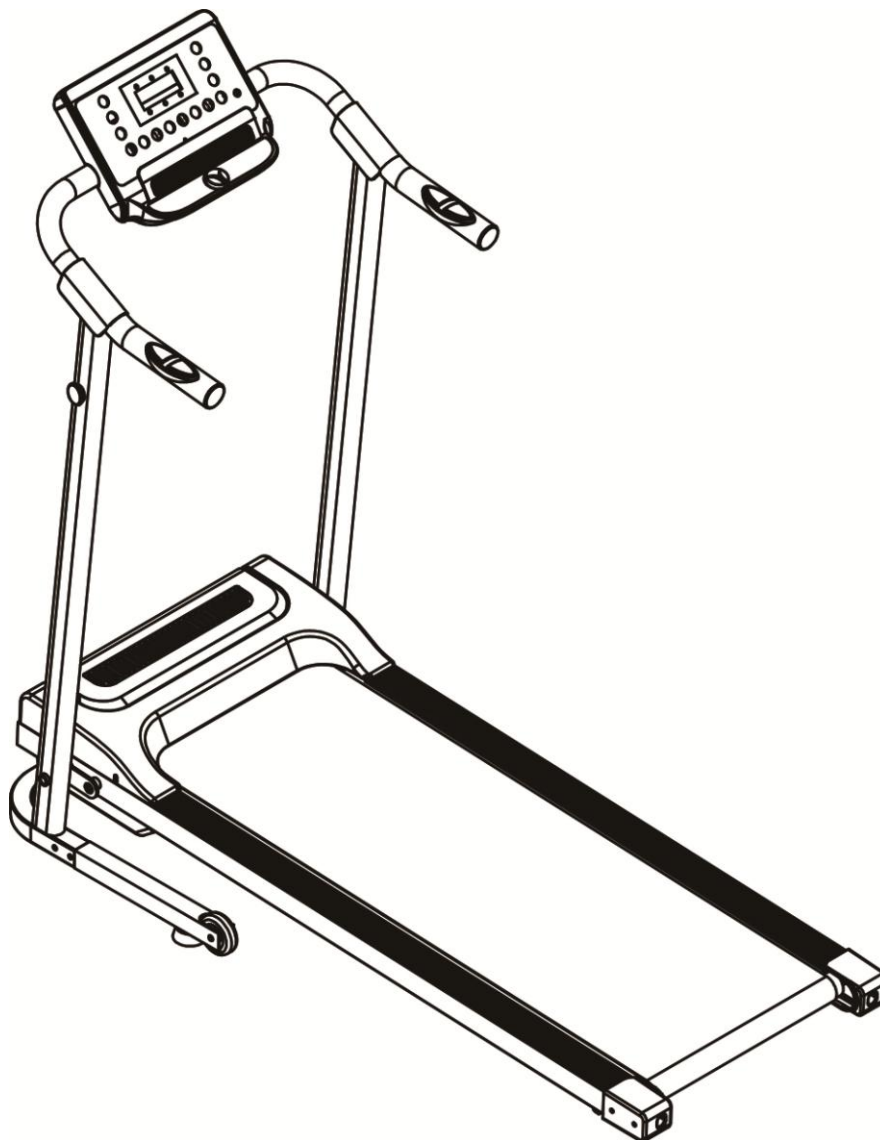




# **MOTORIZED TREADMILL – MODEL V20**

## **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

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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.

## 2. SAFETY NOTICE

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- 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.

- 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 the machine near wet objects to avoid slippery surfaces and damage to the machine

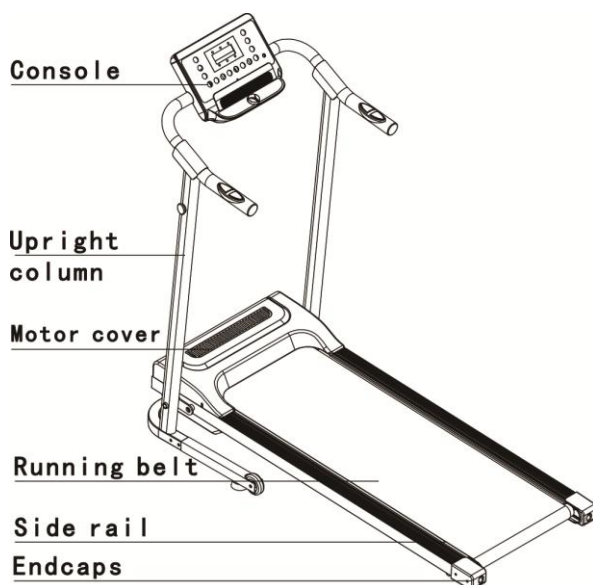
### 3. CAUTION PRIOR TO USE

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- 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

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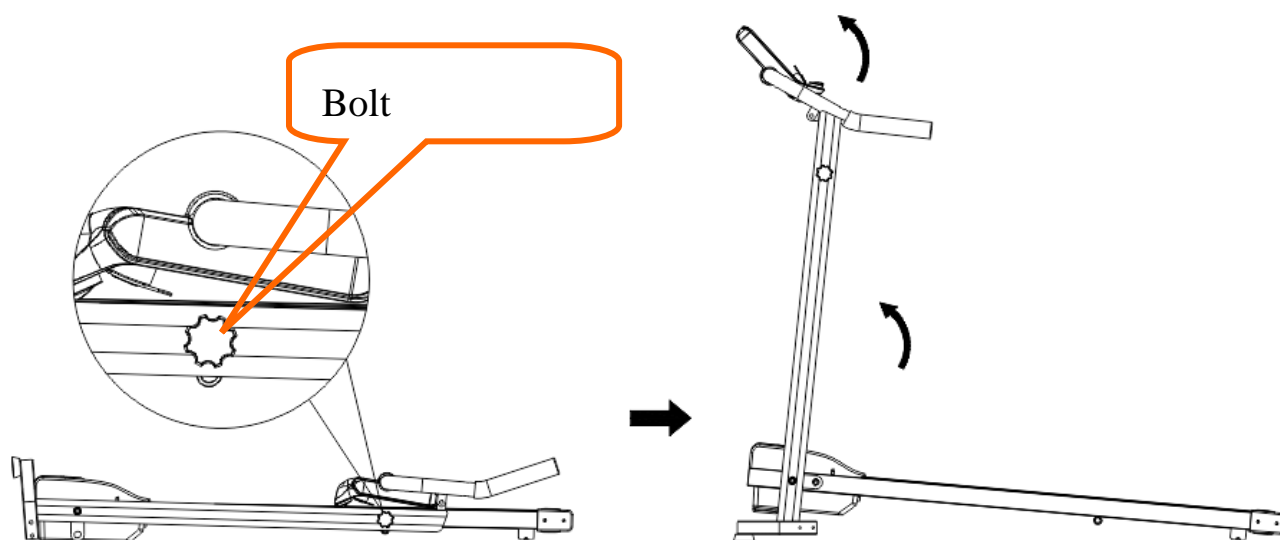


Main Specifications and Parts List						
Main technical parameters						
No.	Parameters Names		Description			
1	Input power voltage		AC 220-240V(50/60Hz)			
2	Motor power		1.0HP			
3	Speed		1.0-10 Km/h			
Packing list						
No.	Name		units	Qty		
1	Complete machine		set	1		
2	Accessory Bag		set	1		
3	Handle cover		pc	2		
4	Base support frame		pc	2		
Accessory bag list						
NO.	Name		QTY	NO.	Name	QTY
1	Inner hexagon spanner 5mm		1	6	MP3 cable	1
2	Inner hexagon spanner 6mm		1	7	Screw M8*45	2
3	Safety key		1	8	Screw M6*12	4
4	Silicone oil		1	9	Bolt	1
5	User manual		1			

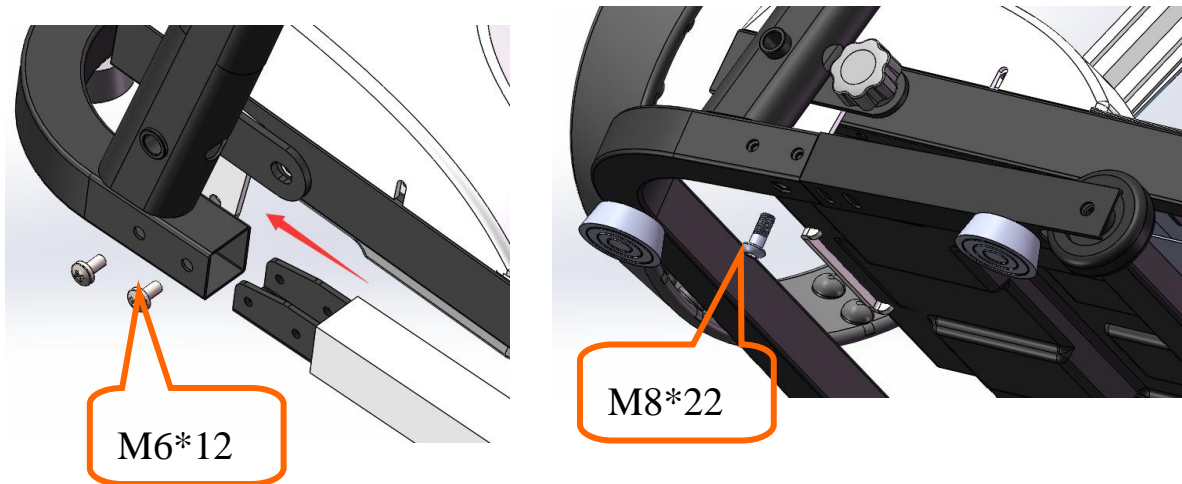
## 5. ASSEMBLY INSTRUCTIONS

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

1. Lay unit flat on the ground. Remove the Bolt shown below and then lift the poles and console in the direction shown below.

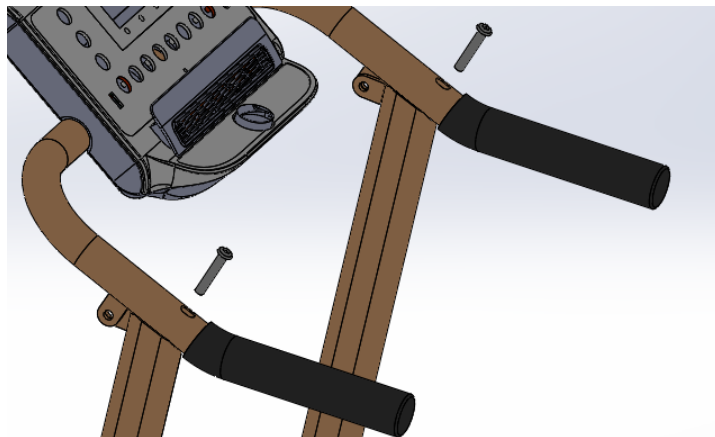


2. Remove pre-installed screws M8\*22. Use 5# hexagon wrench and screw M6\*12 to lock and fix the base within the screw hole sites (shown below). Then re-install screw M8\*22.

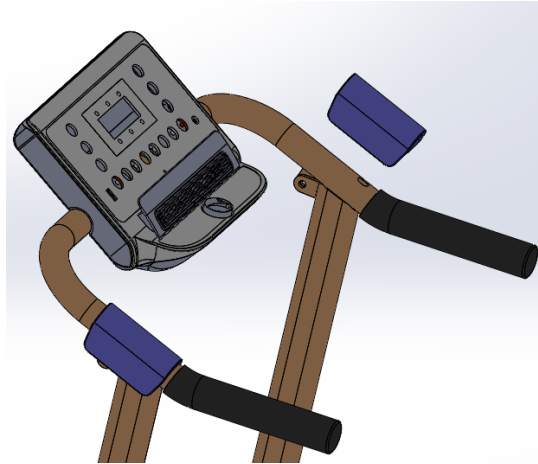


3. Hold left and right columns, use 5# hexagon wrench and screw M8\*45 to lock the console frame to the columns. (Tighten all screws in above steps and **ensure the cable is not pinched by the column**).

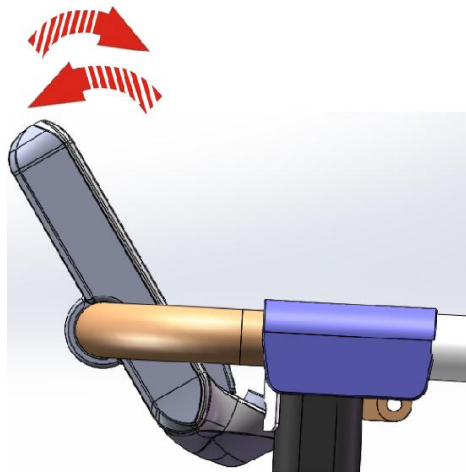
**CAUTION: Pinching/damaging the cable will void warranty for the console and a new console will be required to be purchased.**



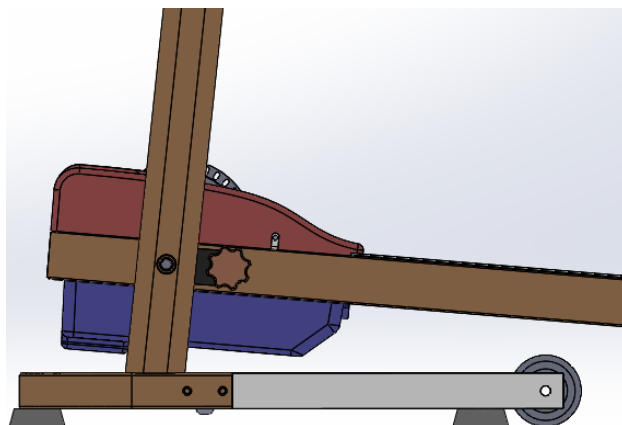
4. Put the handle covers on the handles.



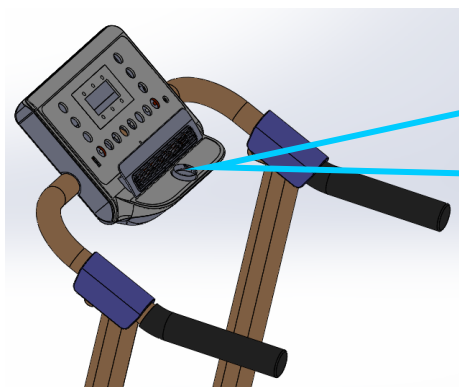
Adjust the angle of the console



5. Use the bolt to lock the column and the base.



6. Position the safety key in the yellow area of the console, then press the start button to start the treadmill. (Note: Treadmill will only start when safety key is positioned on the yellow area of the console.)



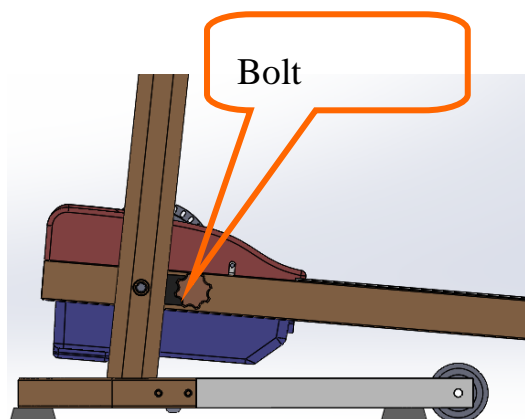
Please find the red safety key in the accessory bag.

**CAUTION:** Confirm all screws are tightened according to the requirements after installation, and check to ensure that no part is left out before connecting treadmill to electricity.

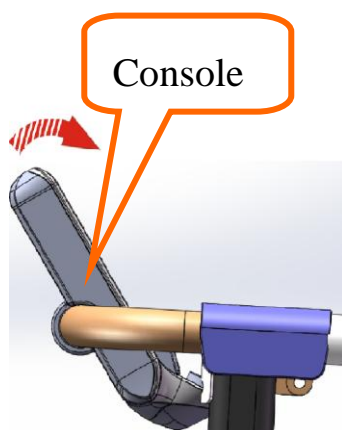
## 6. FOLDING INSTRUCTIONS

1. Remove bolt-2 (A).
2. Flip the console to left side to make sure the running deck can be lifted (B).
3. Lift running deck and put the knob bolt through the column to fix the running deck( C).
4. Store the knob bolt and keep treadmill away from children.

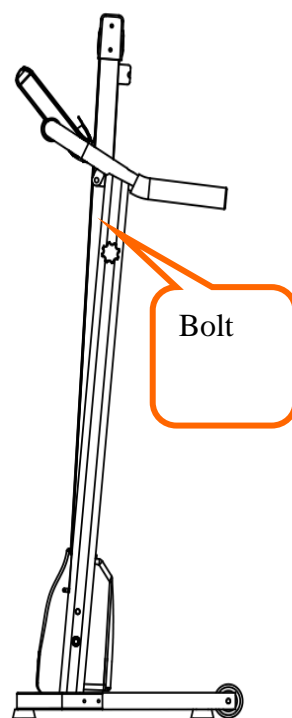
**Warning:** KEEP CHILDREN AWAY FROM THE FOLDED TREADMILL TO AVOID DANGER OF INJURY OR DEATH AS A RESULT OF TREADMILL COLLAPSING ON THEM.



**A**



**B**



**C**



## 7. USING THE TREADMILL

- Connect to power and turn on the unit by using the red switch (1). Once the light has illuminated, the unit will emit a tone “Di”, and control panel will light up.



### Safety Key Functionality

- Treadmill will only start when the safety key is positioned on the console.
- Clip the safety tag on your clothes when using the treadmill to prevent accidents. Put the safety key back when treadmill is not in use.



- If safety key is disconnected it will display error "E7" on the screen and will gradually stop the running mat with a “Di” tone emitted.
- Reposition the safety key on the console and the data will be reset in 2 seconds and it will return to the initial interface.



### Console instructions

1. Start up - Normally starts after 3 seconds of countdown.
2. Programs - 1 manual mode, 3 modes and 12 automatic programs.

### Key functions

#### 1. Start Button, Stop Button

- Start Button: When the power is on, press the start button to start the treadmill.
- Stop Button: When the treadmill is in running state, press the stop button, all data will be cleared, and the treadmill will gradually come to a complete stop and return to manual mode.



## 2. Program Button

- In standby mode, pressing "Program" button can cycle the options from manual mode from P1 through to P12 automatic programs. Manual mode is the system's default running mode.

## 3. Mode Button

- In standby mode, pressing the "Mode" button will cycle the options through the 3 different countdown running modes:
  - Time countdown running mode;
  - Distance countdown running mode; and
  - Calorie countdown running mode.

## 5. Speed $\pm$ Button

- Use these buttons to adjust the speed of the treadmill, press "+" to increase the speed and "-" to decrease the speed.
- Button 3,6,9 can be used for instant speed intervals for speed 3km/h ,6km/h ,9km/h.

## **Display Function**

### 1. Speed Display

Displays the current running speed.

### 2. Time Display

Displays the time in manual mode and the countdown time under automatic modes and programs.

### 3. Distance display

- Displays cumulative distance under manual mode and programs.
- Displays the distance countdown in automatic mode.

### 4. Calorie display

- Displays cumulative calorie under manual mode and programs.
- Displays the calorie countdown in automatic mode.

## **Program Mode Training**

- Each program is divided into 10 segments, and the running time of each segment of the program is evenly distributed.
- Please see programs below

Time Program		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

## Meaning of Error Codes

Error code	Description	Solution
E1	<b>Erroneous Connection:</b> when the power is on, the connection between lower controller and the console is abnormal.	<b>Possible Cause:</b> 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	<b>No signal from motor.</b>	<b>Possible Cause:</b> 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	<b>Current overload protection:</b> Whilst in use, the lower controller detects the current to be over 6A for more than 3 seconds.	<b>Possible Cause:</b> 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	<b>Explosion-proof impact protection:</b> the abnormal voltage or motor cause a circuit fault which drives the motor.	<b>Possible Cause:</b> 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	<b>No safety key</b>	Put the safety key on the right place.

## 8. Maintenance

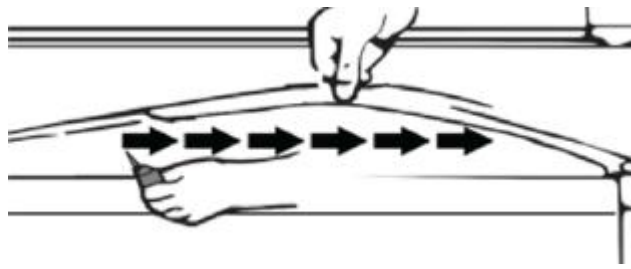
**Warning:** Before cleaning or carrying out any maintenance, ensure the treadmill is disconnected from power

- Comprehensive cleaning will extend the life of your treadmill
- Remove dust periodically in order to maintain all parts clean.
- Be sure to clean 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. (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

## Multi-wedge Belt Tension Adjusting

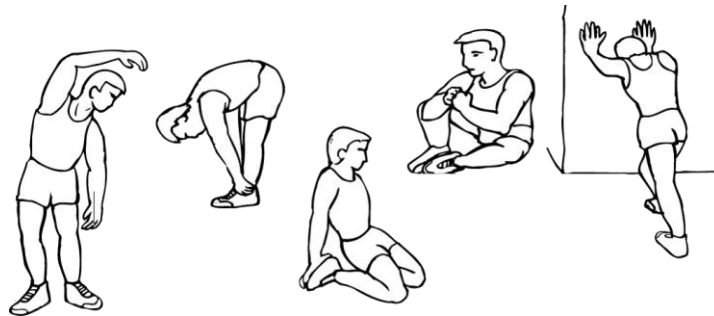
- After some time, the multi-wedge belt is expected to become loose as a result of the abrasions, which will require the user to adjust the multi-wedge to ensure continued safe use.
- **When to Adjust?** Feeling of running with the occasional pause/slipping experienced, indicates that the treadmill belt 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.

## 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.

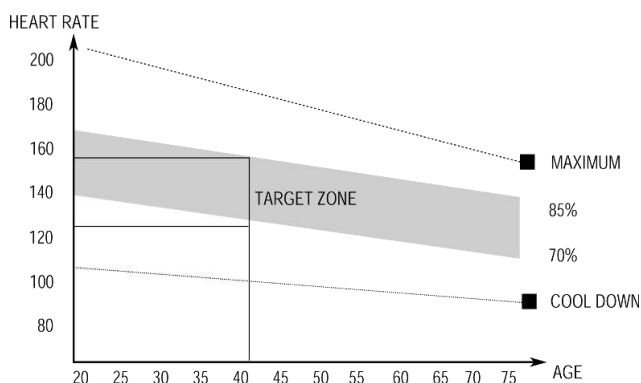
### Warm-up Phase

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 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, 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

### **Contact Details**

Kmate Pty Ltd  
PO Box 234, Mount Waverley VIC 3149  
Email: [warranty@klika.com.au](mailto:warranty@klika.com.au)  
Phone: 03 9790 0055