



MOTORIZED TREADMILL – MODEL MX1

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.
- 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.
- **Before folding the treadmill, ensure that the gradient is "zero".**

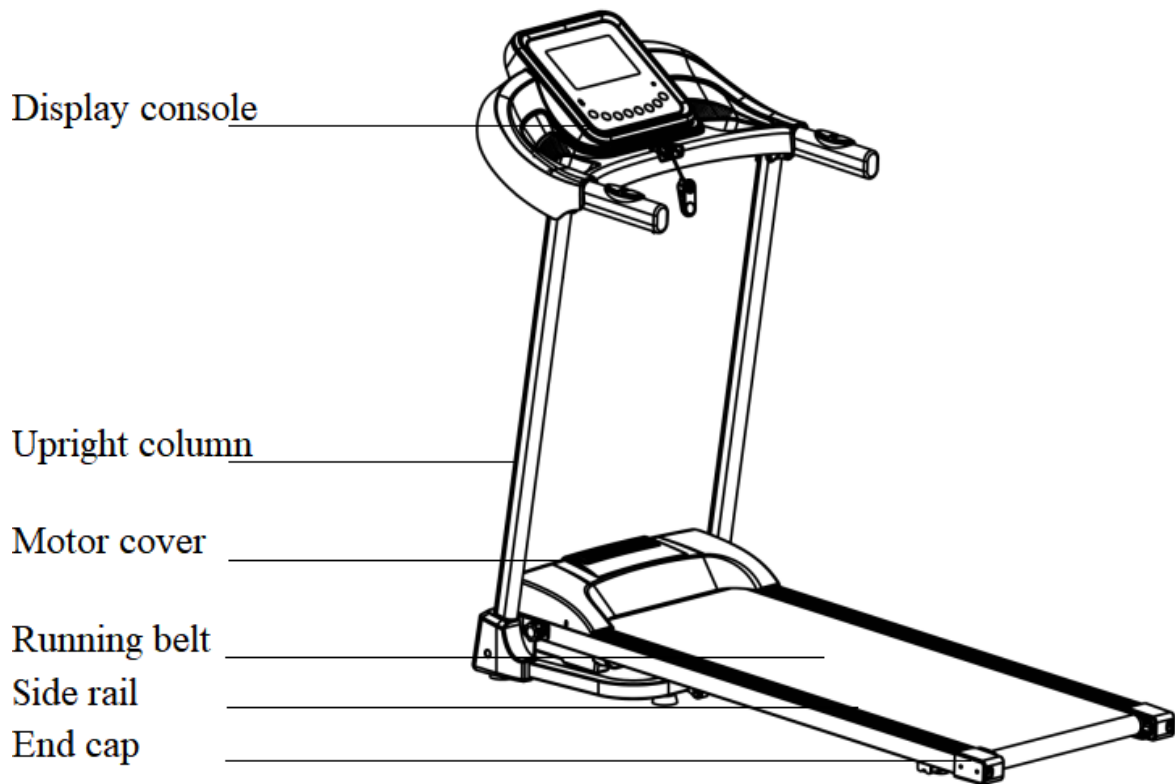
2. SAFETY NOTICE

- 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 AC 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 position unit 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 parameters and parts list					
Main technical parameters					
No.	Parameters Names	Description			
1	Input power voltage	AC 220-50/60Hz			
2	Motor power	1.0HP			
3	Speed	1.0-10 Km/h			
4	Running surface	400 x 1100 mm			
Packing list					
No.	Name	units	Qty		
1	Treadmill Unit	set	1		
2	Accessories	set	1		
3	Base cover	set	1		
Accessory list					
NO.	Name	QTY	NO.	Name	QTY
1	Screw M8*22	1	6	Plum knob(M10*20)	1
2	Screw M8*25	1	7	Safety key	1
3	Inner hexagon wrench 5mm	1	8	Silicon oil	1
4	Inner hexagon wrench 6mm	1	9	User manual	1

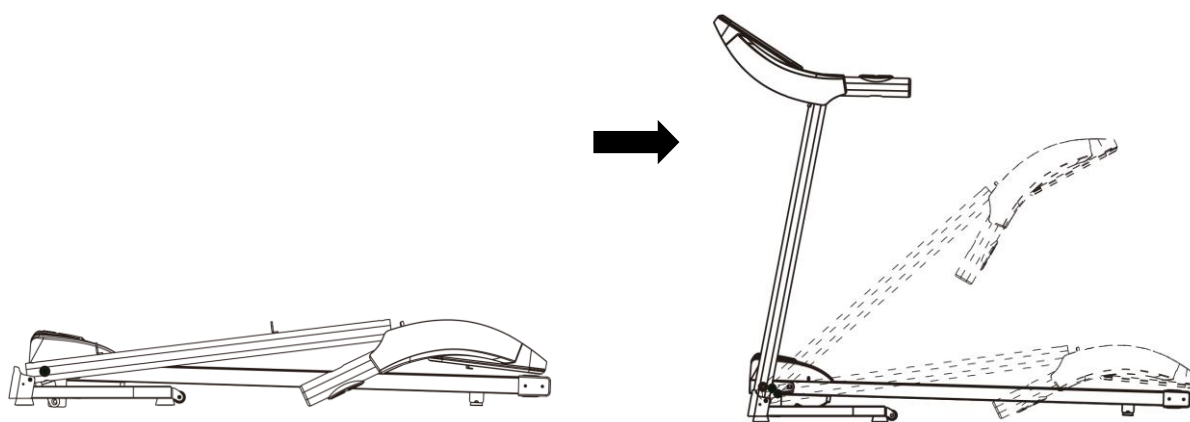
5	Combination wrench	1	10	MP3 cable	1
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5. ASSEMBLY INSTRUCTIONS

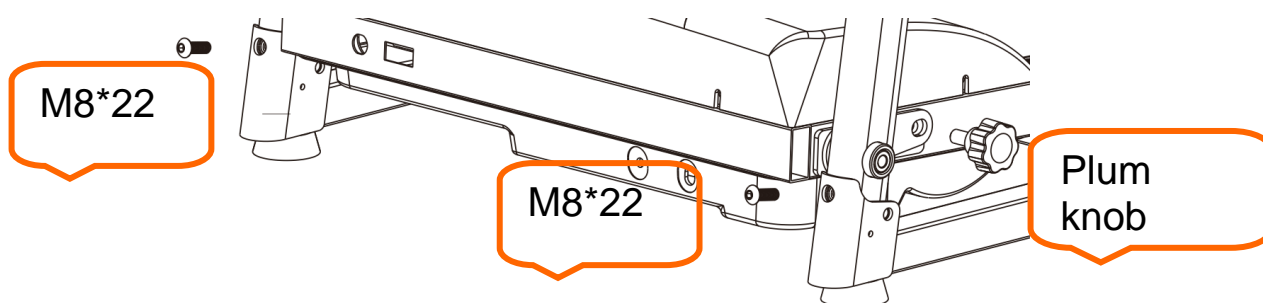
WARNING: THIS PRODUCT IS HEAVY. ENSURE TWO PEOPLE ARE ASSEMBLING IT AT ALL TIMES

- 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 and cut the nylon cables on each side of the unit
- Lift the upright columns and console in the direction demonstrated below.

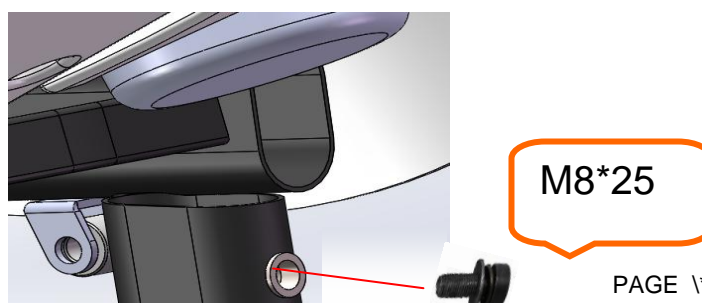
NOTE: Do not cut or pinch the cables in the upright columns as that will void warranty



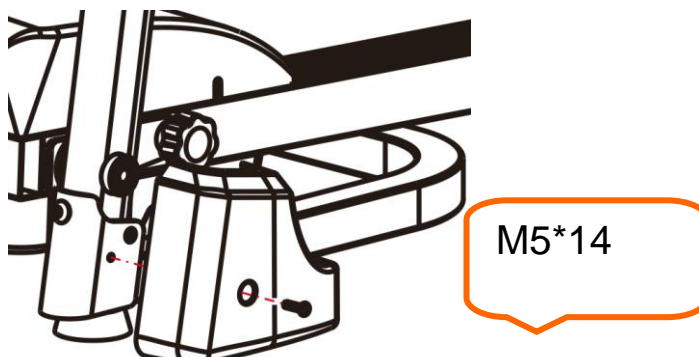
- Using the hexagon spanner (#5) install M8*22 screws to lock and fix the base of the treadmill to the frame as shown below and then proceed by installing the plum knob on the left side of the fixing plate and tighten to secure the base to the upright column.



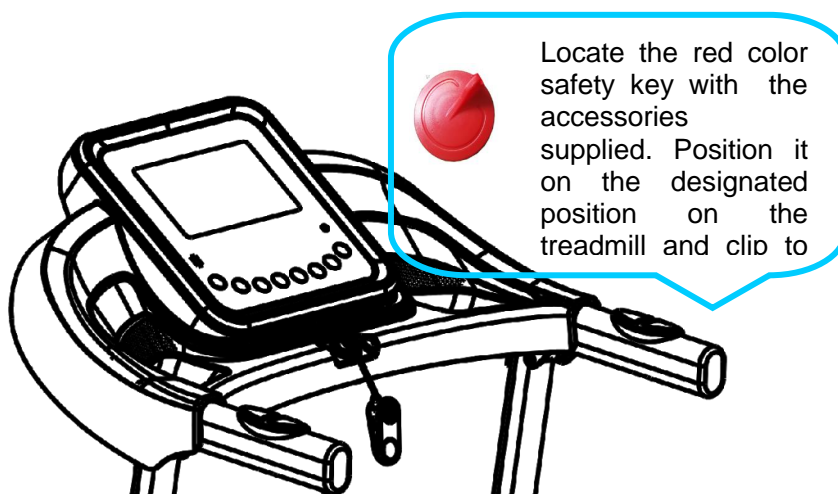
- Holding both columns, use the hexagon spanner (#6) to insert and tighten screws M8*25 to attach the console frame to the upright columns.
- Tighten all screws in above steps and note not to damage the cables connected to upright columns.



- Using the combination wrench remove the two M5*14 screws pre-installed on the base.
- Remove base cover and use the screws M5*14 to lock them to the base.



- Position the safety key in the correct position as shown below.



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.

Folding instructions

- Folding: When the treadmill is not in use, you can lift the running deck and use plum knob to lock the running deck and base, as shown in diagram A below.

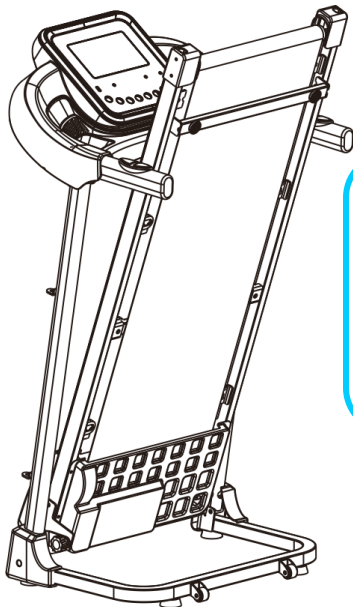


Diagram A: Folding the treadmill

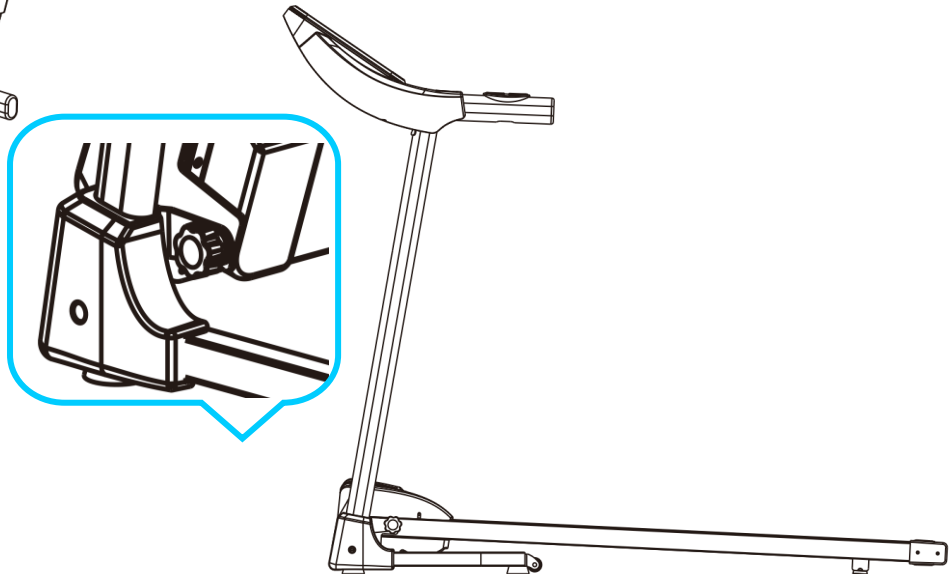


Diagram B: Unfolding the treadmill

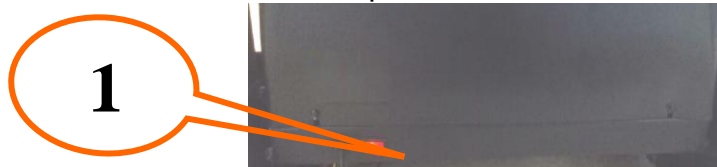
Unfolding instructions

- To lower the running deck, hold the running deck while removing the plum knob.
- When the plum knob is fully removed, lower the running deck slowly.
- Put the running deck on the ground, then install the plum knob back as shown in Diagram B. Please keep children away from treadmill to avoid injuries.

6. USING THE TREADMILL

Using treadmill

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



- Press start button to start the treadmill. (Note: The treadmill can only start when the safety key is placed in the correct position. If the screen displays error “E7”, it means the safety key is not correctly positioned. Clip the safety key on clothes when using the treadmill to prevent accidents.

- 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.



- **Display Function**

- Speed Display: Current running speed.
- Time Display: Under manual mode displays the time countdown time under automatic modes and programs.
- Distance display: Cumulative distance under manual mode and programs. Distance countdown in automatic mode.
- Calorie display: Cumulative calorie under manual mode and programs. Calorie countdown in automatic mode.
- Heart rate display: Heart rate value will be shown when the signal is detected.
- Heart rate detection function: When the treadmill is on, hold the handlebars for a while and the heart rate value will show on the screen. 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.

- **Start/Stop Button**

- In standby mode, pressing the button will start the treadmill.
- In running mode, pressing this button will clear all data and gradually bring the treadmill to a complete stop and reset it to manual mode.

- **Program Button:**

- In standby mode, pressing this button will cycle the options from manual

mode to P1 to P12 automatic programs. Manual mode is the default running mode.

- **Mode Button:**
 - In standby mode, pressing this button will cycle the 3 different countdown options: time, distance and calorie consumption.
- **Speed +/-** - Use these keys to adjust the running speed. Pressing “+” increases the speed and “-” decreases it.
- **Volume +/-** - When playing music, use these keys to adjust the volume.

Automatic program

- MX1 Treadmill features 12 automatic training programs. Each program is divided into 10 segments and the running time of each segment is evenly distributed.

Time Programs		Set time / 10 = running time of each period									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
P2	SPEED	3	3	4	4	5	5	5	6	6	4
P3	SPEED	2	4	6	8	7	8	6	2	3	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
P5	SPEED	3	6	6	6	8	7	7	5	5	4
P6	SPEED	2	6	5	4	8	7	5	3	3	2
P7	SPEED	2	9	9	7	7	6	5	3	2	2
P8	SPEED	2	4	4	4	5	6	8	8	6	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
P10	SPEED	2	5	7	5	8	6	5	2	4	3
P11	SPEED	2	5	6	7	8	9	10	5	3	2
P12	SPEED	2	3	5	6	8	6	9	6	5	3

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

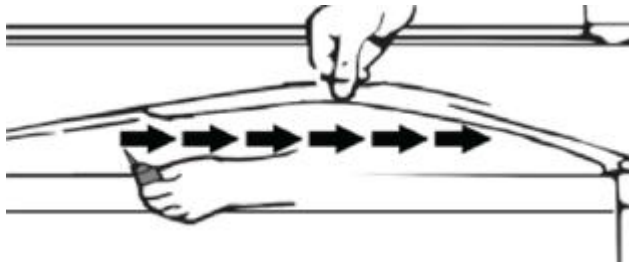
Warning: Before cleaning or carrying out any maintenance, ensure the treadmill is disconnected from power

- 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 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 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. (Diagram 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. (Diagram B)



Diagram A

Diagram 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)
 - **A.** If instantaneous steps cannot stop the belt, the tightness is appropriate.
 - **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
 - **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.

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, 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;
- Damaged or dislocated cables including internal and external power cables;
- 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 133, Braeside VIC 3195
Email: warranty@klike.com.au
Phone: 03 9790 0055

PLEASE CHECK THE LATEST VERSION AT:

<https://kmate.com.au/MX1>

