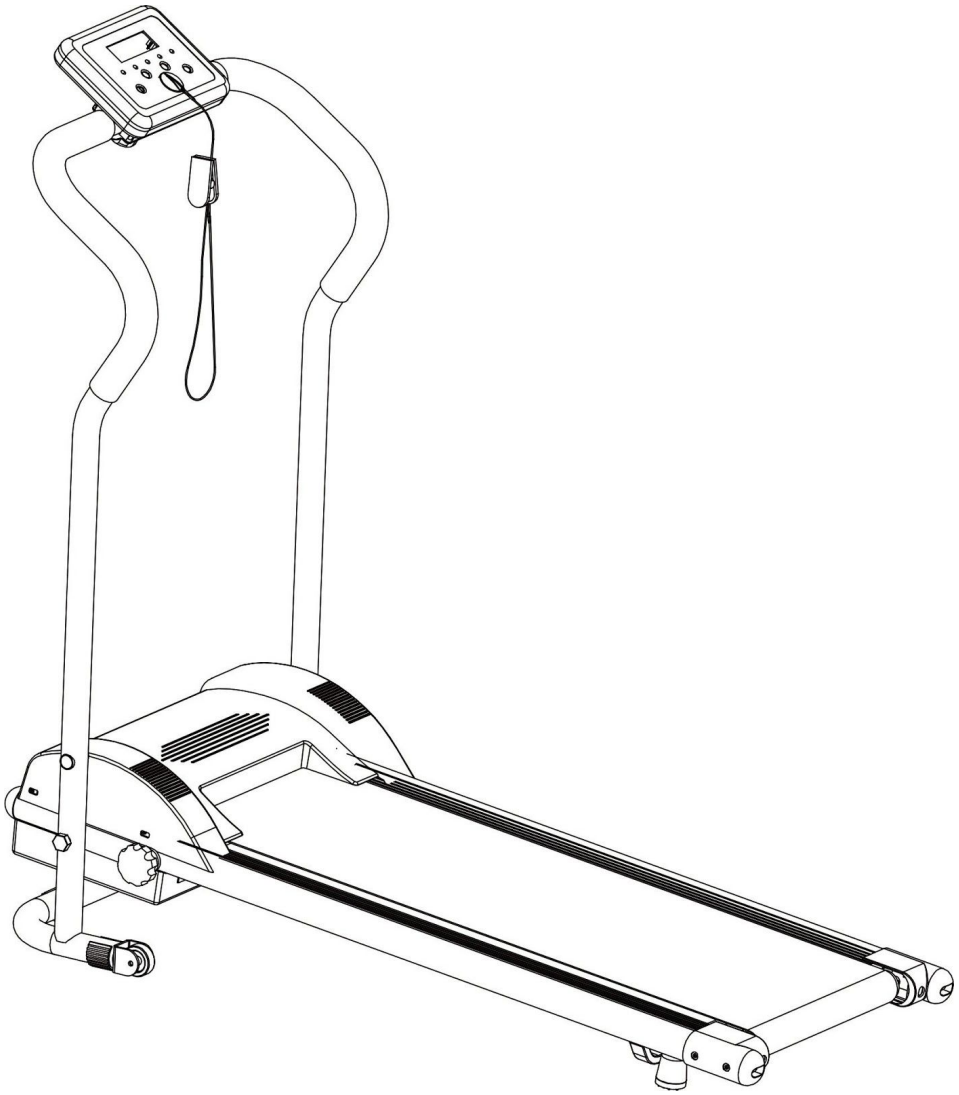
# POWERTRAIN MOTORIZED TREADMILL MODEL V10

## INSTRUCTION MANUAL



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**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.



1. 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.
2. Ensure you have tightened all of the bolts and nuts on this machine before beginning your workout.
3. For safety purpose do not stand on running belt while start.
4. Please stop immediately if you feel unwell or nauseous.
5. Please adjust speed slowly.
6. Adjustment of belt is prohibited during using.
7. It is recommended that you wear sports shoes and appropriate clothing when using the treadmill
8. 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.
9. Clip the safety key on your clothing during use.
10. Firmly hold the handle bars during use.

# 2. SAFETY NOTICE

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

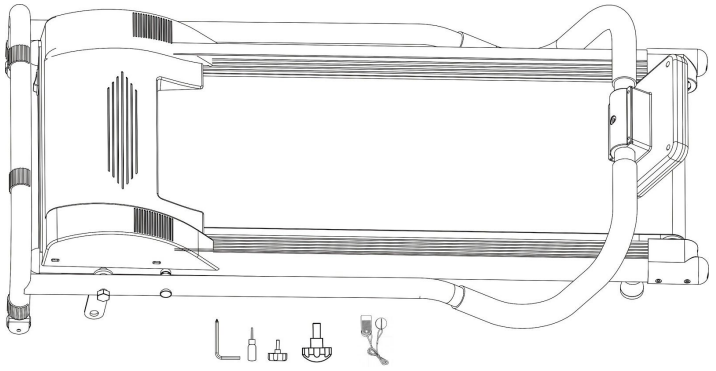
# 3. CAUTION PRIOR TO USE

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. Technical Specifications

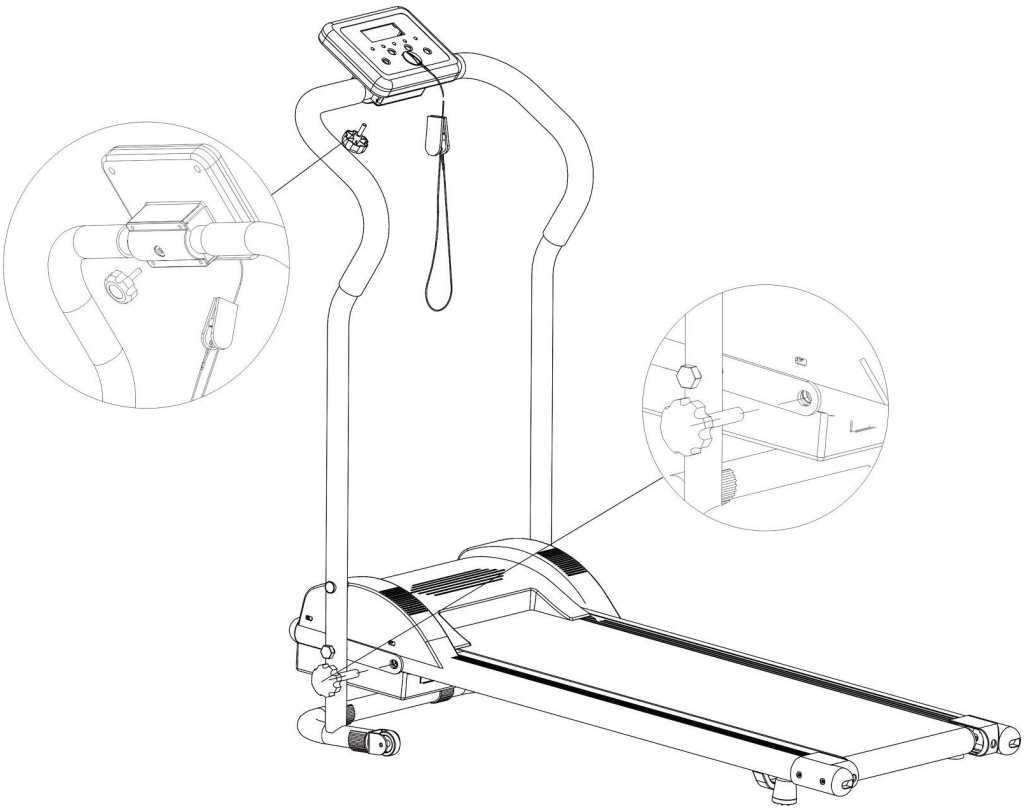
| | |
|---|---|
| **Product Name** | Treadmill |
| **Power** | 0.5HP |
| **Voltage** | 220-240V |
| **Frequency** | 50Hz |
| **Speed** | 1-6km/h |
| **Max user weight** | 80kg |

# 5. Hardware and Tools



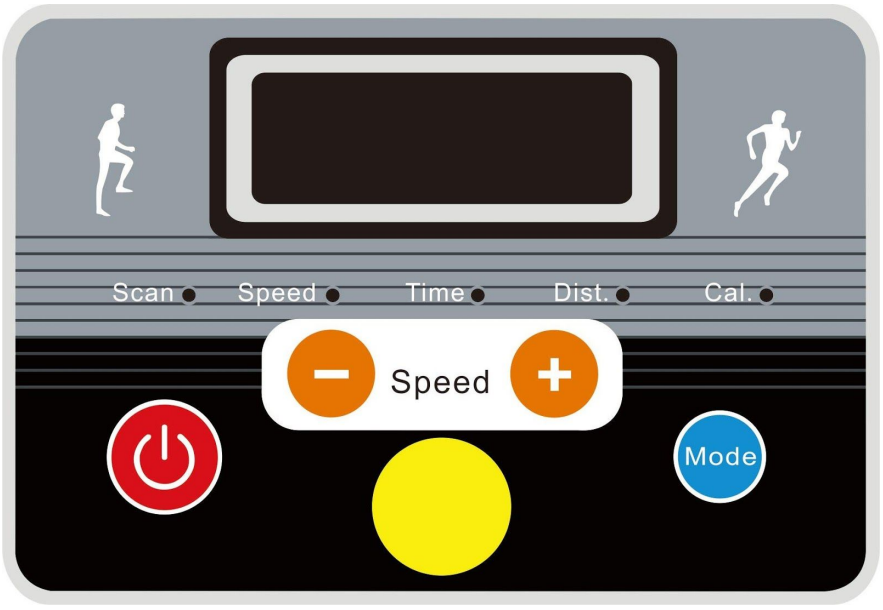
| Serial NO. | Part Name | Spec | qty | unit |
|---|---|---|---|---|
| | Main Frame | | 1 | PCS |
| | Allen Key | | 1 | PCS |
| | Fix knob | M12*60 | 1 | PCS |
| | Fix knob | M6*20 | 1 | PCS |
| | Safety key | Red | 1 | PCS |
| | Silicone oil | | 1 | PCS |

# 6. Assembly Instruction



1. After unfolding the armrest, attach the armrest to the base frame with knob M12
2. Attach the control panel to the armrest with M6.
3. Put the safety key on the control panel and finish the assembly.

## 7. Control Panel (Colours may vary)

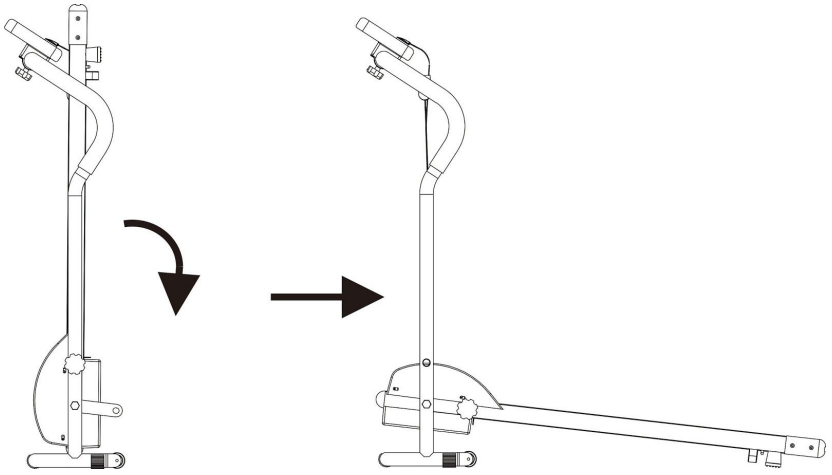



1. Place red safety Tether on the yellow section of panel.
2. Safety Tether – Treadmill cannot be started unless tether is in position.
3. “ ON/OFF ”- Press to start or stop the treadmill
4. Press " + " key to increase speed and " - " key to reduce speed. The fastest speed is 6KM/H and lowest is 1.0KM/H.
5. Press " Mode " key and the screen will scroll through Speed,Time, Distance, Calorie. The scan light will be illuminated on Speed, Time, Distance, Calorie every 5 seconds.
6. Program Mode Training - Treadmill is equipped with 3 Modes and 3 Programs (P1-P3) selected by using the “ Mode” key. When the machine is in standby press “Mode ” to set Time, Distance and Calories programs. Press “ON/OFF” to start the machine after set the programs.
7. Press "ON/OFF" key again for stop the machine after use.
8. In case of emergency to stop the unit pull out the safety tether. The machine will stop slowly.
9. “Err” will be displayed on the panel if safety tether is disconnected and it will display “OFF” when re-connected.

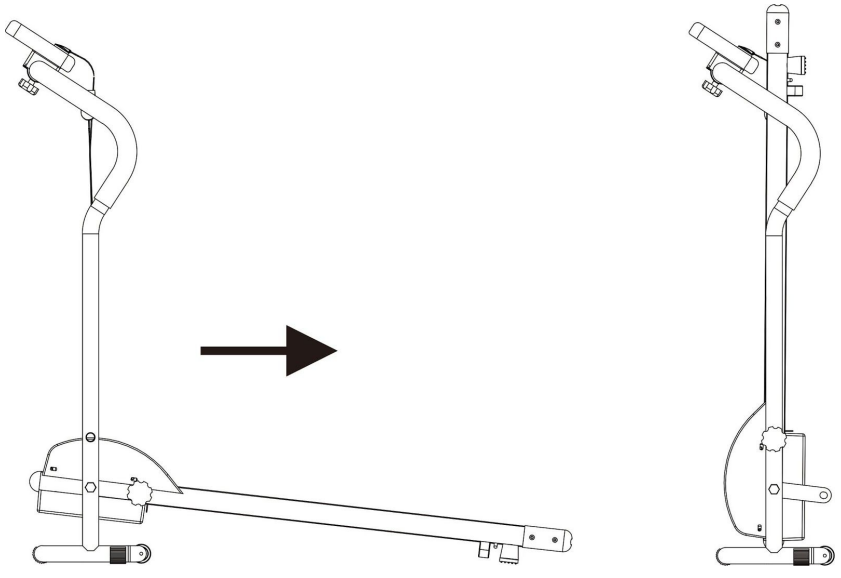
# 8. **Folding and Unfolding**

**CAUTION:** Do not attempt to move the equipment while it is unfolded.

**Unfolding :** Turn the fixed knob then gently lower the running board and fix the treadmill with fixing knob, and then connect the unit to power to be able to use it.



**Folding and Moving :** After use fold the machine and fix it with a fixing knob.



# 9. BELT LUBRICATION WITH SILICONE OIL



Lubricating the running belt helps maintain performance and extends service life of the treadmill.

Lubricate the belt after the first 25 hours of use (or 2-3 months) and then every 50 hours of use (or 5 to 8 months) depending on frequency of use.

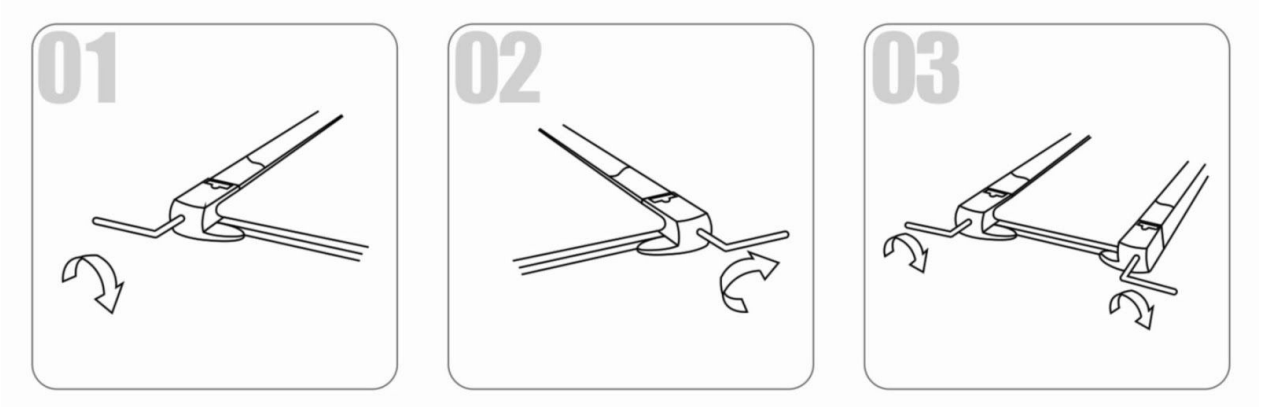
To check if the belt requires lubrication, lift each side and feel the top surface of the running deck. If the deck feel slick, no lubrication is required. If it is dry, then lubricate.

**Applying Lubricant (not supplied – can use oil, sewing machine as well as silicone oil)**

1. Pull up tightly of the running belt so the running belt is exposed.
2. Place several drops along the centre of the running deck
3. Run the equipment at slow speed without loading for 3-5 minutes to evenly distribute the lubricant.

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

# 10. Running Belt Adjustment




Running belt adjustment is pre-set at the factory however with prolonged use it may stretch and require re-tensioning. To adjust the belt, turn on the treadmill, allow the belt to run at a maximum speed of 2-3km/h. Use the Allen key to turn the rear roller adjustment bolts to center the belt.

**Running belt deviating to left**

1. Use Allen key to turn the bolt 1/4 circle to the right (see Fig 1).
2. Allow the belt to run without loading 1-2 minutes.
3. Keep turning the adjustment bolt until the belt is centered.

**Running belt deviating to right**

1. Use Allen key to turn the bolt 1/4 circle to the left (see Fig 2).
2. Allow the belt to run without loading 1-2 minutes.
3. Keep turning the adjustment bolt until the belt is centered.

**Running belt logjam**

1. Use Allen key to turn the bolt 1/4 circle to the left and right until the logjam is resolved (see Fig 3).

## 11. Regular Maintenance

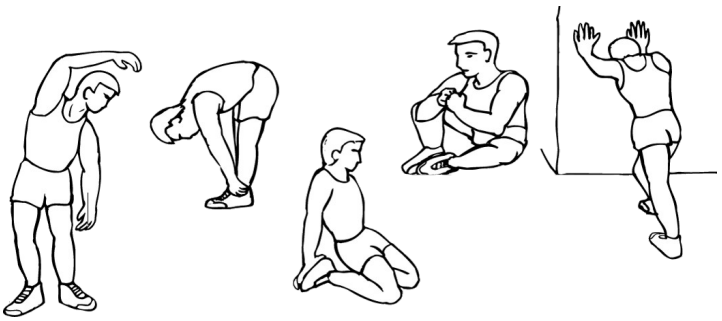
1. Switch off and unplug the unit from power before inspecting the machine.
2. Weekly clean belt and control panel after use (with mild detergent/water)
3. Check and tight screws and frame at fixed intervals.
4. Do not hang up clothes etc to the machine.

# 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.

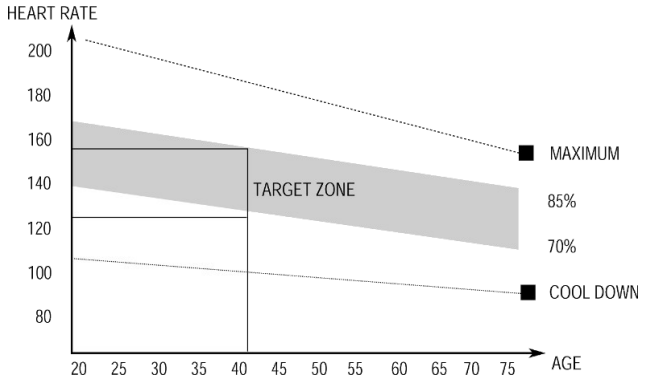


**Exercise Phase**

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 troubleshooting 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 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