MOTORIZED TREADMILL / WALKING PAD
MODEL K500

INSTRUCTION MANUAL



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

Due to constant improvements some images and features may not be applicable.

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.
- 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.
- **Do not exceed Maximum weight capacity: 120kg. .**

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
- Pull out the Safety Tether Key for emergency stop

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.
- 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. PARTS LIST



Remote Control x 1



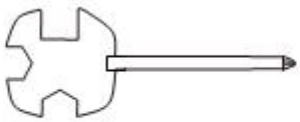
Foot Pad x 2



Locking Bolt and Nut x 2



Allen Key x 1



Spanner x 1



Tablet Holder x 1

5. ASSEMBLY INSTRUCTIONS



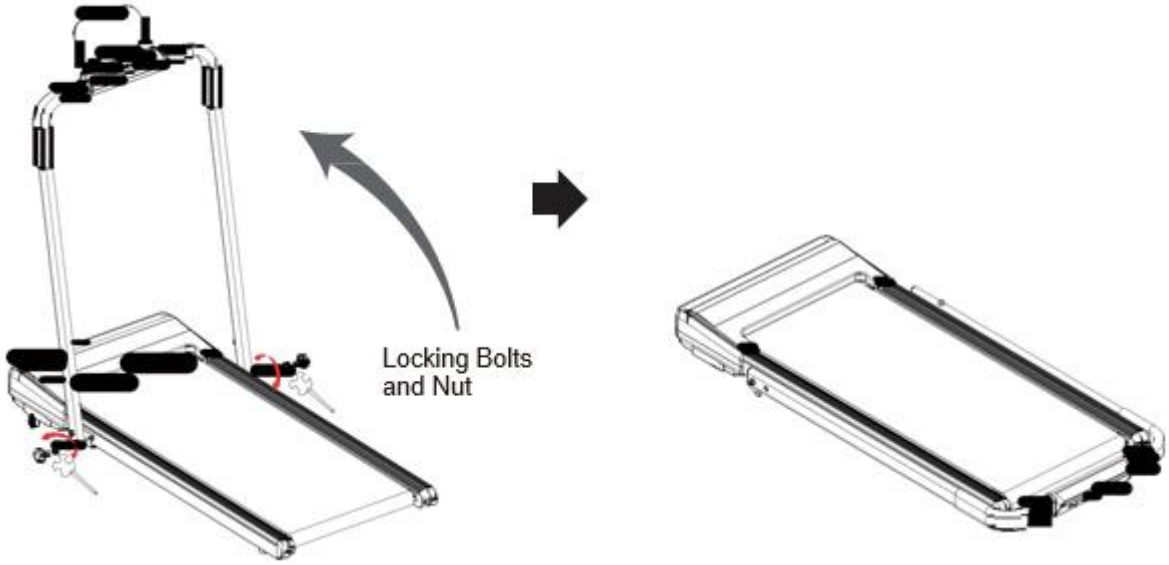


- Loosen the screws located at the back of the motor cover. Attach the Foot Pads to the grooves and tighten them using the supplied tools.



- Attach the tablet holder by gently connecting it into the handrail.

6. FOLDING THE HANDRAIL



Warning: Do not use the handrail to support your body weight. Doing so may result in injury!

7. CONTROL PANEL – HANDRAIL CONTROLLER



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

Control Functions

- **Start/Stop** – Starts and stops the treadmill.
- **Mode** – Selects different functions (Time, Distance and Calories) for setting exercise goals in manual program.
- **Prog (Program)/Pause** – Selects your chosen program (P1 to P12). In running mode, pressing the Pause key pauses the machine. Current parameters remain unchanged and speed flashes.
- **Speed +** – Adjusts the function value up. To increase running speed adjustment in all training modes.
- **Speed -** – Adjusts the function value down. To reduce running speed adjustment in all training modes.
- **Pause** – Pauses/resumes the workout.

Display Functions

- **Time** – Displays your elapsed workout time in minutes and seconds.
    - 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. 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.

- **SPEED** - Displays the current speed from the minimum 1.0km/h to the maximum 6.0km/h or 12km/h.
    - **NOTE**: When exceeding speeds of 6 km/h it is highly recommended to use the handrail for safety and support.

- **Dis (Distance)** – Displays the accumulative distance travelled during workout.
    - You may preset 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. Once you preset target distance, press the START button on the computer to begin exercising.

CAL (Calories) - Displays the total calories burned during your workout

- You may preset target calories in STOP mode before training. To set CAL (Calories) press the MODE button on the computer console until you see 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 995 calories. Once you pre-set target calories, press the START button on the computer to commence exercising.

Training in Preset Program Mode

- 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. Press the START button to confirm and start your workout.
- This treadmill console has 2 types of Workout Programs to choose from.

PROG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	1.0	2.0	3.0	4.0	5.0	4.0	3.0	2.0	1.0	2.0	3.0	4.0	5.0	4.0	3.0	2.0	1.0	2.0	3.0	2.0
P2	2.0	2.0	3.0	3.0	4.0	4.0	5.0	5.0	6.0	6.0	5.0	5.0	4.0	4.0	3.0	3.0	2.0	2.0	3.0	3.0
P3	1.0	3.0	5.0	2.0	4.0	6.0	3.0	5.0	7.0	4.0	6.0	8.0	6.0	4.0	6.0	4.0	3.0	4.0	3.0	2.0
P4	2.0	3.0	3.0	4.0	3.0	4.0	4.0	5.0	4.0	5.0	6.0	8.0	6.0	8.0	8.0	6.0	5.0	4.0	3.0	2.0
P5	2.0	4.0	6.0	8.0	10.0	9.0	7.0	5.0	3.0	2.0	4.0	2.0	4.0	6.0	6.0	5.0	6.0	5.0	4.0	3.0
P6	1.0	3.0	5.0	5.0	5.0	7.0	8.0	9.0	10.0	8.0	6.0	5.0	4.0	5.0	2.0	4.0	5.0	6.0	4.0	2.0

CONTROL PANEL – TREADMILL BODY

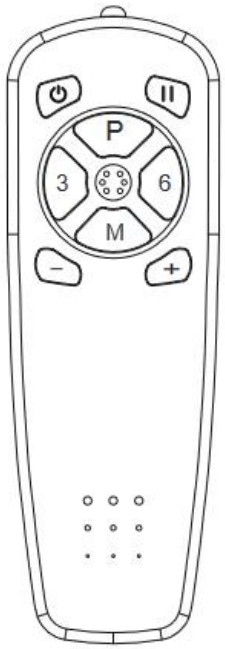


NOTE: Always stand on the side rails when you start the treadmill. Never start the treadmill while you are standing on the running belt.

Display Functions

- **Time -** Displays your elapsed workout time in minutes and seconds.
- **Step** - Displays your steps during your workout.
- **Speed** - Displays the current speed from the minimum 1.0 km/h to the maximum 10.0 km/h.
- **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.

: Press the PAUSE button to resume/pause your workout.

: Press the button to select the pre-set training program (P01-P06) mode before training.

: Press the button to switch the display.

: Press the button to quickly select speed 3.

: Press the button to quickly select speed 6.

: Press the button to make upward adjustments for the speed.

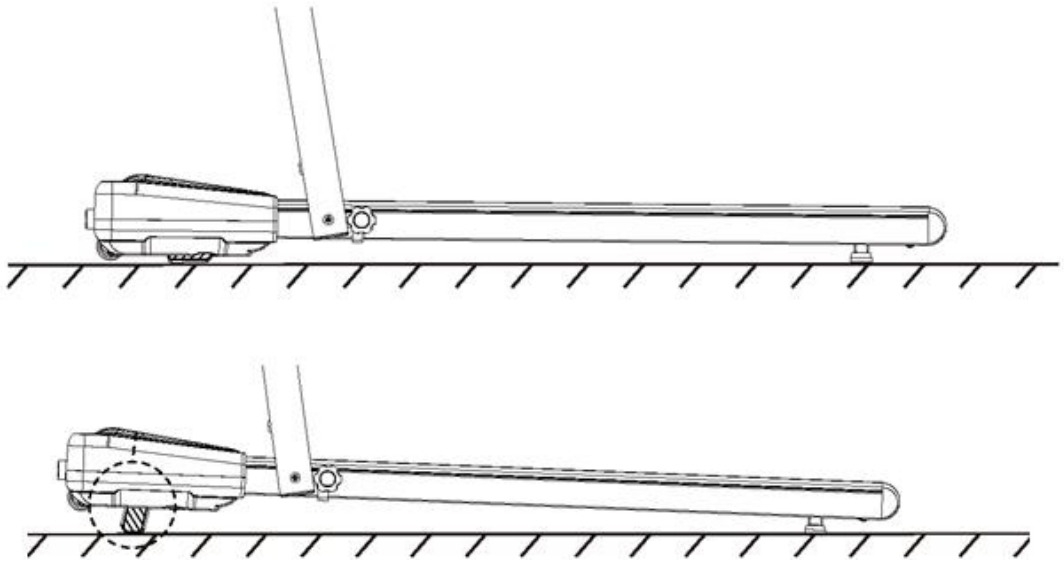
: Press the button to make backward adjustments for the speed.

PROG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	1.0	2.0	3.0	4.0	4.0	4.0	3.0	2.0	1.0	2.0	3.0	4.0	4.0	4.0	3.0	2.0	1.0	2.0	3.0	2.0
P2	2.0	2.0	3.0	3.0	4.0	4.0	5.0	5.0	4.0	4.0	5.0	3.0	2.0	2.0	3.0	3.0	4.0	4.0	3.0	3.0
P3	1.0	2.0	3.0	4.0	5.0	4.0	3.0	2.0	3.0	4.0	5.0	4.0	3.0	2.0	3.0	4.0	5.0	4.0	3.0	2.0
P4	2.0	2.0	3.0	2.0	3.0	4.0	3.0	4.0	5.0	5.0	4.0	3.0	4.0	3.0	2.0	3.0	2.0	1.0	2.0	3.0
P5	2.0	2.0	3.0	4.0	3.0	2.0	3.0	3.0	4.0	5.0	4.0	3.0	3.0	2.0	3.0	4.0	5.0	4.0	3.0	2.0
P6	1.0	2.0	2.0	3.0	2.0	3.0	3.0	4.0	3.0	4.0	4.0	5.0	4.0	3.0	3.0	4.0	5.0	5.0	4.0	3.0

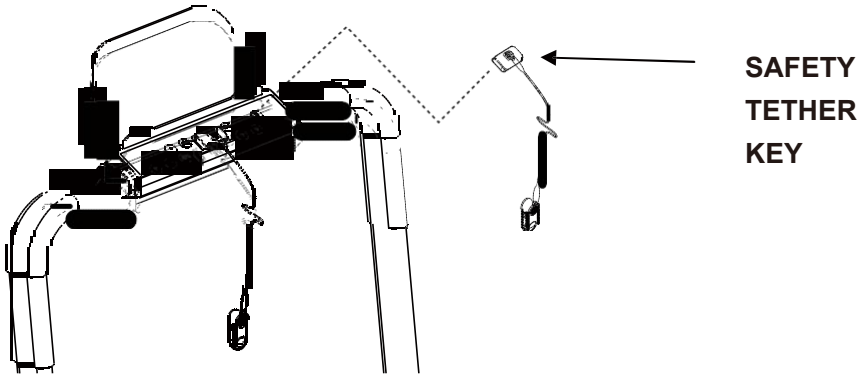
8. INSTRUCTIONS FOR INCLINE

Treadmill is equipped with an incline feature which provides users with the ability to increase the intensity of their exercise.

- Gently fold out the extensions on both sides of the treadmill, as shown below.



9. 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 detach the Safety Tether Key from the Computer Console and the running belt will stop immediately, helping to prevent injury.
- Should the Safety Tether Key detach, reattach it to the Computer Console. Press the START button to begin exercise again.

Error Codes

Problem	Description	Solution
Treadmill will not start	Treadmill not plugged in Circuit breaker in the house has been tripped Treadmill circuit breaker has been tripped	Plug the power cord into the wall power adapter. Reset the circuit breaker or call an electrician to replace the circuit breaker. Wait 5 minutes before restarting the treadmill.
Running belt slips	Belt not tight enough	Adjust belt tension
Running belt pauses when stepped on	Insufficient lubrication Belt is too tight	Apply Lubricant Adjust belt tension
Running belt is not centered	Running belt tension is not even across the rear roller	Centre the running belt

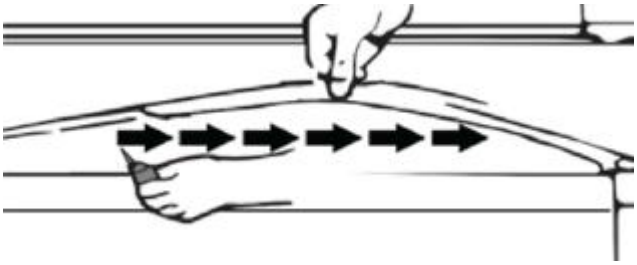
10. BELT ADJUSTMENT

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.

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 lift 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 of 10 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 4km/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

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.

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 (i.e., dislocation of the power cable due to tripping over it), 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 running belt and 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

Warranty Contact Details: Powertrain Sports (Australia) (Kmate Pty Ltd)
PO Box 133 Braeside Vic 3195
warranty@powertrain.com.au 03 9790 0055

You can download the latest version of this manual here:
https://kmate.com.au /K500