powertrain



K2000

OWNER'S MANUAL

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.
The specifications of this product may vary from this photo and are subject to change without prior notice.

IMPORTANT SAFETY INSTRUCTIONS

Basic precautions, including the following important safety instructions should always be followed when using this treadmill. Read all instructions before using this treadmill.

DANGER: To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning, assembling, or servicing the treadmill.
Failure to follow these instructions may lead to personal injury and cause damage to the treadmill.

WARNING: To reduce the risk of burns, fire, electric shock or injury to any persons, please read the following:

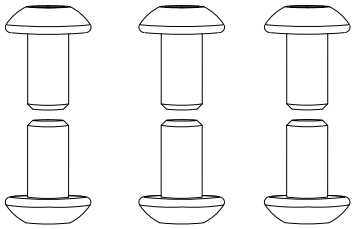
- Never leave the treadmill unattended while plugged in. Disconnect by turning off the master power switch and unplugging from wall outlet when not in use and before putting on or taking off parts.
- Use this product only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate the treadmill if it has a damaged cord or plug, or if it is not working properly. If it has been dropped or damaged, or been exposed to water, return the product to a service center for examination and repair.
- Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorised Service Representative.*
- Never operate the product with the air openings blocked. Keep the air openings free of lint, hair, and other obstructions.
- Do not use the treadmill outdoors.
- Do not pull the treadmill by its power cord or use the cord as a handle.
- Keep children and pets away from the equipment while in use.
- Elderly or disabled users should only use this treadmill in the presence of an adult who can provide assistance if required.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Keep dry - do not operate in a wet or moist condition.
- The motor cover can become hot while the treadmill is in use. Do not place the treadmill on a blanket or other flammable surface as this can create a fire hazard.
- Keep electrical cord away from heated surfaces.
- Keep the treadmill on a solid, level surface with a minimum safety area clearance of two meters around the treadmill. Be sure the area around the treadmill remains clear of any obstructions during use.
- This treadmill is for domestic household use only.
- Only **one** person should use the treadmill at a time.
- Wear comfortable and suitable clothing when using the treadmill. Do not use the treadmill barefoot or in socks. Always wear appropriate athletic footwear. Never wear loose or baggy clothing as it can become caught on the treadmill and create an entrapment hazard.

- Always hold on to the handrails while using the treadmill.
- Always make sure the storage latch is in place when folding and moving the treadmill.
- Do not leave children who are under 12 years-old unsupervised near or on the treadmill.
- To disconnect, turn all controls to the off position, then remove plug from the wall outlet.
- This appliance is not intended for use by persons (including children) 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.
- Children should not be allowed to play on or near the treadmill at any time.
- CAUTION - RISK OF INJURY TO PERSONS - To avoid injury, use extreme caution when stepping onto or off of a moving treadmill belt. Carefully read this instruction manual before use.
- **Maximum Weight Capacity is 130 kg.**
- Pull out the Safety Tether Key for emergency stop.
- This unit must be plugged into a nominal 220 volt 50/60Hz outlet which has been grounded.
- Keep hands clear of all moving parts. Never place hands or feet under the treadmill while in use.
- Do not use the treadmill on a carpet that is greater than 1.3 cm in height.
- Before using the treadmill, check that the belt is aligned and centered on the running deck and all visible fasteners on the treadmill are sufficiently tightened and secure.
- Cleaning and user maintenance shall not be made by children without supervision.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons persons in order to avoid a hazard.
- Never operate this treadmill if it is in the folded position.
- Allow the running belt to fully stop and unplug the power cord from the wall outlet before folding up the treadmill.
- Always face towards the computer console and do not run backwards on the running belt.

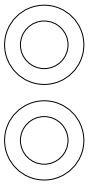
WARNING: Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

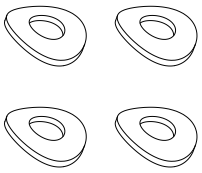
HARDWARE LIST & ASSEMBLY COMPONENT



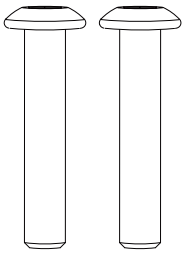
(S1) Hexagon Socket Oval Head Bolt M8x16
6 PCS



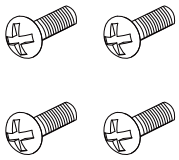
(S2) Washer M8
2 PCS



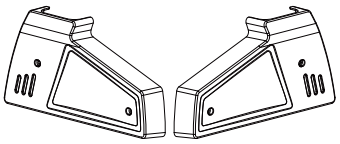
(S3) Curved Washer M8
4 PCS



(S4) Hexagon Socket Oval Head Bolt M8x55
2 PCS



(S5) Hexagon Socket Oval Head Bolt M5x10
4 PCS

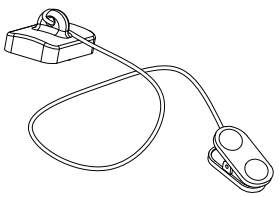


(42/43) Left/Right Handlebar Support Tube Covers

TOOLS



Allen Wrench
1 PC

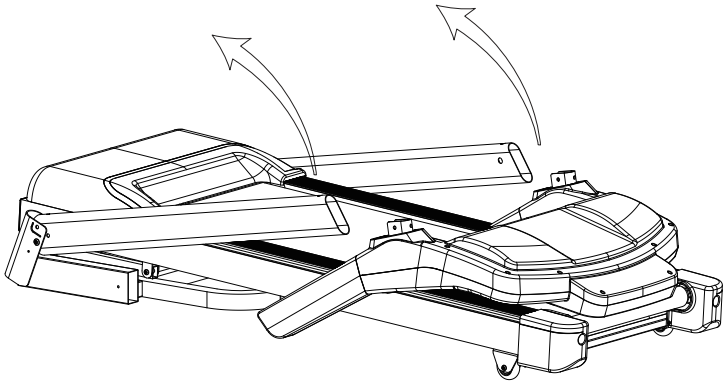


Safety Tether Key
1 PC



Audio Cable
1 PC

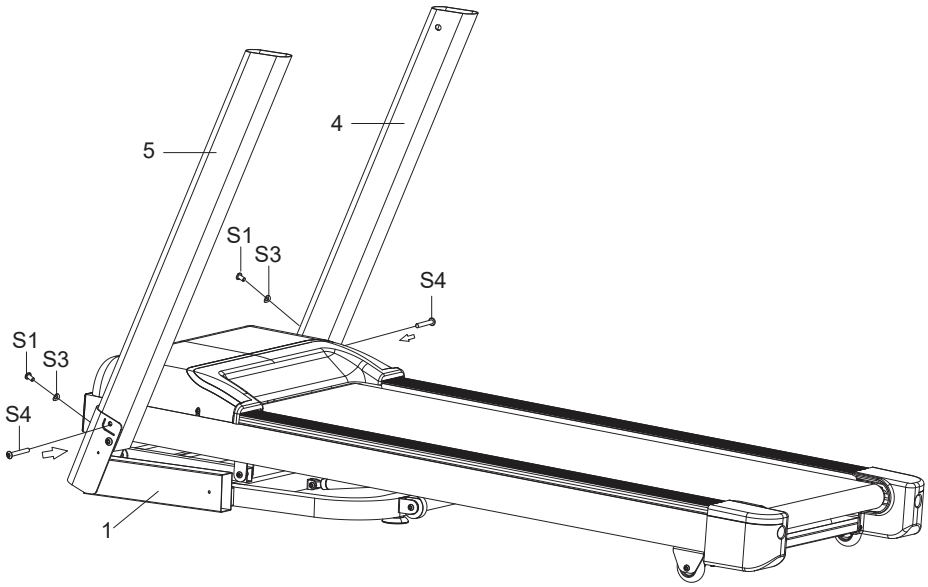
ASSEMBLY INSTRUCTIONS



Step 1

Remove the treadmill from the shipping carton and place it on a level flat surface. Please always use the aid of a second person when removing the treadmill from the shipping carton.

Lift both Left and Right Handlebar Support Tubes up and align bolt holes.



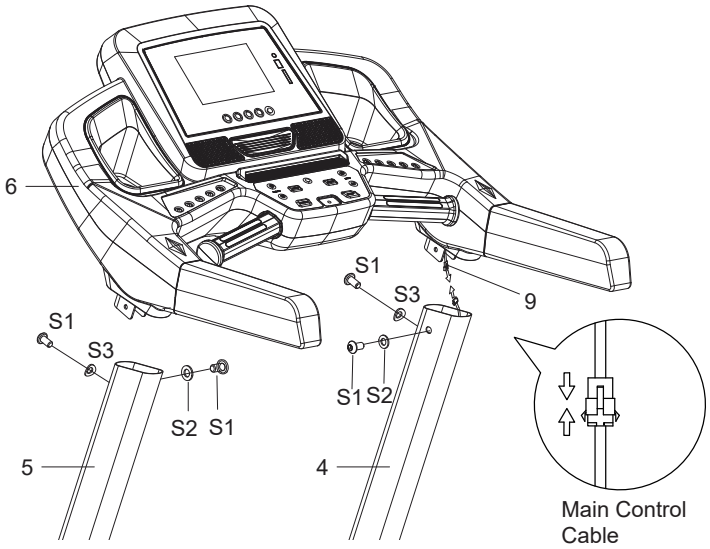
Step 2

It is recommended to have at second person assist with this step.

Lift both Left and Right Handlebar Support Tubes (4,5) up and align bolt holes. Use two M8x55 Hexagon Socket Oval Head Bolts (S4) to secure both Left and Right Handlebar Support Tubes (4,5) onto the Base Frame (1) .

Use two M8x16 Hexagon Socket Oval Head Bolts (S1) and two Curved Washer M8 (S3) to secure both Left and Right Handlebar Support Tubes (4,5) onto the Base Frame (1) .

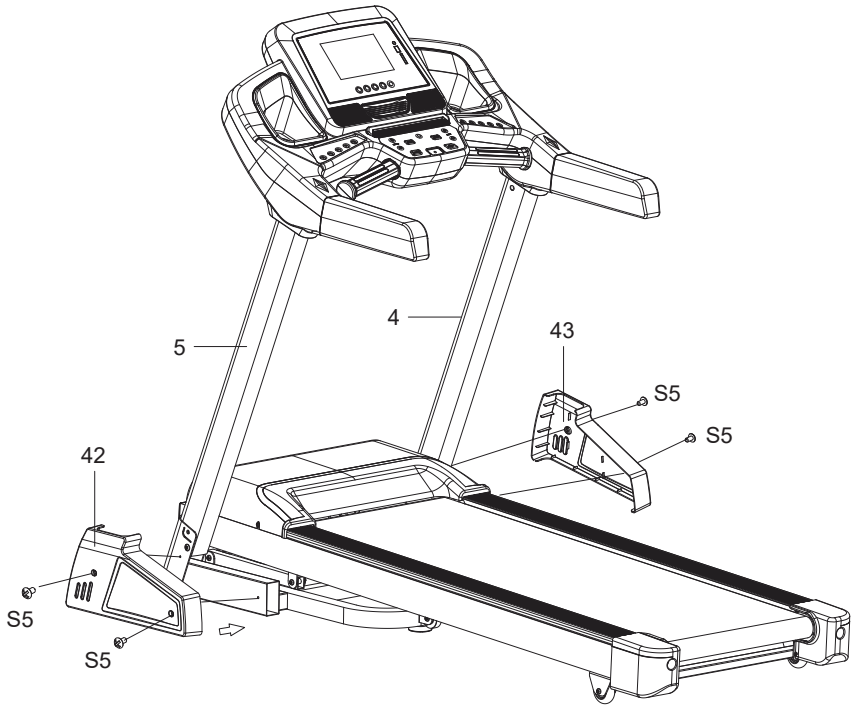
NOTE: DO NOT FULLY TIGHTEN BOLTS IN STEP 2 UNTIL STEP 3 IS COMPLETED.



Step 3

Connect the Main Control Cable (9) to the Right Handlebar Support Tube (4) .
Install the Computer Console (6) onto the Right and Left Handlebar Support Tubes (4, 5) using four M8x16 Hexagon Socket Oval Head Bolts (S1) and two Washer M8 (S2) ,and two Curved Washer M8 (S3) ,tighten bolts with the Allen Wrench provided.
Place the Safety Tether Key onto the Computer Console (6).

NOW PLEASE FULLY TIGHTEN ALL BOLTS INSTALLED IN STEP 2 AND STEP 3 .



Step 4

Install both Left/Right Handlebar Support Tube Covers (42/43) onto the both Handlebar Support Tubes (4， 5) using two Cross Recessed Truss Head Bolts (S5). Tighten bolts with the Allen Wrench.

LIFTING UP & SETTING DOWN THE TREADMILL

LIFTING UP THE TREADMILL

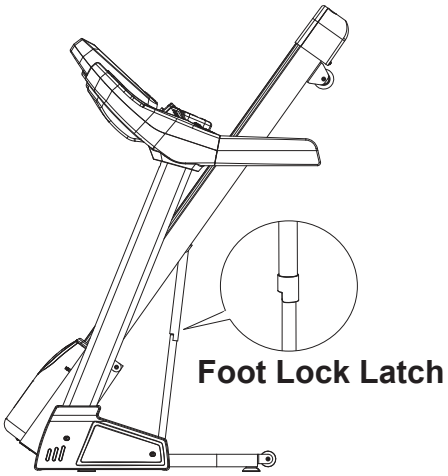
Firmly grasp the Handle of the main frame with one hand. Carefully lift the end of the treadmill up into the upright position until the Foot Lock Latch engages and securely locks the main frame into position. Make sure the main frame is securely latched before moving the treadmill. See figures A and B.

Store the treadmill in a clean and dry environment away from children.

A



B

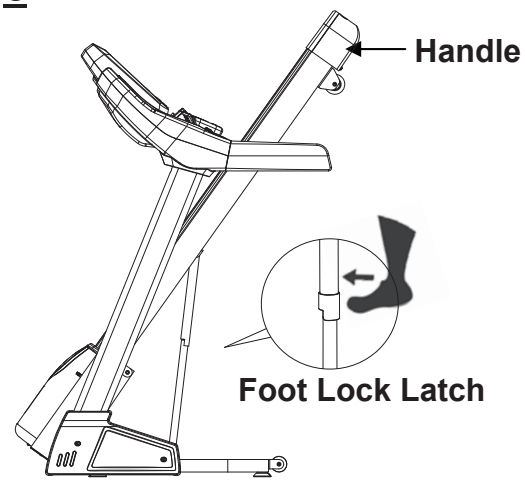


SETTING DOWN THE TREADMILL

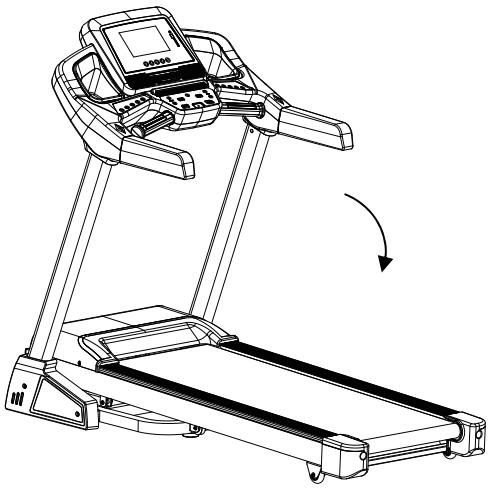
To set down the treadmill, firmly grasp the Handle of the main frame with both hands. Gently kick on the Foot Lock Latch with your foot until the lock latch disengages. Carefully lower the deck to the ground. See figures C and D.

NOTE: DO NOT STAND UNDER THE DECK WHEN SETTING DOWN THE TREADMILL. TO PREVENT INJURY, PLEASE MAKE SURE YOU HAVE A FIRM HOLD WHEN LIFTING UP OR SETTING DOWN THE DECK.

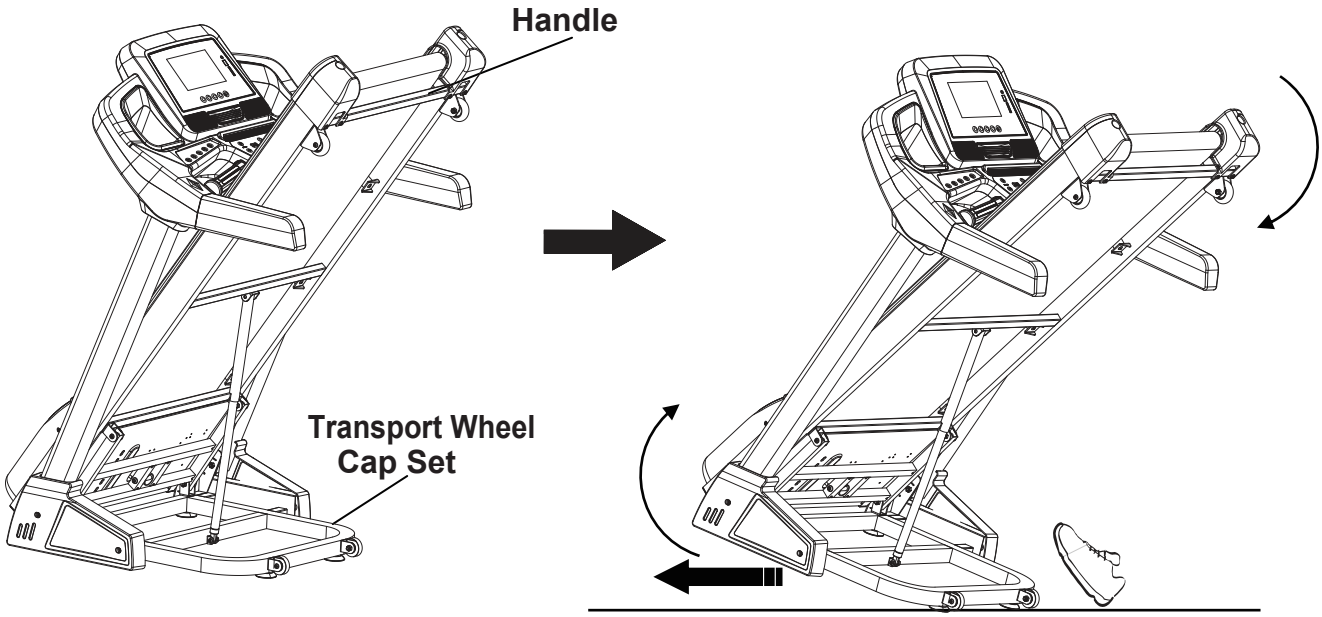
C



D



MOVING THE TREADMILL



The unit can be carefully tilted onto its transport wheels for easy moving and storage. With the treadmill in the folded locked position (foot lock latch is engaged), firmly grasp the Rear End of the Main Frame or Handle with both hands and place one foot onto the Transport Wheel Cap Set. Next, carefully tilt the treadmill back until it rolls freely on the transport wheels.
To set the treadmill down, place one foot on the Transport Wheel Cap Set and carefully lower treadmill onto base in the folded position.

CAUTION: The treadmill is heavy, it is suggested you always use the aid of a second person when moving the treadmill. Do not attempt to move the treadmill while it is in the unfolded position.

OPERATING THE COMPUTER



Flip the Master Power Switch that is located at the front of the treadmill to the ON position. Before beginning a workout session ensure that the Safety Tether Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing.

NOTE: Always stand on the side rails when you start the treadmill, never start the treadmill while you are standing on the running belt.

Press the START button on the computer to begin exercising, the computer screen will countdown 5 seconds before the running belt starts moving.During workout, you may press the STOP button on the computer console to end your workout at any time.

FUNCTION BUTTONS:

START (GREEN BUTTON): Press the START button to begin exercising.

STOP (RED BUTTON): Press the STOP button to end your workout.

MODE: To select different function (TIME, DISTANCE, or CALORIES) for setting exercise goals in manual program mode before training.

PROG (PROGRAM): To select your chosen workout (P1 to P12).

SPEED +: To adjust the function value up.
To increase running speed adjustments during all training periods on different training modes.

SPEED -: To adjust the function value down.
To decrease running speed adjustments during all training periods on different training modes.

INSTANT SPEED (4 / 8 / 10 / 12 / 16): Used to reach desired speed more quickly.

INCLINE ∧: To increase incline level adjustments during all training periods on different training modes.

INCLINE ∨: To decrease incline level adjustments during all training periods on different training modes.

INSTANT INCLINE (3 / 5 / 7 / 9 / 12): Used to reach desired incline level more quickly.



DISPLAY FUNCTIONS:

TIME: Displays your elapsed workout time in minutes and seconds. Time starts counting up from 0:00 to 99:59 per 1 second increment. You may also pre-set target time in STOP mode before training. To set TIME press the MODE button on the computer console until you see the split window of TIME begin blinking. Press the SPEED + or SPEED - button on the computer console to change the setting. Each increment is 1 minute. The pre-set target time range is from 5:00 to 99:00 minutes. Once you pre-set target time, press the START button on the computer to begin exercising. When the pre-set target time counts down to 0:00, the computer will beep to alert you and the treadmill will stop automatically.

SPEED: Displays the current speed from the minimum 1.0 KPH to the maximum 22.0 KPH.

DIS (DISTANCE): Displays the accumulative distance traveled during workout. You may also pre-set target distance in STOP mode before training.
To set DIS (DISTANCE) press the MODE button on the computer console until you see the split window of DIS (DISTANCE) begin blinking. Press the SPEED + or SPEED - button on the computer console to change the setting. The pre-set target distance range is from 1.00 to 65.0 km, the default distance is 1.00 km. Once you pre-set target distance, press the START button on the computer to begin exercising. When the pre-set target distance counts down to 0.00, the computer will beep to alert you and the treadmill will stop automatically.

CAL (CALORIES): Displays the total calories burned during your workout.You may also pre-set target calories in STOP mode before training.
To set CAL (CALORIES) press the MODE button on the computer console until you see 19 the split window of CAL (CALORIES) begin blinking. Press the SPEED + or SPEED - button on the computer console to change the setting. The pre-set target calories range is from 10 to 999 calories. Once you pre-set target calories, press the START button on the computer to begin exercising. When the pre-set target calories count down to 0, the computer will beep to alert you and the treadmill will stop automatically.

INCLINE: Displays the incline level from the minimum 0-level to the maximum 15-level.

PULSE: Displays your current heart rate in beats per minute (BPM). To activate, grip the hand pulse sensors during exercise and the pulse will display after 2-5 seconds. For a more accurate reading, grip pulse sensors with both hands.

TRAINING IN PROGRAM MODE:

This treadmill console has 12 Pre-set Workout Programs to choose from (see below Program Profiles). When in PROGRAM mode, press the PROG (PROGRAM) button to select your chosen workout (P01 to P12). Press the SPEED + or SPEED - button to change the setting. Each increment is 1 minute. The pre-set target time range is from 5:00 to 99:00 minutes. Press the START button to confirm and start your workou, the computer screen will countdown 5 seconds before the running belt starts moving. The running speed will change automatically during the workout (as shown below). The program is split evenly into 20 intervals. When the pre-set training program time counts down to 0:00, the computer will beep to alert you and the treadmill will stop automatically.

PROGRAM PROFILES:



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 foot lock latch tube 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

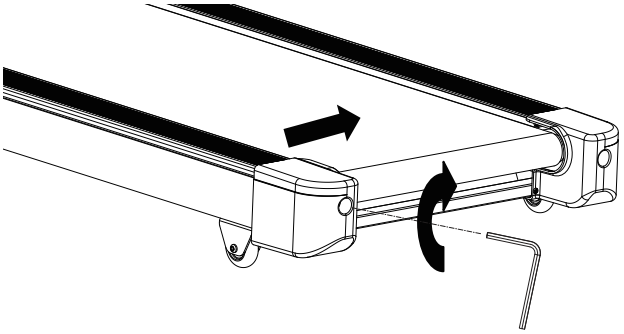
Store the treadmill in a clean and dry indoor environment. Never leave or use the unit outdoors. Ensure the master power switch is off and the power cord is un-plugged from wall outlet.

TROUBLESHOOTING GUIDE

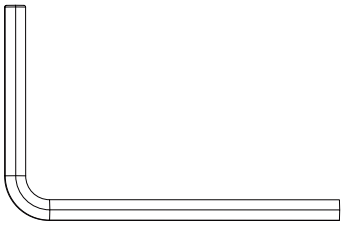
Problem	Potential Causes	Corrections
Treadmill will not start.	1. Treadmill not plugged in. 2. Safety Tether Key is not correctly installed. 3. Circuit breaker in the house has been tripped. 4. Treadmill circuit breaker has been tripped.	1. Plug the power cord into a wall outlet. 2. Reinstall the Safety 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.	1. Not enough lubrication applied onto the running deck. 2. Belt is too tight.	1. Apply lubricant. 2. Adjust belt tension.
Belt is not centred.	Running belt tension not even across the rear roller.	Centre the belt.

BELT ADJUSTMENT

The running belt is pre-adjusted to the running deck at the factory, but after prolonged use it can stretch and require readjustment. To adjust the belt, turn on the main power switch of the treadmill and let the belt run at a speed of 8-10 KPH. Use the Allen Wrench provided to turn the rear roller adjustment bolts in order to centre the belt. If the running belt is shifting to the left, turn the left adjustment bolt 1/4 turn clockwise, and the running belt should start to correct itself.

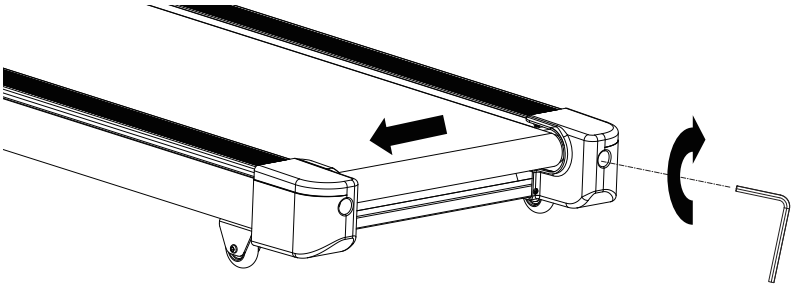


Tool:



Allen Wrench

If the running belt is shifting to the right, then turn the right adjustment bolt 1/4 turn clockwise, and the belt should start to correct itself. Keep turning the adjustment bolts until the running belt is properly centered.

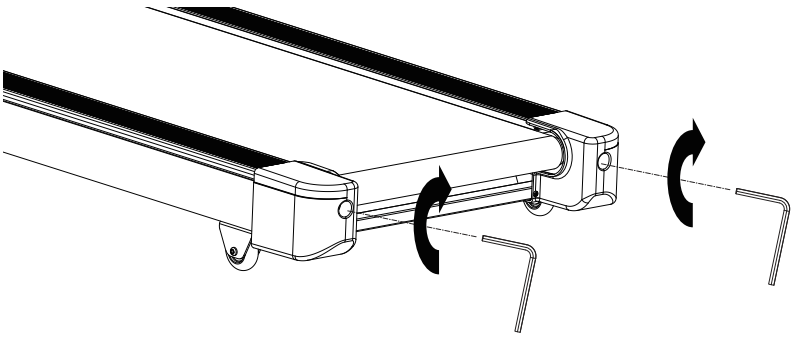


Tool:



Allen Wrench

If the running belt is slipping during use, turn off and unplug the treadmill. Using the Allen Wrench provided, turn both left and right rear roller adjustment bolts 1/4 turn clockwise, then turn the main power switch back on and run the treadmill at a speed of 8-10 KPH. Run on to the running belt to determine if the belt is still slipping. Repeat this procedure until the belt no longer slips.



Tool:



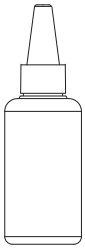
Allen Wrench

LUBRICATION

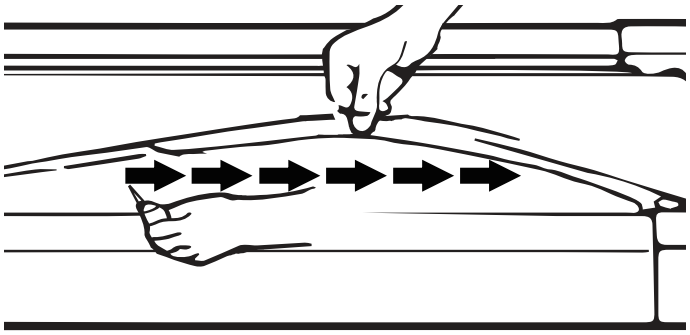
Lubricating under the running belt will ensure superior performance and extend its life expectancy. After the first 25 hours of use (or 2-3 months) apply some lubricant, and repeat for every following 50 hours of use (or 5-8 months).

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.

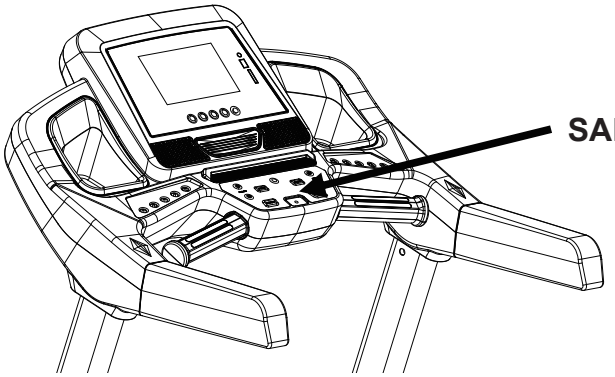
How to apply lubricant
Lift one side of running belt.
Pour some lubricant under the **centre** of the running belt on the top surface of the **running deck**.
Run on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.
NOTE: DO NOT over lubricate running deck. Any excess lubricant that comes out should be wiped off.



Lubricant
1 PC



EMERGENCY STOP



Before beginning a workout session ensure that the Safety Tether Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing. If you fall the clip will pull out the **SAFETY TETHER KEY** from the Computer Console and the running belt will stop immediately for emergency stop, helping to prevent injury.
Replaced the Safety Tether Key onto the Computer Console. Press the START button to begin exercise again.

CONNECT YOUR TABLET OR MOBILE DEVICE TO YOUR MACHINE

Android: Download your favorite application from the Google PlayStore.
iPad/iPhone: Download your favorite application from the AppStore.

Check if your mobile device confirms the requirements for the application.
The requirements of each application are shown in the Google PlayStore or AppStore.

How to use:

Turn on the Bluetooth function of your mobile device. Open the application on your device.
Click on in the main menu on the button "Indoor" to search for available devices.
Choose the shown device from the list to pair it.
Once the device is paired you can start using the application in different categories:

- Quick Run
- Map Mode
- Target Mode

Please understand that we are not able to offer you a complete operation guide of the application inside this manual, as the app will be updated from time to time.
This process can make changes to the operation or the design of the application.

Please refer to the instructions inside the specific app download store or contact us.

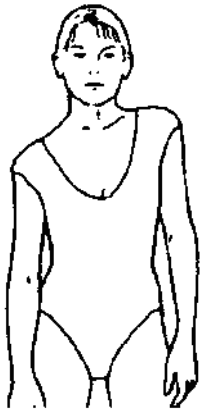
WARM UP AND COOL DOWN ROUTINE

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.



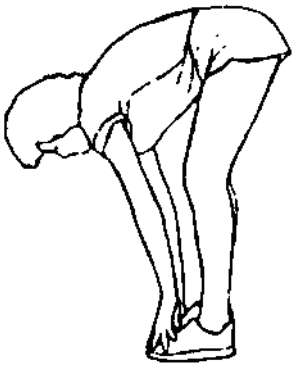
SIDE STRETCHES
Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.



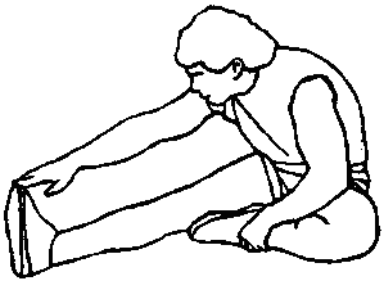
QUADRICEPS STRETCH
With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.



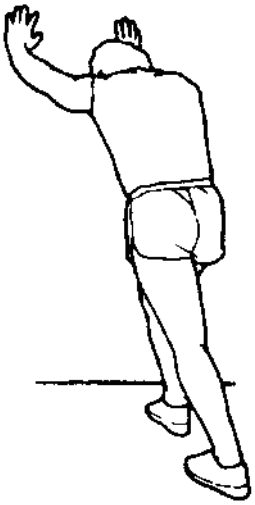
INNER THIGH STRETCH
Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



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.

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 and adjust the belt and otherwise 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

For the latest version of this manual please scan the below code

https://kmate.com.au/k2000

Contact details:
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