POWERTRAIN TREADMILL MODEL V1100

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.

(Instructions cover multiple versions of the product, and some features detailed herein may not be relevant to your model

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 that 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 the running belt whilst starting the unit.
- Please stop immediately if you feel unwell or nauseous.
- Please adjust the speed slowly.
- Adjustment of the belt is prohibited during use.
- It is recommended that you wear sports shoes and appropriate clothing when using the treadmill
- Children, the elderly, pregnant women and people with medical conditions should not use the treadmill unless authorised by their doctor and in the presence of an adult who may assist.
- Clip the safety key to your clothing during use.
- Firmly hold the handlebars 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 the eyes, use water to wash out and immediately seek medical assistance.

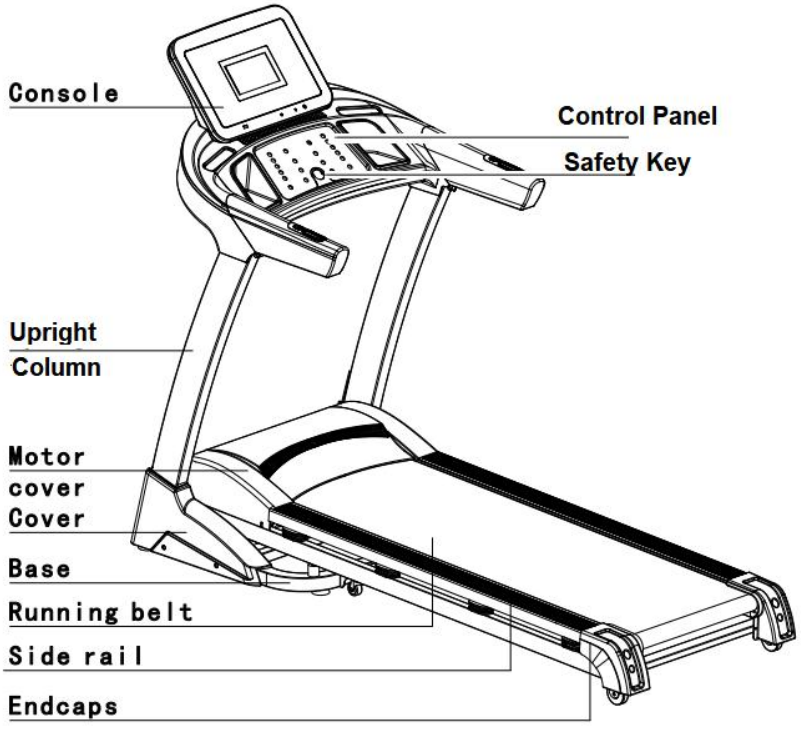
2. SAFETY NOTICE

- 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 the balcony.
- Sunlit area or near a heater.
- Big noisy places.
- The machine requires a constant a.c 220-240V power connection
- An 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 the machine near wet objects to avoid slippery surfaces and damage to the machine

3. CAUTION BEFORE 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.
- The 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 the warranty.
- The 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 written authorisation from the manufacturer
- Please make sure the running belt is fastened before use

4. PRODUCT SPECIFICATIONS



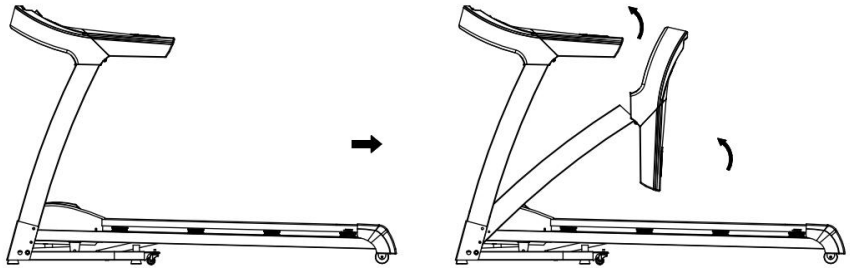
Main Specifications and Parts List						
Main Specifications						
No.	Parameters Names	Description				
1	Input power voltage	AC220-240V(50/60Hz)				
2	Motor power	3.0HP				
3	Speed	1-20Km/h				
Packing list						
No.	Name	Units	Qty			
1	Treadmill Unit	set	1			
3	Accessory Bag	pc	1			
Screws bag list						
NO.	Name	QTY	NO.	Name	QTY	
1	Inner hexagon spanner 6mm	1	7	MP3 cable	1	
2	Inner hexagon spanner 5mm	1	8	Base Corner Cover	1 Set	
3	Combination wrench	0	9	Screw M8*22	4	
4	Silicone Oil	1	10	Screw M8*25	4	
5	User Manual	1	11	Screw M15*14	4	
6	Safety Key	1	12	Screw M8*52	2	

5. ASSEMBLY INSTRUCTIONS

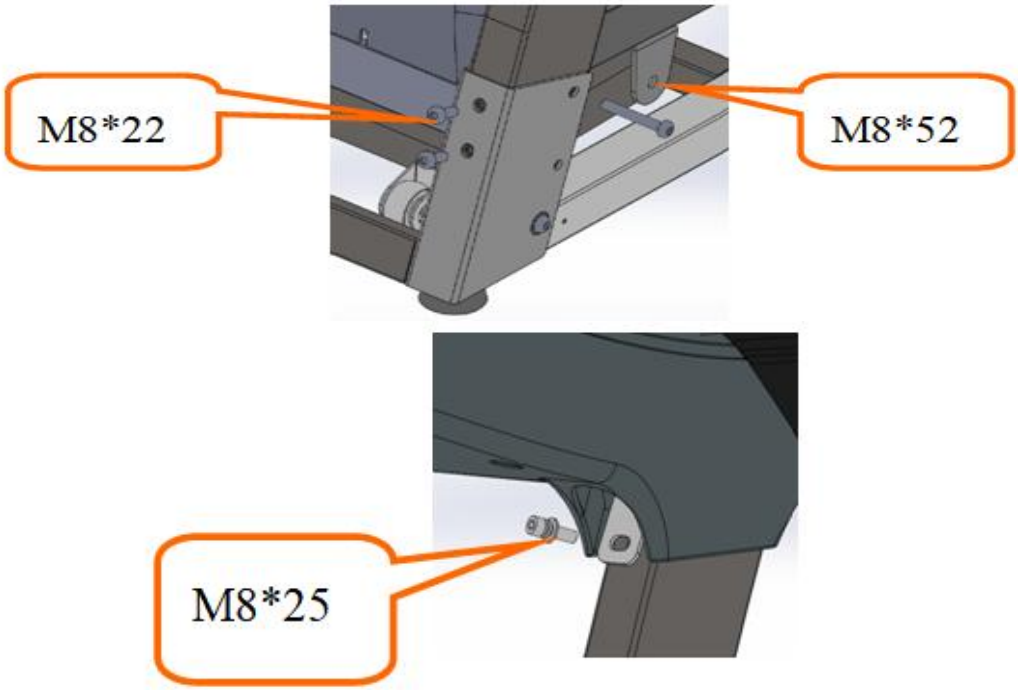
- During assembly, first insert and moderately tighten screws and when the frame has been fully assembled, inspect all the screws and tighten them completely.

- Lay the 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.

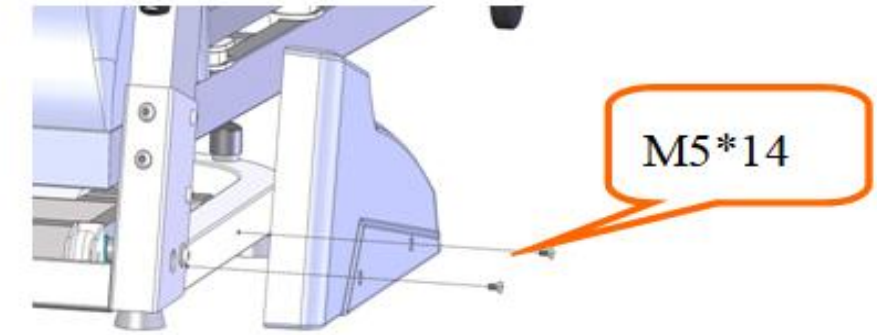
  WARNING: THIS PRODUCT IS HEAVY. ENSURE TWO PEOPLE ARE ASSEMBLING IT AT ALL TIMES



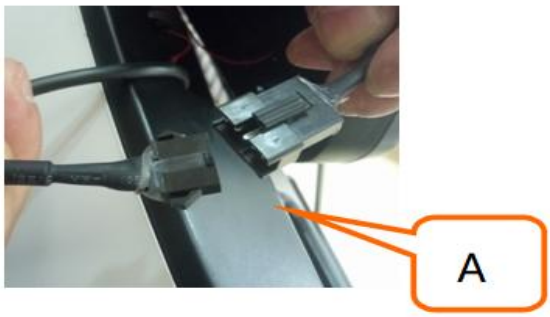
- Use the inner hexagon spanner (#5) and insert screws M8*52 and screws M8*22 to attach the columns to the base of the treadmill (as shown in the diagram below.
- Use a #5 hex key (Allen wrench) and M8×25 bolts to attach the console to the columns



- Use a screwdriver to insert the M5×14 screws and secure the base corner covers to the columns, as shown in the diagram below.

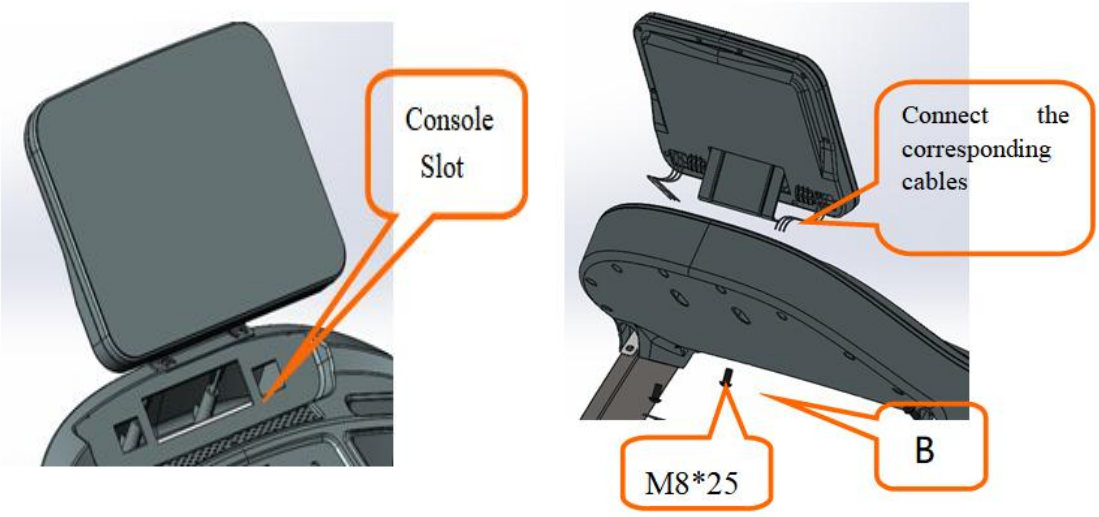


- Remove the console and connect the cables as shown in Diagram A.



CAUTION: Ensure cables are not pinched or jammed, as it will damage the unit and void the warranty.

- Place the exposed surplus cabling inside the case. Mount the display screen onto the console slot and adjust its position and angle as needed. Insert the M8×25 screws and tighten them securely, as shown in Diagram B.



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



- **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 in the designated area on the console will clear all data in 2 seconds.

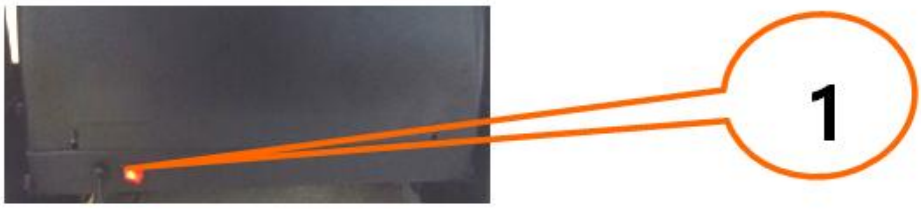
⚠ CAUTION: Ensure all screws are properly tightened according to the specified requirements after installation. Verify that no components are missing or incorrectly assembled before connecting the device to power.

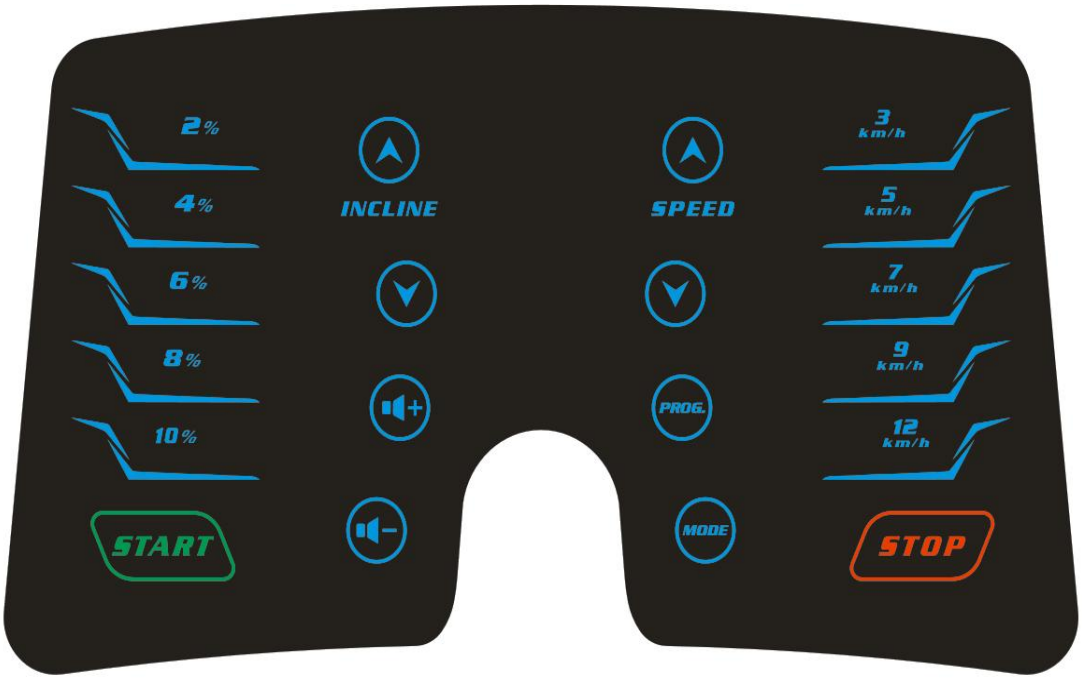
6. USING THE TREADMILL

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Before using the treadmill, ensure it is properly assembled, placed on a flat surface, and connected to a power source. Follow the instructions below to operate the treadmill safely and effectively.

- **Power on** – To power on the treadmill, first connect the power adapter to a suitable power outlet. Then, switch on the unit using the red power switch. Once turned on, the LED indicator will illuminate, and the treadmill will emit a beeping sound. At the same time, the screen on the control panel will activate and display the initial interface..





- **Start** - Starts after 3 3-second countdown.
- **Stop –** Pressing the Stop key will gradually stop the treadmill and clear all data.
- **Program** – Shortcut to the Training Program function.
- **Mode** – Shortcut to the Target function.
- **Speeds 3km/h, 5km/h, 7km/h, 9km/h and 12km/h. Shortcuts –** In running mode, using these shortcuts will change the running speed accordingly**.**




In running mode, these keys are used to adjust the speed.
In standby mode, these keys are used to set the values for the programs and modes.

Incline

- In running mode, these keys are used to set the incline level.
- **Incline 2%, 4%, 6%, 8% and 10% Shortcuts –** In running mode, these keys are used as shortcuts to set incline levels.

- **Volume**  **&** 
- Use these keys to adjust volume when playing music in USB mode.
- Holding down  will mute the sound.

Pulse Function

- 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, nor is not to be used for medical purposes. Should you feel unwell, stop exercising immediately and contact your doctor.

7. Instructions for the treadmill Android system

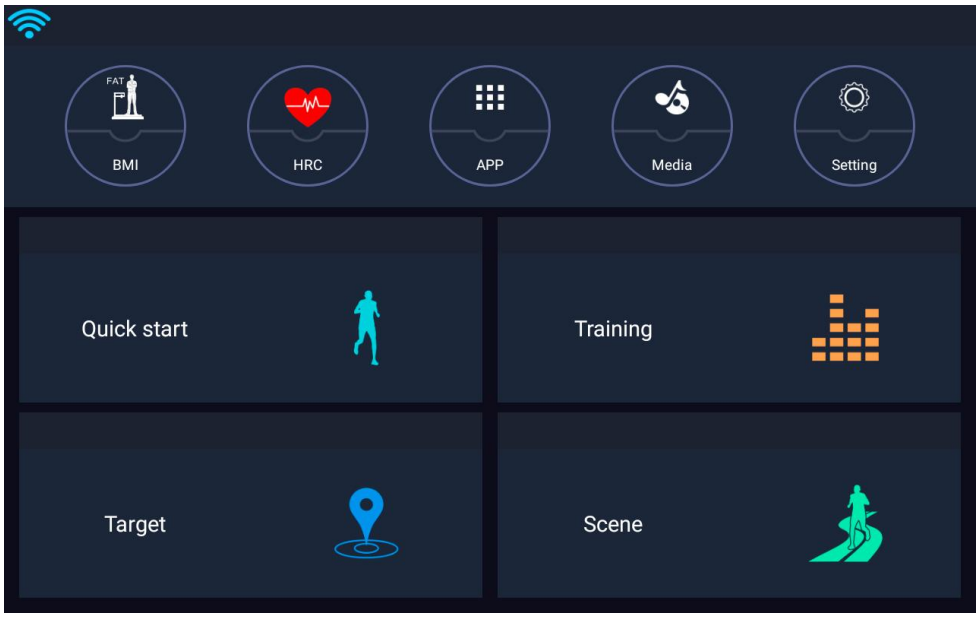
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Display Function



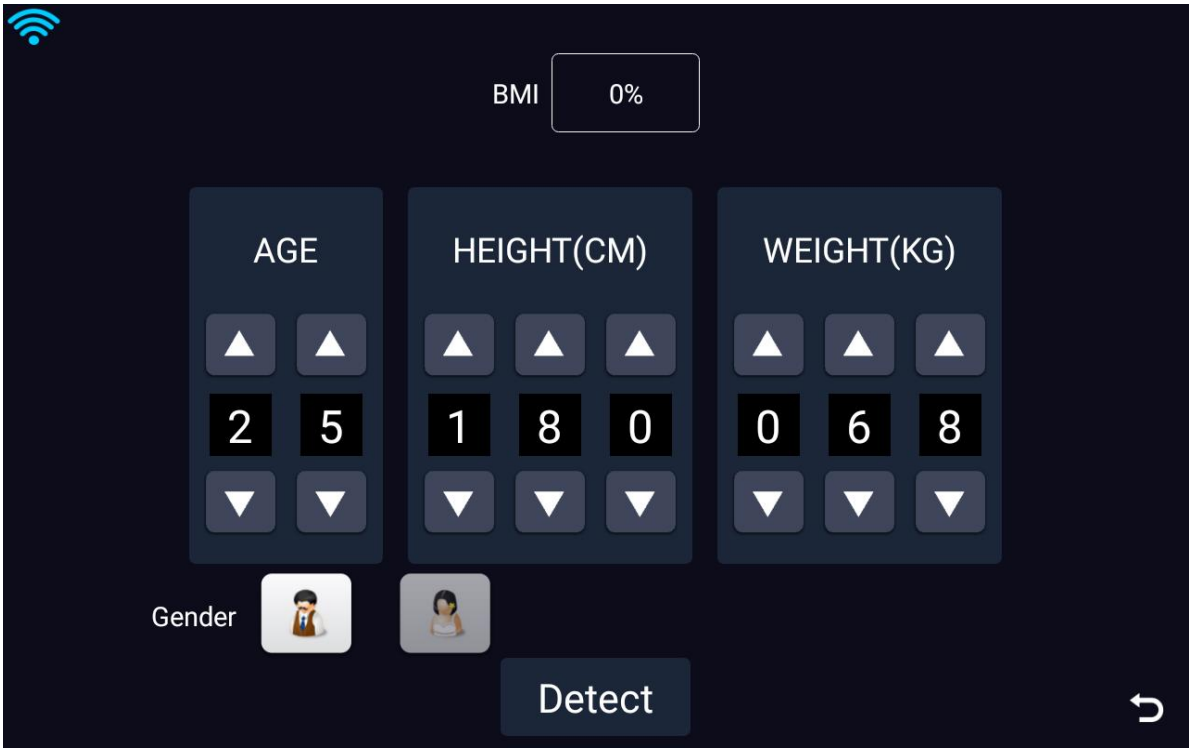
Main Interface

A. The main interface consists of 10 modules: BMI, HRC, APP, Media, Settings, Quick Start, Language, Training Programs, Target Training and Scene.



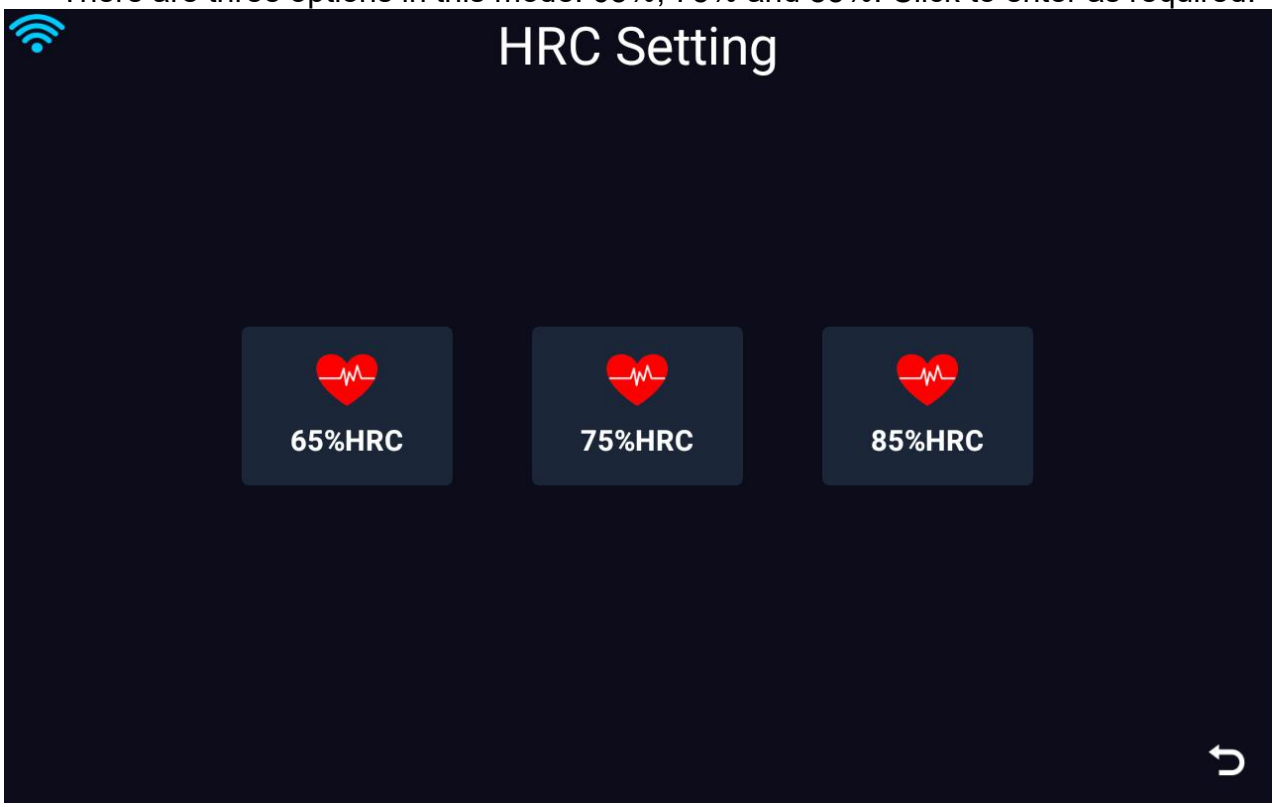
B. BMI

Enter age, height and weight, select the gender, and then click "Test" to calculate the BMI value.

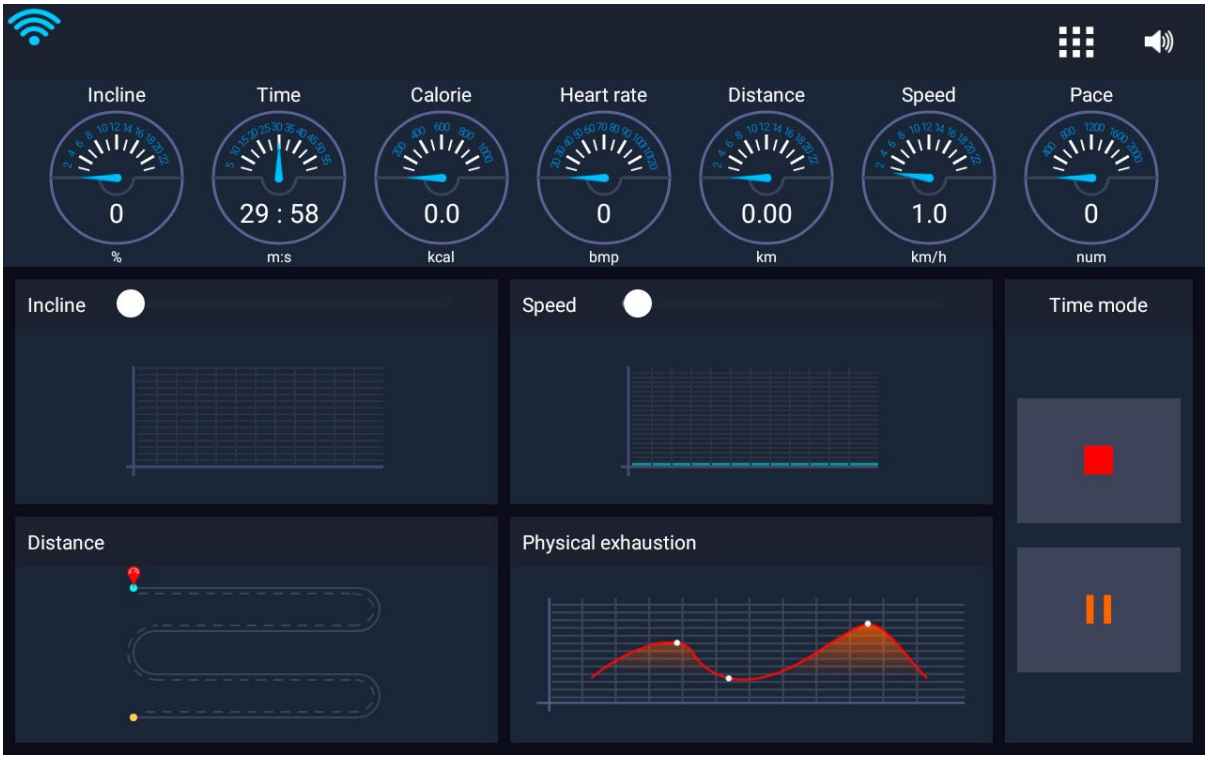


C. **HRC**

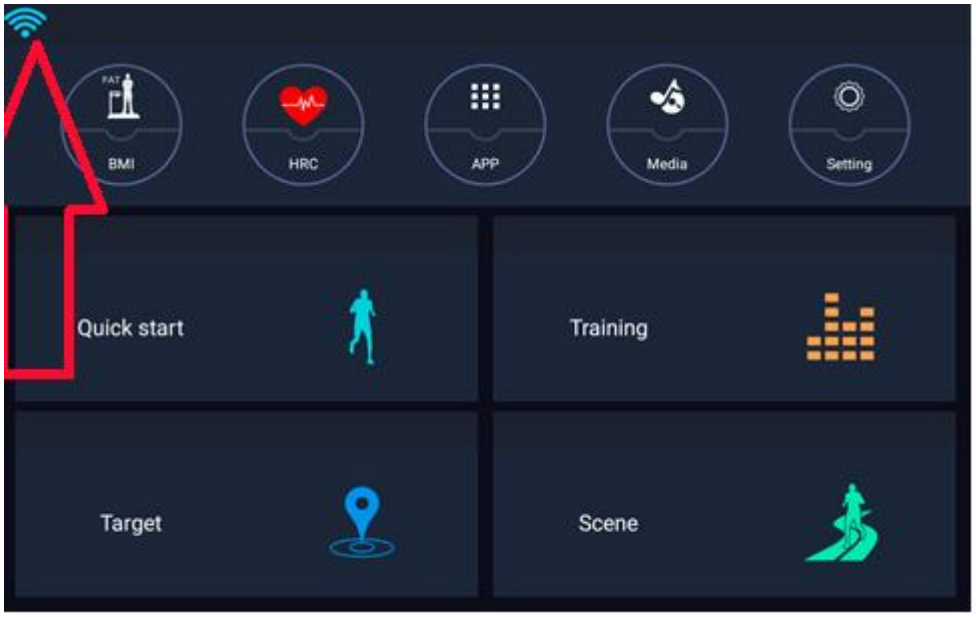
- There are three options in this mode: 65%, 75% and 85%. Click to enter as required.



- Take 65% as an example. After entering, you can fill in the age, weight, target heart rate and exercise time according to your data. After filling in, you can "start" the treadmill to enter the exercise interface.
- The system will automatically adjust the speed according to the heart rate value set by the user to achieve the set heart rate.



D. CONNECTING TO WIFI



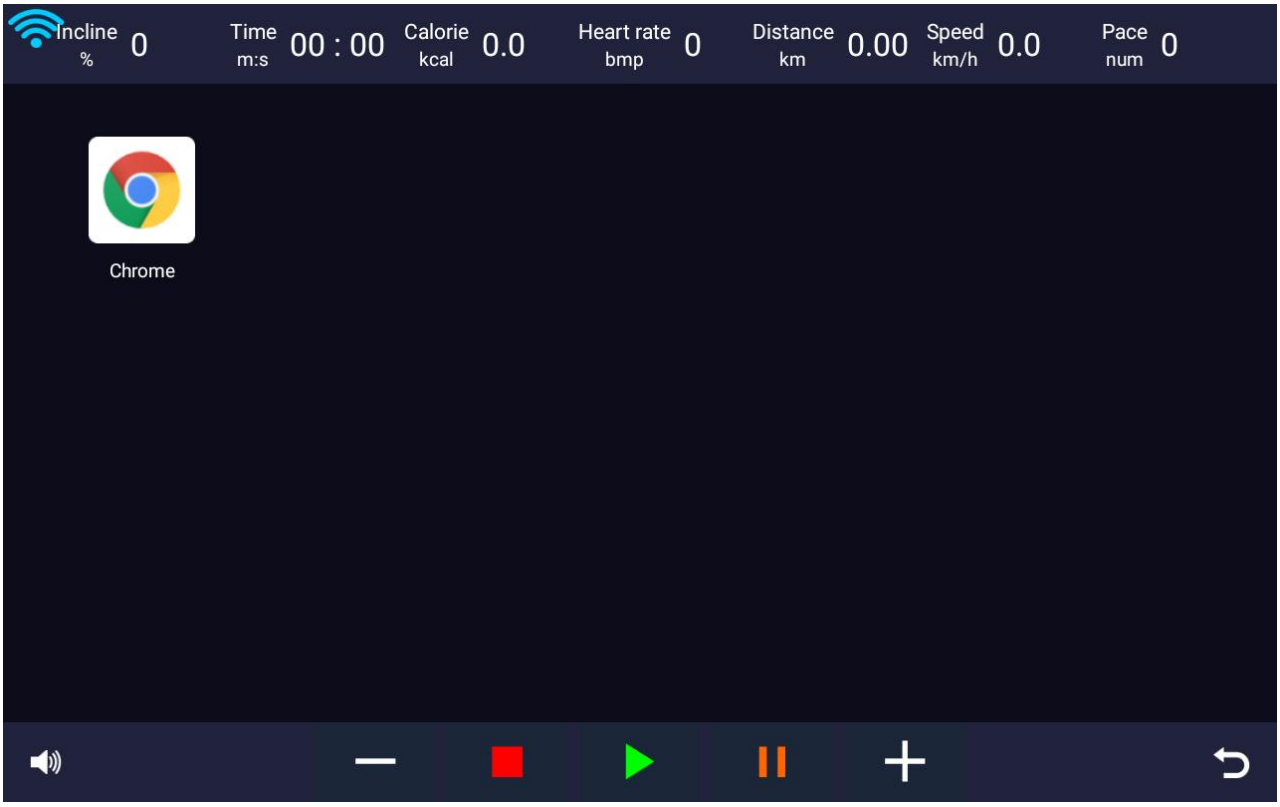
- To connect to Wi-Fi, tap the Wi-Fi icon located in the top left corner of the display as shown above.
- Select the relevant Wi-Fi network from the list of available networks and input your password when prompted.

Note: The treadmill's Wi-Fi is compatible with 2.4 GHz networks only. It does not support 5 GHz networks.

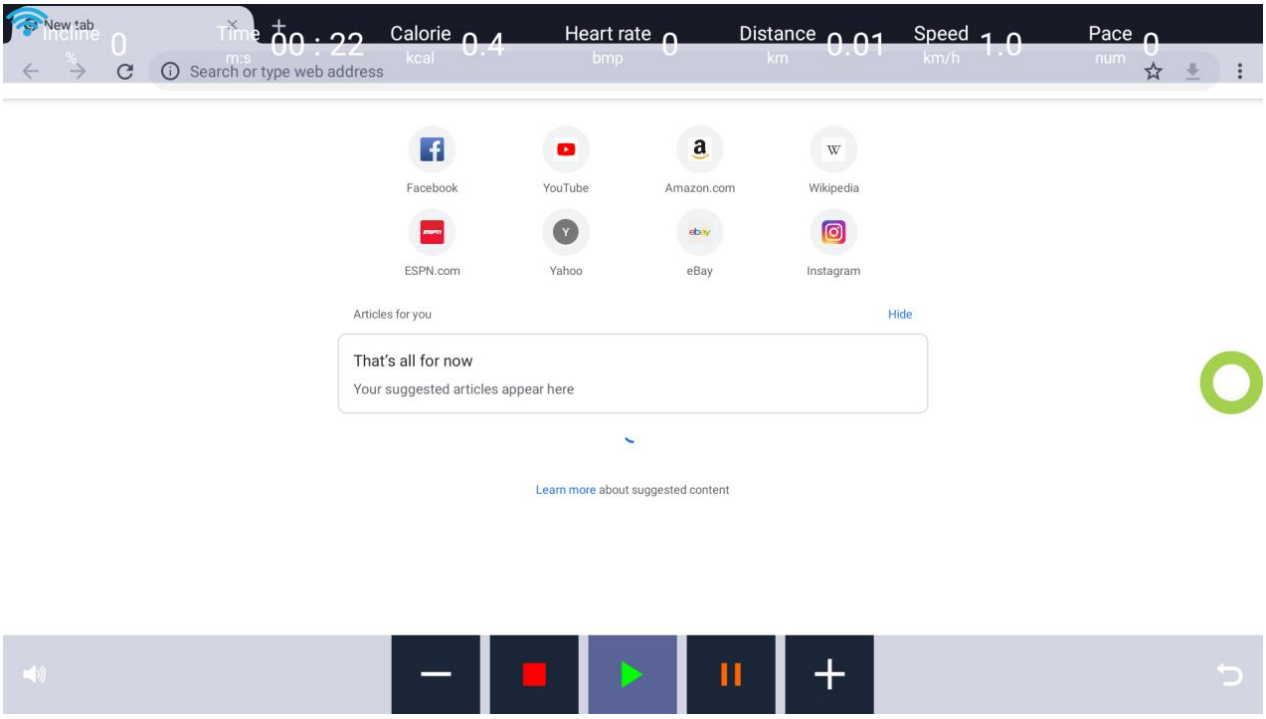
E. APP

- This function controls some third-party applications installed on the equipment, and athletes can select the app they need to browse on this interface.
- With this interface, users can also control the treadmill, and can start , pause , stop  the treadmill, adjust the volume , increase and decrease the speed and return to the interface

App support is not offered by the manufacturer and users need to consult the app creators regarding their compatibility with the treadmill. Compatibility of this treadmill is not guaranteed with any specific app, nor future compatibility of any pre-installed app.



- Select the content to browse after entering the application, and then start the treadmill.
- The motion data at the top of the interface and the function operation buttons at the bottom can be hidden by the green circle on the right, hidden by clicking, and displayed by clicking again.



F. MEDIA

- Multimedia function is used to control reading and browsing videos, music and pictures in U disk or a memory card. This interface can also control the function of the treadmill.

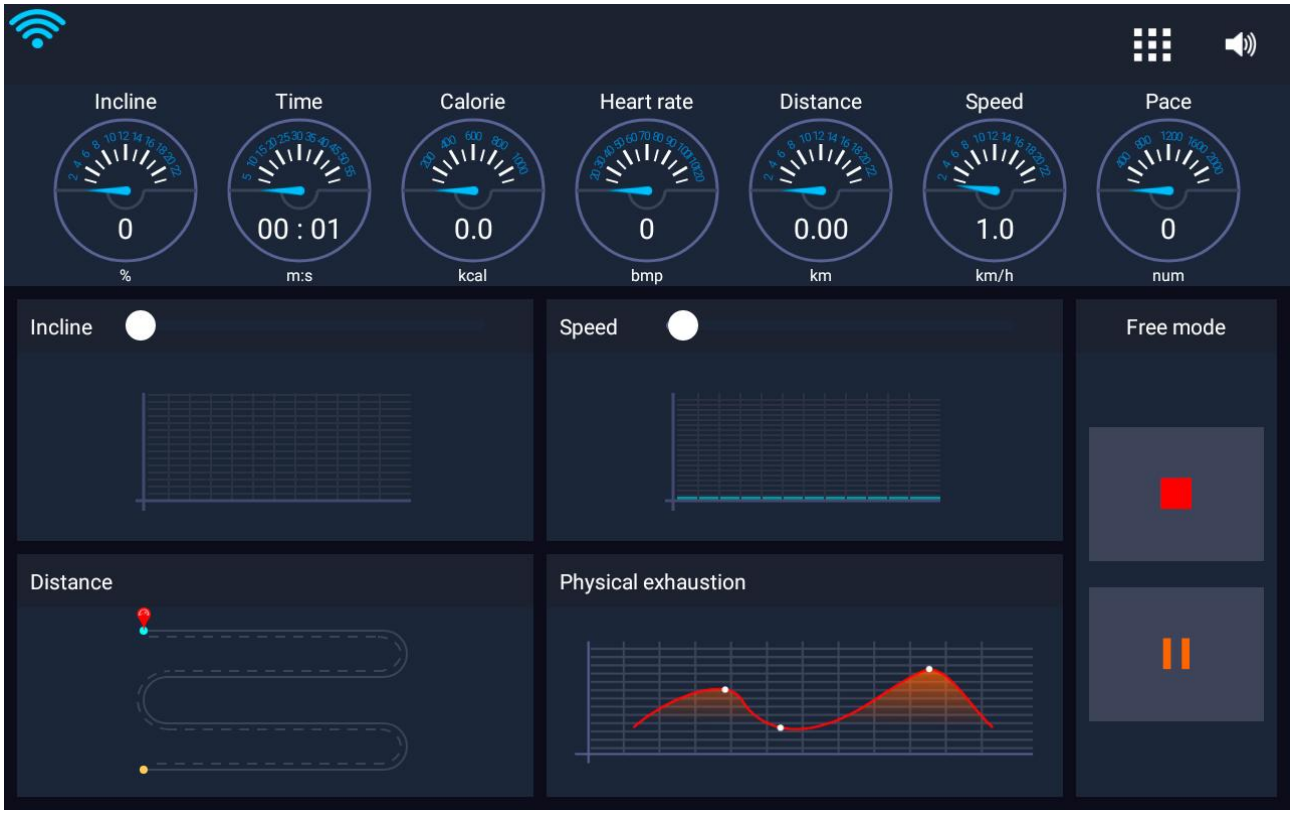


G. SETTINGS

- Factory settings are locked at a factory level and are only accessible to authorised technicians.

H. Quick Start

- Click "Quick Start" in the main interface to enter the sports interface.
- Seven sports data are displayed on the sports interface, including slope, time, calorie, heart rate, distance, speed and steps, among which shortcut keys can pop up for speed and slope, namely 3.6.9.12.
- The gradient and speed progress bar in the middle part can be dragged to select the parameters of the required movement, and the distance and energy consumption are automatically displayed. The one on the right is the stop motion function and the pause motion function .

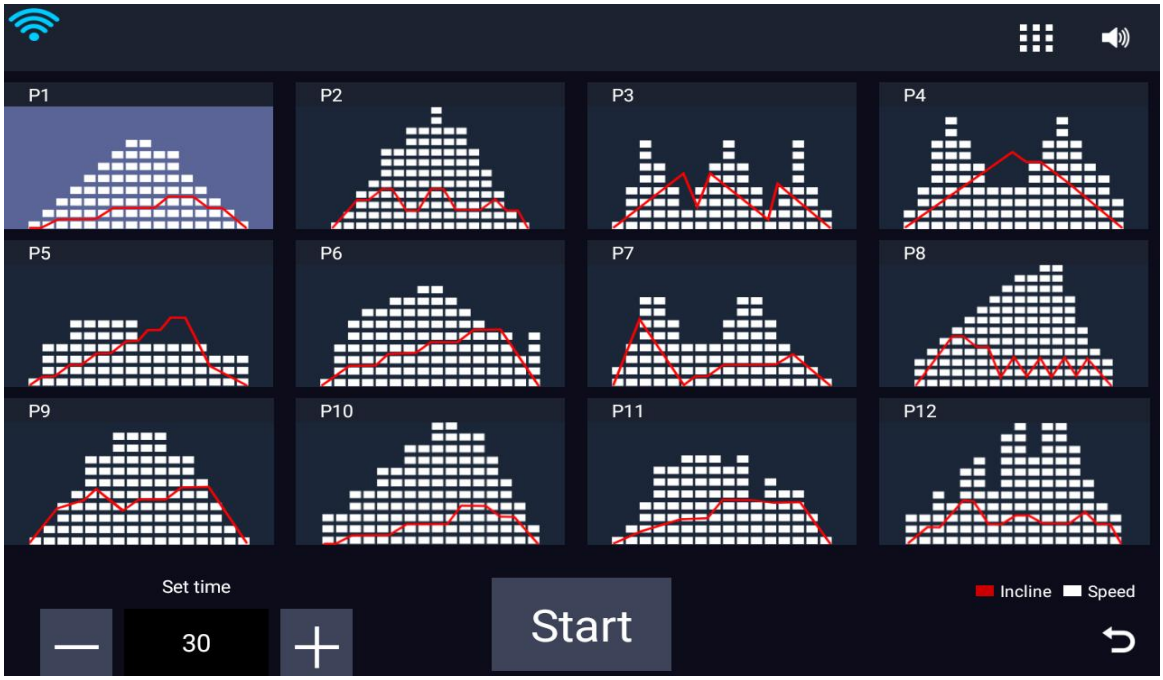


- When you click the Stop key, you will enter the interface for ending the workout data results. Exercise data mainly includes total time, average speed, average incline, total calories and total distance. In the upper right corner of the sports data results interface, you can also enter the app interface and the volume adjustment function.



I. Training Programs

- Click "Training" in the main interface to enter the program selection interface.
- The interface includes 12 programs, and the movement process is consistent with the graph, in which the red line represents slope and the white grid represents speed.
- The + and - keys in the lower left corner can set the exercise time as required, select the exercise program as required, and click "Start" after confirming the exercise time to enter the program exercise interface.

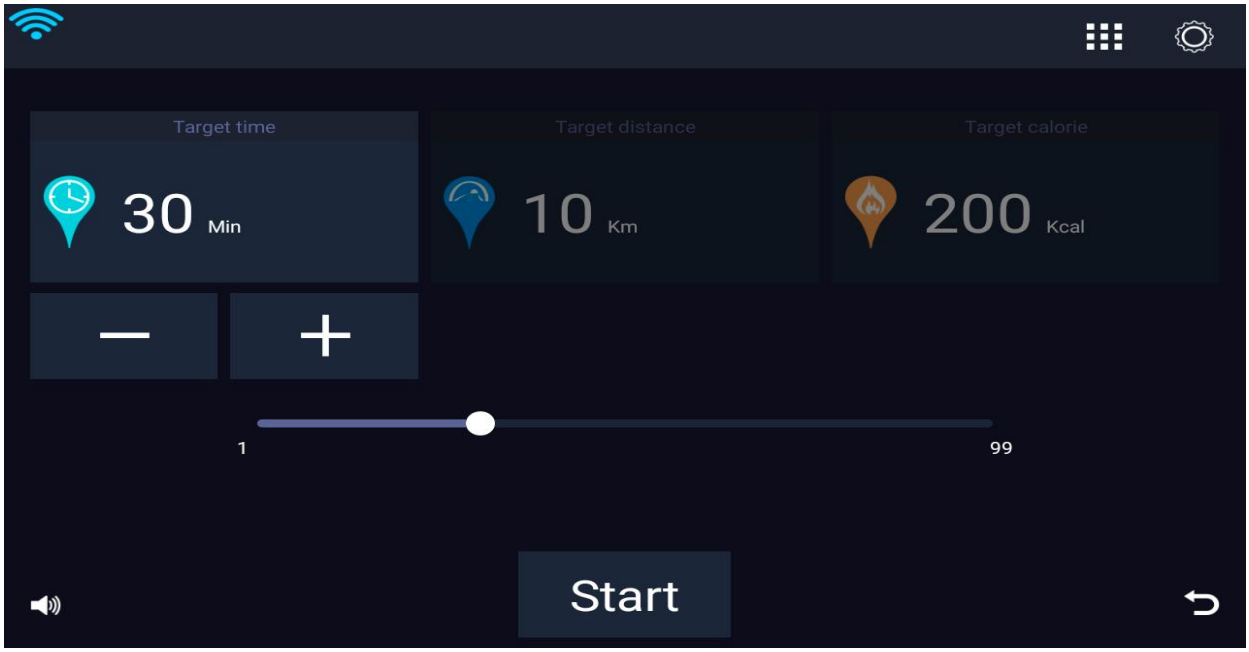


- The selected program will be displayed on the right, taking "Program Mode P1" as an example.
- After entering the program movement mode, the equipment will automatically adjust the speed and slope based on the preset time and ratio settings of the program. While the speed and slope can also be manually adjusted during this mode, the program will primarily control these changes according to the predefined values.



J. Target Training

- Target training includes time, distance and calories.
- Take the target time as an example, click the target time setting. You can use the + and - signs to adjust the time or drag the progress bar in the middle.
- Click "Start" to enter the running interface.



- After selecting the target parameters as required, click "Start" to enter the motion interface, and the target data in the motion interface is the previously set target value.
- When it reaches the target value, it will automatically stop the movement and enter the interface of the data results of the end of the movement.



K. **Scenes**

- Scenes include: Castle Peak, Grassland, Roundabout and Farm.



- Select a scene to enter the sports interface, where a video will play during your workout. Real-time sports data will be displayed at the top of the screen, while the basic controls remain the same as described above, located at the bottom of the interface..



These instructions outline the basic functionality of the treadmill. Software upgrades are possible at the factory level due to product upgrades, which may result in discrepancies between the instructions and operating functions of the product. Should this occur, please contact the distributor using the contact details contained on the last page of this product manual.

Error Codes

Error code	Description	Solution
E1	**Erroneous Connection**: When the power is on, the connection between the lower controller and the console is abnormal.	**Possible Cause**: The communication between the lower controller and the console is blocked. Check each joint between the controller and console, and make sure that each core is fully plugged in. Check the connection line, and replace it if it is damaged.
E2	**No signal from the motor.**	**Possible Cause**: Check the motor cable to ensure it is securely connected. If it is not properly connected, reconnect the motor wire. Inspect the motor cable for any signs of damage or a burnt smell. If any damage or burning is detected, 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 shuts down 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 causes 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 in the right place.

8. Maintenance

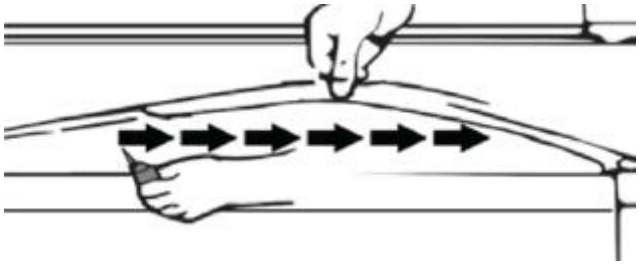
Warning: Before cleaning or carrying out any maintenance, ensure the treadmill is disconnected from power

- Comprehensive cleaning will extend the life of your treadmill
- Remove dust periodically in order to maintain all parts clean.
- Be sure to clean the running belt on both sides of the exposed portion, which will reduce the accumulation of impurities.
- Make sure to wear clean athletic shoes to avoid introducing dirt onto the running board and belt.
- Treadmill belts must be cleaned with a damp cloth 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 the power plug disconnected before moving the motor cover away, and 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 board 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 centre to purchase replacement parts.
- We recommend applying lubricant between the running belt and the running board:
- Infrequent user (uses less than 3 hours a week) - once per month;
- Frequent user (uses 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 the roller and the running belt.

- You can lift two sides of the running belt by 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 the treadmill flat on the floor, but do not stand on it.
- Turn on the treadmill and set the speed at 6-8km/hour.
- If the running belt is shifting to the right, rotate the right adjusting bolt 1/2 turn clockwise, then rotate the left adjusting bolt 1/2 turn counter-clockwise. (Picture A)
- If the running belt is shifting to the left, rotate the left adjusting bolt 1/2 turn clockwise, then rotate the right adjusting bolt 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?** A 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 as needed. Gently lift the multi-wedge belt located between the motor shaft and the front roller to check its tension. If the belt is too loose, you will be able to lift it fully (100%). If it is too tight, the belt will barely lift. The ideal tension allows you to lift the belt about 80%. Adjust the motor base screws to achieve this optimal belt tension.

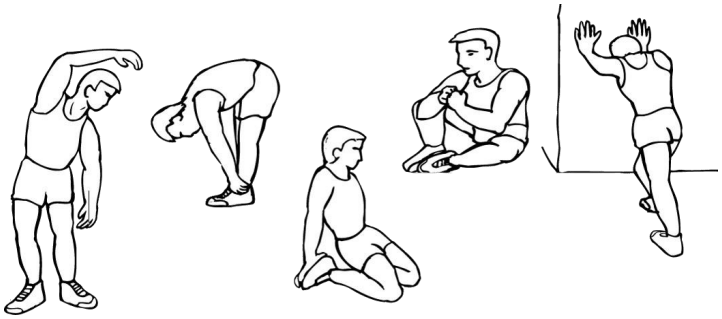
- **Step 3**: Lock the motor base and reinstall the front cover.

Exercise Instructions

Using your Powertrain treadmill offers several benefits, including improved physical fitness, muscle toning, and—when combined with a calorie-controlled diet—can help support weight loss.

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 cramps 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.

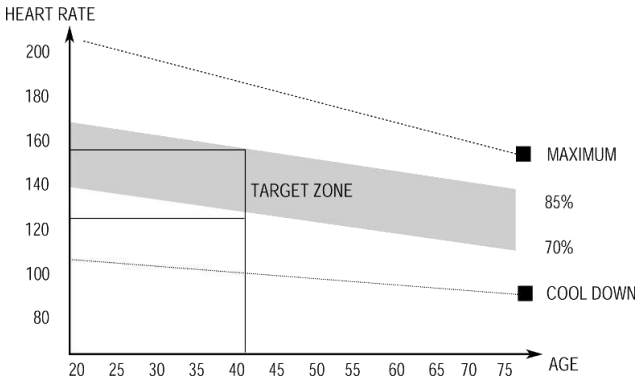


Exercise Phase

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:

- Lack of maintenance of the product, including adjustment and tightening of the belt;
- 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 and sufficiently lubricate and adjust, 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

Warranty contats details Powertrain Australia (Kmate Pty Ltd)
PO Box 133 Braeside VIC 3195
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