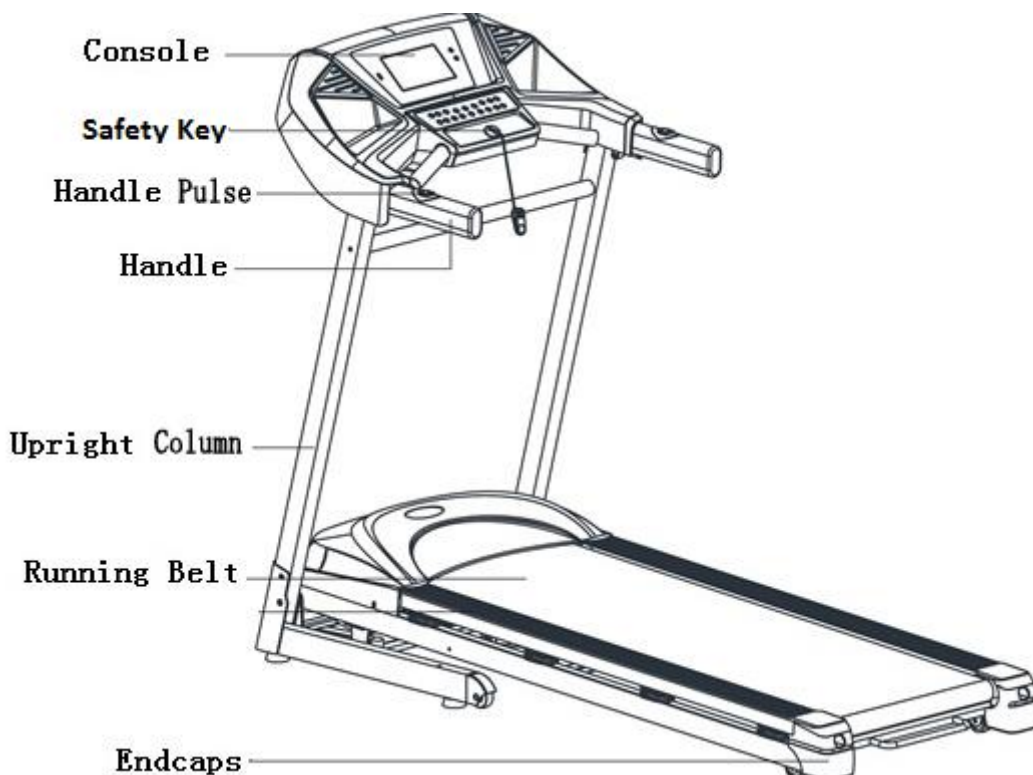
| Main Specifications and Parts List | | | | | | |
|---|---|---|---|---|---|---|
| **Main Specifications** | | | | | | |
| No. | Parameters Names | | Description | | | |
| 1 | Input power voltage | | AC220-240V(50/60Hz) | | | |
| 2 | Motor power | | 2.0HP | | | |
| 3 | Speed | | 1-16Km/h | | | |
| **Packing list** | | | | | | |
| No. | Name | | Units | Qty | | |
| 1 | Treadmill Unit | | set | 1 | | |
| 3 | Accessory Bag | | pc | 1 | | |
| **Screws bag list** | | | | | | |
| NO. | Name | QTY | NO. | Name | | QTY |
| 1 | Inner hexagon spanner 6mm | 1 | 7 | MP3 cable | | 1 |
| 2 | Inner hexagon spanner 5mm | 1 | 8 | Screw M8*20 | | 4 |
| 3 | Combination wrench | 1 | 9 | Screw M8*45 | | 2 |
| 4 | Silicone Oil | 1 | 10 | Nut M8 | | 2 |
| 5 | Safety Key | 1 | 11 | Washer | | 2 |
| 6 | User Manual | 1 | 12 | Screw M8*25 | | 2 |

# 5. ASSEMBLY INSTRUCTIONS

- During assembly, first insert and moderately tighten screws and when the frame has been fully assembled, inspect all the screws and tighten them completely.

- Lay unit flat on the ground. Cut the nylon cable ties (where supplied) on the base. Lift the upright columns and console in the direction shown in the diagram below.
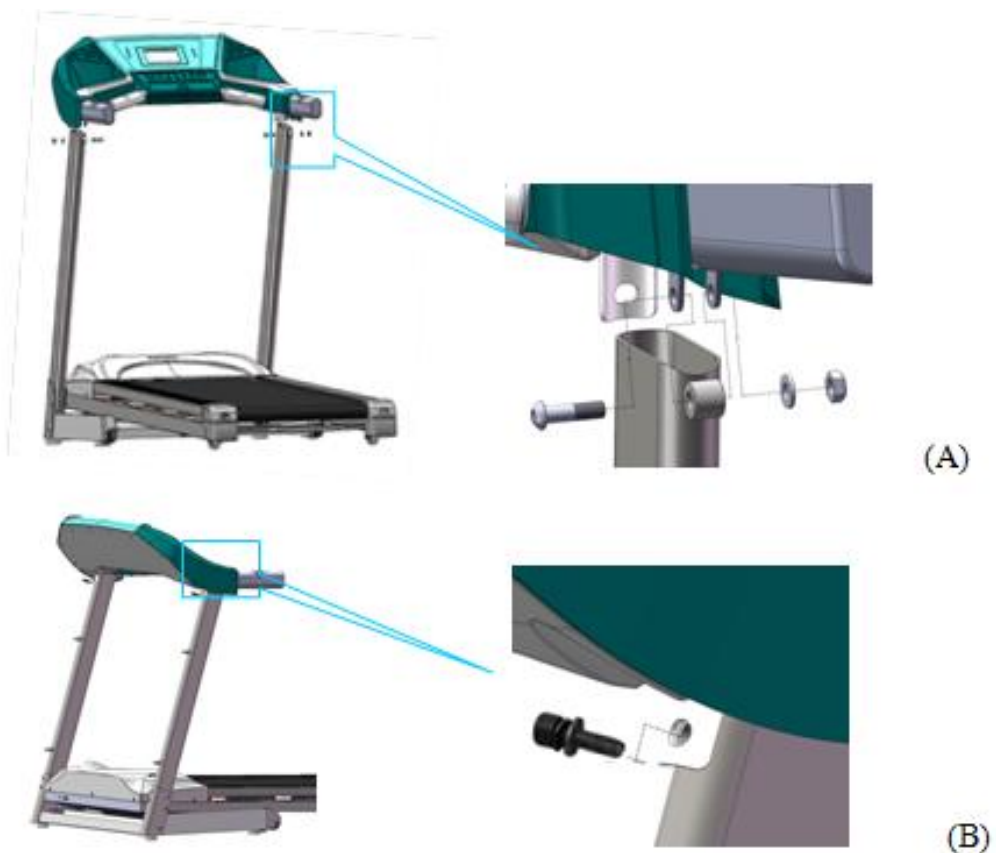
  **WARNING:** THIS PRODUCT IS HEAVY. ENSURE TWO PEOPLE ARE ASSEMBLING IT AT ALL TIMES
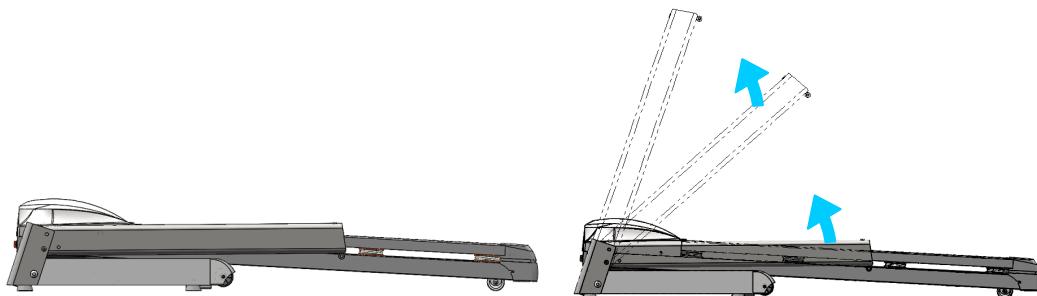


- Use the inner hexagon spanner (#5) and insert screws M8*45 (A) and screws M8*20 (B)

  to attach the columns to the base of the treadmill (as shown in the diagram below).
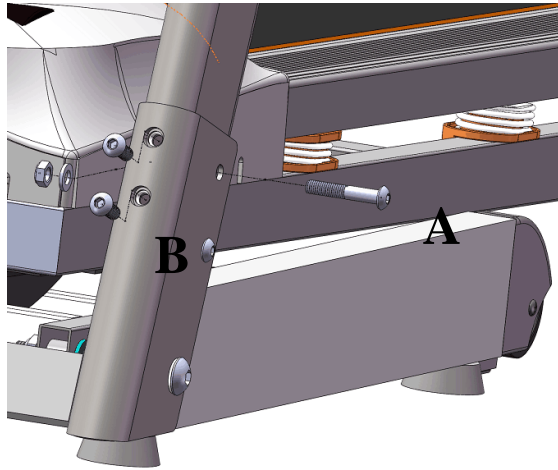
- Use an inner hexagon spanner (#5) and (#6), and screw M8*28 (A) and M8*25 (B) to fix the console to the columns.



(A)

(B)

- **Safety Key Function**
  - Disconnecting the safety key will immediately stop the running track and the screen will display "E7", and the treadmill will emit a beep.
  - Placing the safety key back on the designated area on the console will clear all data in 2 seconds.

CAUTION: **Please confirm that all screws are correctly tightened according to the requirements after installation, and check no part has been left out prior to connecting to power.**

# 6. USING THE TREADMILL

- **Power on** – Connect the power adapter to a power point and turn on the unit. The LED will illuminate and the treadmill will emit a beeping sound. The screen on the control panel will switch on.



- **Start** - starts after 3 second countdown.
- **Stop –** Pressing the Stop key will gradually stop the treadmill and clear all data.
- **Programs**
  - o Pressing the Program key will cycle through the options, ranging from P1 to P12 (automatic programs). The default setting is manual.
- **Modes**
  - o Available in standby Mode: 3 Modes, 12 preset programs and 1 FAT program.
  - o Time Countdown, Distance Countdown and Calorie Countdown.
  - o Press speed + and - keys to set the countdown value. Once selected, press the "Start" button to start the treadmill.

- **Speed +/-**
    - In running mode these keys are used to adjust the speed. Speed adjustment is done in 0.1km intervals.
    - In standby mode these keys are used to set the values for the programs and modes.
- **Speed 5, 8, 12 -** in running mode these keys are used as shortcuts to adjust the speed to the levels noted.
- **Volume Keys:** Used to adjust the volume of the speakers. Also features a mute key.
- **Incline +/-** is used to adjust the incline gradient, in running mode, by 1% In running mode these keys are used to set the incline level.
- **Incline 5%, 8% and 12% Shortcuts –** In running mode these keys are used as shortcuts to set incline levels.

**Display Function**



- **Speed Display -** Displays the current running speed.
- **Time Display**
    - In running mode or set value: the display will show the time value (i.e., countdown time)
- **Distance**
    - Manual Mode/Programs – Displays cumulative distance;
    - Automatic Mode - distance countdown.

- **Calorie Display**
    - Manual Mode/Programs – Displays cumulative calories;
    - Automatic Mode - calorie countdown.

- **Heart Rate Display**
    - When heart rate is detected, the heart shaped mark will flash while testing.
    - The heart rate function is to be used as an exercise reference feature only and is not to be relied on for accurate heart rate assessment and is not to be used for medical purposes. Should you feel unwell, stop exercising immediately and contact your doctor.

**FAT Function**
- In standby mode, press program button to enter the FAT test.
  - F1--Gender, screen displays 01 stand for male, 02 stand for female. Press SPEED+ or Speed- to select gender. Press MODE to confirm.
  - F2--Age, the value range for age is 10-99 years, Press SPEED+ or Speed- to select age. Press MODE to confirm.
  - F3--Height, height value range is 100-220cm. Press SPEED+ or Speed- to select height. Press MODE to confirm.
  - F4--Weight, weight value range is 20-150kg. Press SPEED+ or Speed- to select weight. Press MODE to confirm.
  - F5--FAT Index, the screen will display ----Hold the heart rate sensor with your hands for 5 seconds, and then the FAT index will show on the screen.

- Programs tabled below.

| Program \ Time | | Set time/10=Running time of each segment | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| P1 | Speed | 3 | 3 | 6 | 5 | 5 | 4 | 4 | 4 | 4 | 3 |
| P1 | Incline | 0 | 3 | 3 | 3 | 4 | 4 | 4 | 1 | 1 | 0 |
| P2 | Speed | 3 | 3 | 4 | 4 | 5 | 5 | 5 | 6 | 6 | 4 |
| P2 | Incline | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 4 | 4 | 2 |
| P3 | Speed | 2 | 4 | 6 | 8 | 7 | 8 | 6 | 2 | 3 | 2 |
| P3 | Incline | 3 | 5 | 4 | 4 | 3 | 4 | 4 | 3 | 4 | 2 |
| P4 | Speed | 3 | 3 | 5 | 6 | 7 | 6 | 5 | 4 | 3 | 3 |
| P4 | Incline | 0 | 3 | 3 | 2 | 2 | 5 | 5 | 3 | 3 | 2 |
| P5 | Speed | 3 | 6 | 6 | 6 | 8 | 7 | 7 | 5 | 5 | 4 |
| P5 | Incline | 3 | 5 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 2 |
| P6 | Speed | 2 | 6 | 5 | 4 | 8 | 7 | 5 | 3 | 3 | 2 |
| P6 | Incline | 3 | 4 | 5 | 6 | 3 | 5 | 5 | 6 | 4 | 3 |
| P7 | Speed | 2 | 9 | 9 | 7 | 7 | 6 | 5 | 3 | 2 | 2 |
| P7 | Incline | 0 | 3 | 3 | 3 | 4 | 4 | 4 | 1 | 1 | 0 |
| P8 | Speed | 3 | 4 | 4 | 4 | 5 | 6 | 8 | 8 | 6 | 2 |
| P8 | Incline | 1 | 1 | 4 | 4 | 4 | 5 | 5 | 4 | 3 | 2 |
| P9 | Speed | 2 | 4 | 5 | 5 | 6 | 5 | 6 | 3 | 3 | 2 |
| P9 | Incline | 3 | 5 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 2 |
| P10 | Speed | 2 | 5 | 7 | 5 | 8 | 6 | 5 | 2 | 4 | 3 |
| P10 | Incline | 1 | 5 | 6 | 8 | 12 | 9 | 10 | 9 | 5 | 3 |
| P11 | Speed | 2 | 5 | 6 | 7 | 8 | 9 | 10 | 5 | 3 | 2 |
| P11 | Incline | 3 | 5 | 6 | 8 | 6 | 5 | 8 | 7 | 5 | 2 |
| P12 | Speed | 2 | 3 | 5 | 6 | 8 | 6 | 9 | 6 | 5 | 3 |
| P12 | Incline | 5 | 7 | 5 | 8 | 6 | 5 | 9 | 10 | 6 | 2 |

# Error Codes

| Error code | Description | Solution |
|---|---|---|
| E1 | **Erroneous Connection**: when the power is on, the connection between lower controller and the console is abnormal. | **Possible Cause**: the communication between the lower controller and console is blocked, check each joint between the controller and console, make sure that each core is fully plugged in. Check the connection line, replace it if is damaged. |
| E2 | **No signal from motor.** | **Possible Cause**: Check the motor cable to see whether it is connected well or not, if not, re-connect the motor wire again. Check the motor cable to see whether it is damaged or has a burnt smell, if yes, replace the motor. |
| E5 | **Current overload protection:** Whilst in use, the lower controller detects the current to be over 6A for more than 3 seconds. | **Possible Cause:** Overloading leads to excessive current, and the system stops out of self-protection, or some part is stuck, causing the motor to stop. Adjust the treadmill and restart it. Check if there is liquid or burnt smell while the motor is running, if yes, replace the motor; check if the controller has a burnt smell, if yes, replace the controller; check the power supply voltage, if it does not match the specifications, change into correct voltage and test the machine again. |
| E6 | **Explosion-proof impact protection:** the abnormal voltage or motor cause a circuit fault which drives the motor. | **Possible Cause:** Check if the power supply voltage is 50% lower than normal voltage，use the correct voltage and test the machine again；check if the controller has a burnt smell and replace the controller; Check if the motor cable is connected and connect the motor wire again. |
| E7 | **No safety key** | Put the safety key on the right place. |

# 7. Maintenance

**Warning: Before cleaning or carrying out any maintenance, ensure the treadmill is disconnected from power**

- Comprehensive cleaning will extend the life of your treadmill
- Remove dust periodically in order to maintain all parts clean.
- Be sure to clean running belt with both sides of the exposed portion, which will reduce the accumulation of impurities.
- Make sure to wear clean athletic shoes to avoid introducing dirt on to the running board and belt.
- Treadmill belts must be cleaned with a damp cloth with a mild soap.
- Ensure none of the components and the treadmill itself come into contact with liquids which will void all warranty.

**Warning: Make sure power plug disconnect before moving motor cover away, clean the motor at least once a year.**

## Maintenance of the Running Board and Belt - Lubrication and Cooling

- Your treadmill's running board and running belt had been lubricated at the factory.
- Friction between the running belt and running board has a great impact on the life and performance of your treadmill.
- Regular application of treadmill lubricant is needed. We advise you to check the board regularly.
- To check if the belt needs to be lubricated, simply lit each side of the belt with your hands and feel the top surface of the running deck. If it is slick to the touch, then no lubrication is required. If it is dry to the touch, then lubricate.
- To lubricate (where required):
  - Lift the edge of the running to expose the running deck.
  - Place a few drops of the lubricant (all purpose household oil or sewing machine oil is suitable) along the centre of the running deck
  - Run the treadmill (without the user) at a slow speed for up to 5 minutes to evenly distribute the lubricant.
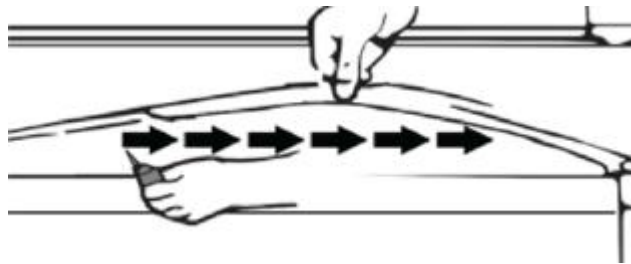


- **CAUTION:** Do not over lubricate. Wipe away excess lubricant from the belt.

- If the board's surface is damaged, please contact our customer service center to purchase replacement parts.
- We recommend applying lubricant between running belt and running board:
  - Infrequent user (use less than 3 hours a week) - once per month;
  - Frequent user (use more than 7 hours a week) - once a fortnight.

- To safeguard your treadmill and extend the life of the unit, it is recommended that after 2 hours of continued use, the machine be switched off and allowed to cool for a minimum of10 minutes before using it again.
- If the treadmill belt is loose, it will skid when running. Conversely, if it's too tight, it may reduce motor performance and harden the abrasion of roller and the running belt.
- You can lift two sides of the running belt for 50-75mm to adjust the tightness.

## Adjusting alignment and tightness

- The running belt is adjusted at the factory, however after prolonged use it may stretch and will require to be re-tensioned. For best use, it may be required to adjust the running belt for its optimum alignment.

## Running Belt alignment

- Place treadmill flat on the floor but do not stand on it.

- Turn on treadmill and set the speed at 6-8km/hour .
- If the running belt is shifting to the right, rotate the right adjusting bolt with 1/2 turn clockwise, then rotate the left adjusting bolt with 1/2 turn counter-clockwise. (Picture A)
- If the running belt is shifting to the left, rotate the left adjusting bolt with 1/2 turn clockwise, then rotate the right adjusting bolt with 1/2 turn counter-clockwise. (Picture B)



Picture A                         Picture B

**Multi-wedge Belt Tension Adjusting**
- After some time, the multi-wedge belt is expected to become loose as a result of the abrasions, which will require the user to adjust the multi-wedge to ensure continued safe use.
- **When to Adjust?** Feeling of running with the occasional pause/slipping experienced, indicates that the treadmill belt or multi-wedge belt are a little loose and further assessment/confirmation is required.
- **Step 1: Which part is loose**? Remove the four screws on protective cover, turn the running speed to 1 km/h, stand on the running belt, grip the armrests, and tread the treadmill belt slightly.( we advise treading the treadmill belts with the user's own weight)
  - o **A**. If instantaneous steps cannot stop the belt, the tightness is appropriate.
  - o **B**. If your instantaneous step stops the running belt, but the multi-wedge belt and former roller is still running, it indicates that the running belt is loose and appropriate adjustments must be made to facilitate the safe use
  - o **C**. If you observe that the instantaneous step makes both the treadmill belt and multi-wedge belt stop, but the motor is still running, it indicates that the multi-wedge belt is loose and appropriate adjustments  must be made to facilitate continuous safe use

- **Step 2**: Use a wrench to adjust the screws on the motor base according to the condition. Gently flip the multi-wedge belt between the motor shaft and the front roller, if it is too loose, you can flip the multi-wedge belt by 100%; if it is too tight, the degree for you to flip the belt is very limited. It is appropriate to flip the multi-wedge belt by 80% after adjustment. Please adjust the tightness of the multi-wedge belt into the state that it could be flipped by 80%.
- **Step 3**: Lock the motor base, and re- install the front cover.

# Exercise Instructions

Using your Powertrain treadmill provides you with several benefits such improving your physical fitness, toning muscles and together with a calorie controlled diet may help you lose weight.

**Warm-up Phase**
This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.
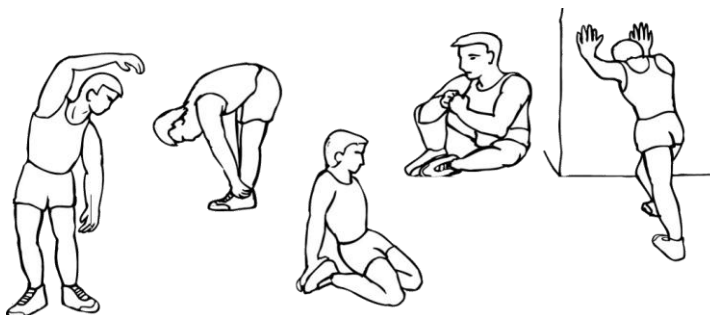


**Exercise Phase**
This is the stage where you put the effort in. After regular use, the muscles in your legs will become stronger. Work to your own pace, but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.
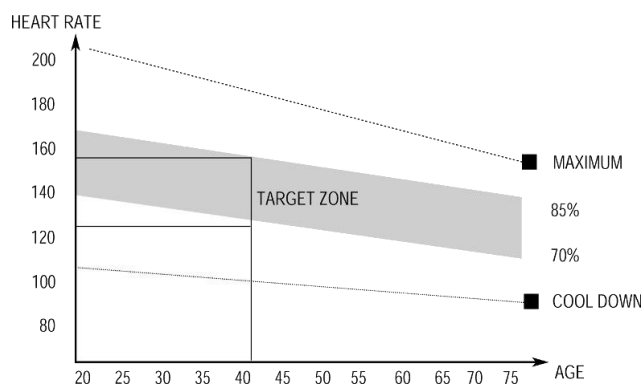


This stage should last for a minimum of 12 minutes, although most people start at about 15-20 minutes.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

# Warranty and Contact Details

Kmate Pty Ltd provides a 12 month warranty for this product when used for domestic purposes. This product is not intended for commercial use and any such use will void all warranty.

The benefits of this warranty are provided in addition to other rights and remedies you may have under a law in relation to the goods and services to which this warranty relates. 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 goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Before making a claim under warranty, please refer to your user/installation manual to ensure that you have followed correct operating procedures of your product, and refer to the trouble shooting section (if such exists) to assist solving any problems.

The warranty period begins from the day of purchase.
Your proof of purchase must be produced before assistance will be provided.

Where the Product is replaced pursuant to this Warranty, the replacement Product will be subject to the warranty terms and warranty commencement date of the original product.

This warranty is only valid if the product is operated and maintained in accordance with the manufacturer's instructions.

Damage to property including but not limited to furniture, carpets, walls, ceilings or any other event either directly or indirectly are excluded from warranty as well as any losses or expenses incurred by you in relation to the product or making a claim under this warranty including without limitation any costs associated with installation, reinstallation or transporting the product.

Light globes, remote controls, batteries, filters or similar perishable parts are not covered under this warranty.

A claim may be refused if the defective claim has arisen for reasons other than a manufacturers fault or defective parts or workmanship. Circumstances in which a warranty claim may be declined include, but are not limited to the following:

- Normal wear and tear;
- Misuse or abuse, including failure to properly maintain or service;
- Damages caused by improper or incorrect installation, force-majeure, electrical surges, lightning, power grid fluctuations, water or by connection to alternative power supply sources (such as solar inverters etc), are not eligible for warranty repair;
- Insect or vermin infestation;
- Failure to clean or improper cleaning and/or operation of the product;
- Failure to periodically lubricate, adjust and maintain the treadmill;
- If the product is modified without authorisation from Kmate Pty Ltd in writing;
- If you are unable to supply a certificate of compliance for installation of any type as required by State & Territory Laws

## Contact Details
Kmate Pty Ltd
PO Box 234, Mount Waverley VIC 3149
Email: warranty@klika.com.au
Phone: 03 9790 0055