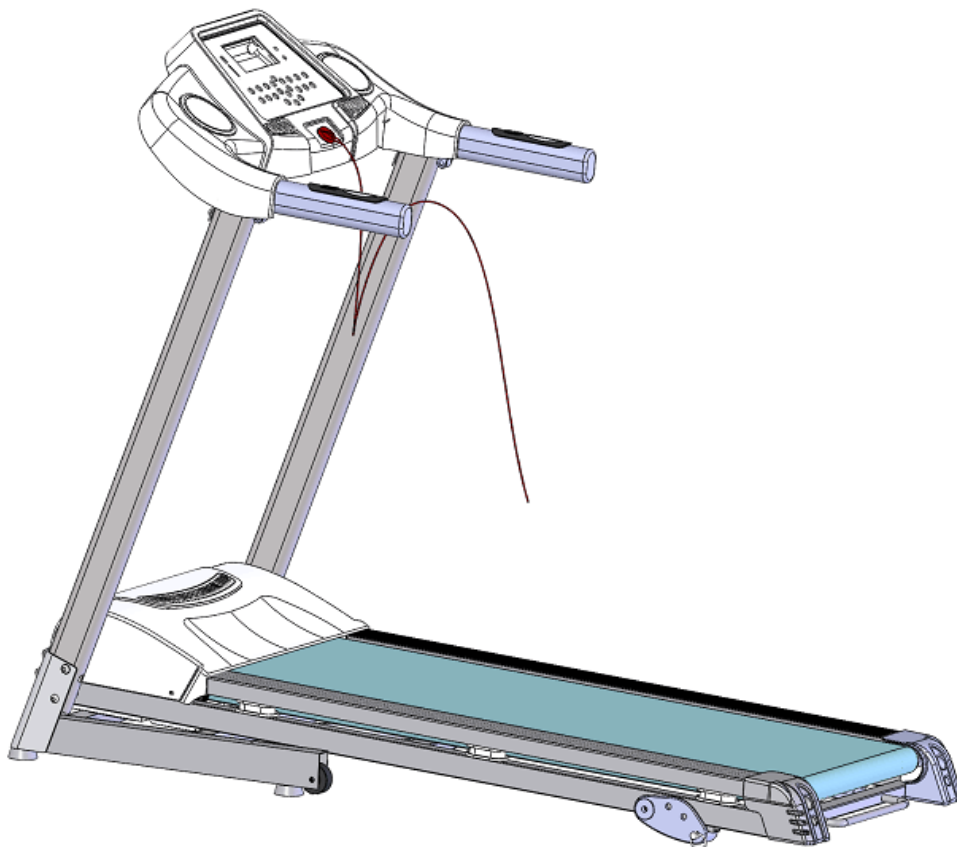




# MOTORIZED TREADMILL – MODEL V30

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

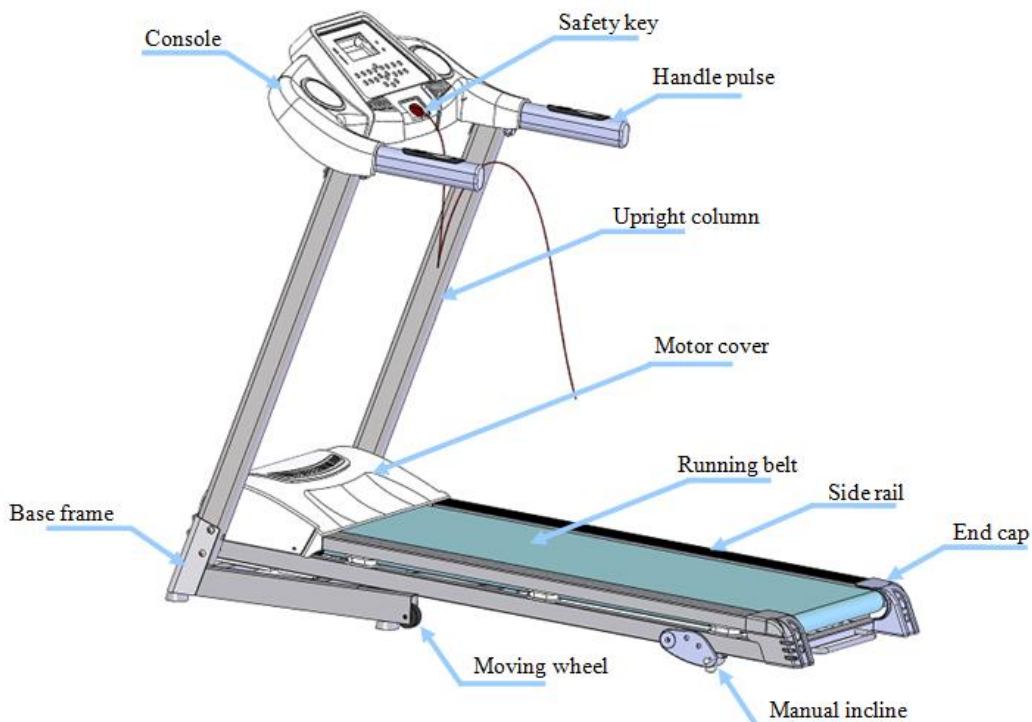
### 3. CAUTION PRIOR TO USE

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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

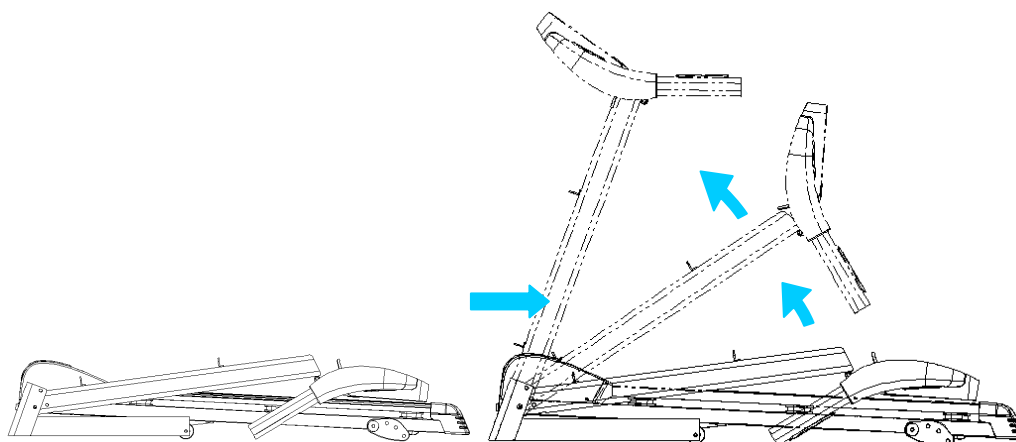
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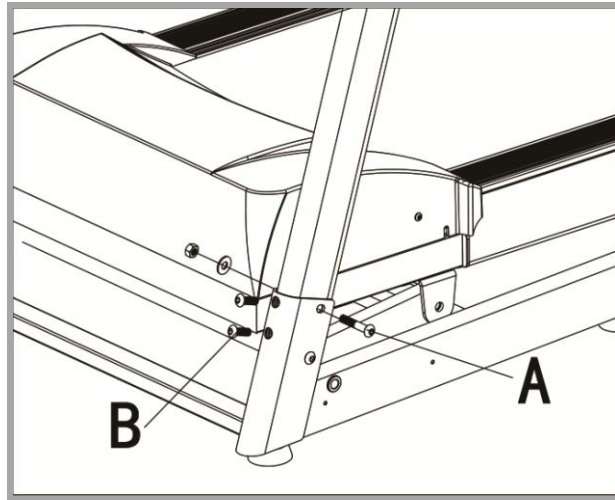
Main parameters and parts list					
Main technical parameters					
No.	Parameters Names	Description			
1	Input power voltage	AC220-240V(50/60Hz)			
2	Motor power	1.5HP			
3	Speed	0.8-14.8Km/h			
Packing list					
No.	Name	Units	Qty		
1	Treadmill Unit	set	1		
3	Accessory Bag	pc	1		
Screws bag list					
NO.	Name	QTY	NO.	Name	QTY
1	Inner hexagon spanner 6mm	1	7	MP3 line	1
2	Inner hexagon spanner 5mm	1	8	Screw M8*22	6
3	Combination wrench	1	9	Screw M8*45	2
4	Safety key	1	10	Flat washerφ8	2
5	Silicone oil	1	11	Nut M8	2
6	Manual	1	12		

## 5. ASSEMBLY INSTRUCTIONS

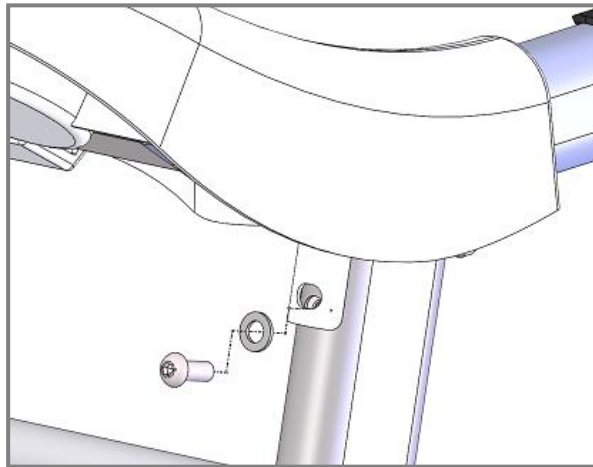
- During assembly, first insert and moderately tighten screws and when the frame has been fully assembled, inspect all the screws and tighten then completely.
- Lay unit flat on the ground and lift the upright column as show below.



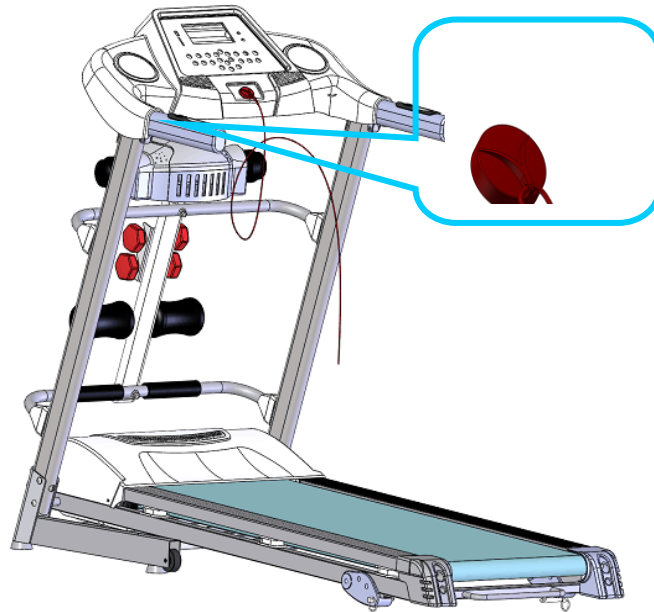
- Use the 5# hexagon wrench and insert bolt M8\*45(A) through the tube in the base, and fix it with washer and nut(M8). Then use bolt M8\*22(B) to fix the tube.



- Hold left and right columns and use 5# hexagon wrench to lock the console frame on to the columns with screw M8\*20 and washer.

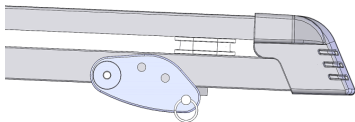


- Position the safety key in the correct position as shown below:

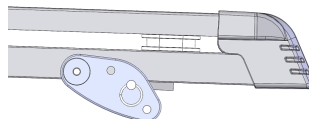


**CAUTION:** Please confirm that all screws are correctly tightened according to the requirements after installation, and check no part has been left out prior to connecting to power.

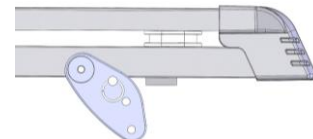
\* Select one of three levels of incline based on preference.



Option : 1



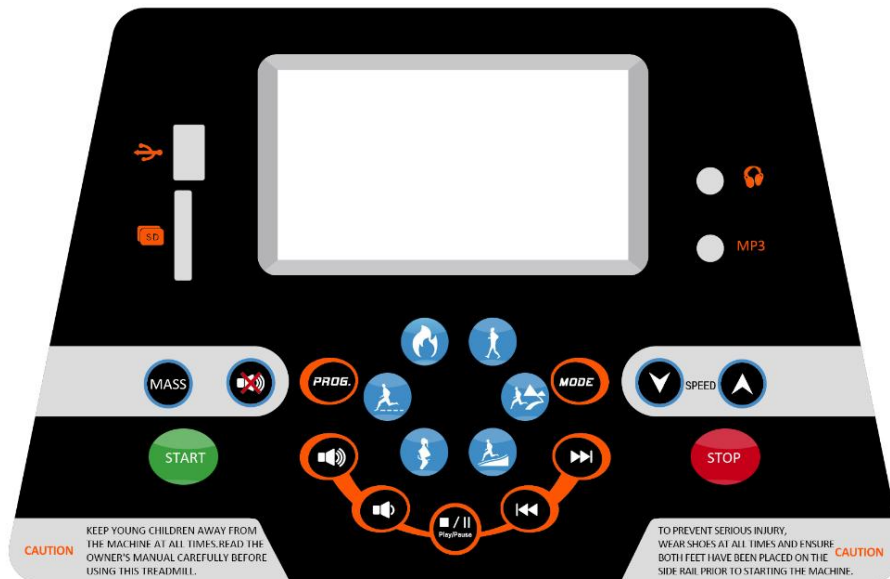
Option : 2







Option :


## 6. USING THE TREADMILL


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- **Start**  - starts after 5 seconds of countdown.
- **Programs** - 1 manual mode, 3 modes, 12 automatic programs, 1 FAT program.
- **Safety lock function** - Disconnecting the safety key will result in error "E7" displayed on the screen. Treadmill will immediately slow down and a "Di" tone will be emitted. Repositioning the safety key on the console will reset the data in 2 seconds.
- **Key function** - Start button/Stop button:
  - Start Button: Running mat will start and screen will display "0.8 km/h".
  - Stop Button: When treadmill is in motion, press the stop button, all data will be cleared, and the treadmill comes to a complete stop and reset to manual mode.
- **Program Button**  - Scrolls from manual mode to automatic programs (P1 - P12). Manual mode is the treadmill's default running mode with the default speed of 0.8 km/h, and maximum speed of 14.8km/h.
- **Mode key:**  Scrolls through 3 countdown modes when in standby mode:
  - Time countdown, distance countdown and calorie countdown.
  - Use speed Up/Down buttons to select the countdown value. When the setting is completed, press the "Start" button to start the treadmill.
- **Speed increase and decrease Buttons:**  Use these buttons to adjust the speed by 0.1Km/h intervals.
  - Holding down for more than 2 seconds will increase/decrease speed continuously.
  - These two buttons are also located on the hand grips.

### Speed shortcut keys

 Speed of 1.0 km/h

 Speed of 3.0 km/h



Speed of 5.0 km/h



Speed of 7.0 km/h



Speed of 9.0 km/h




Speed of 11.0 km/h

- Speed shortcut key 1, 3, 5, 7, 9, 11 can directly adjust the speed in running state.

- **Manual Mode Training**


- The V30 treadmill features a "manual" mode of operation which allows the user to ability to adjust the operation of the equipment to their personal requirements.
- In this mode, once started the treadmill will run until it is stopped by pressing the stop button and can be pre-set for a session duration, distance or target number of calories to use.
- Turn on the equipment
- Press "Start" - the equipment will countdown and then start operating at the slowest speed



- Adjust the speed with the  as needed
- Press "Stop" to end.

- **Multimedia control keys** - Play, pause, rewind, forward, volume up/down buttons. Play music when insert USB disc or SD card



- **Volume Mute function:**  - (Not included in models with incline)

### Display Function

- Speed Display - Display the current running speed value.
- Time Display - Displays the time of manual mode and countdown time under automatic modes and programs.
  - Distance display - Display cumulative distance under manual mode and programs.
  - Display the distance countdown in automatic mode.

### Calorie display

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




## Pulse Function

- Place both hands on the pulse sensors for 5 seconds, for the pulse to be calculated and displayed on the screen
- Heart signal flashes while the heart rate is being calculated.
- Display range is 50-200 beats per minute.
- 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.

## Data Ranges

- The range of the data that each window displays:
  - Time : 5:00 – 99.59(MIN)
  - Distance: 1.0 – 99.9(KM)
  - Calories 20.0 – 999 (C)
  - Pulse: 50 – 199 (BPM)


## Program Mode Training

- V30 Treadmill features 12 automatic training programs - P1 to P12. Each program has a standard duration of 30 minutes (changeable) and applies different speeds 10 times per each program. To use the programs
  - Switch on the treadmill and press "Prog" to select the relevant program ("P1" will be displayed"). To scroll through the programs continue pressing the "Prog" button.
  - To change program duration, use  as needed between 5 and 99 minutes.
  - Press "Start" button. Equipment counts down by 5 seconds, then the belt will run.
  - When the treadmill changes speed, a beep will be emitted.
  - When a program has been completed, a beep will be emitted before the equipment comes to a stop.
- Programs tabled 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

## Physical Fitness Test (FAT) - (Mass)

- The V30 model is equipped with a body mass calculator to estimate the user's overall body fat content.
- The body mass index ("BMI" is to be used as an estimate only and not to be considered to be medical data.
- BMI values in the following ranges are indicators only:
  - $\leq 19$  - underweight
  - 20-25 - normal;
  - 26-29 - overweight;
  - $\geq 30$  - obese.
- To use this feature:
  - Switch on the equipment;
  - Press "Mass" or press "Prog" repeatedly until the "FAT" feature is shown on display. Under it will be displayed the input data type (detailed below) on the left, and the data value on the right.
  - Press "Mode" to select the BMI data to input. Each press scrolls between the input data options. For each type of data, adjust the value using 
    - "F1" - Gender. Possible values are "01" for Male and "02" for Female
    - "F2" - Age. Possible values are from 10 to 99.
    - "F3" - Height in cms. Possible values are 100 to 200.
    - "F4" - Weight in kgs. Possible values are 20 to 150.
    - "F5" - Physical detection. Position both palms on the pulse sensors and keep them there until the BMI has been determined.
    - Press "Stop" when finished.

## 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.

## 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.

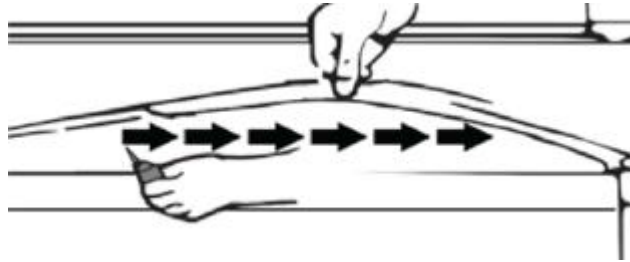
**Warning:** Make sure power plug disconnect before moving motor cover away, clean the motor at least once a year.

### 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 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 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

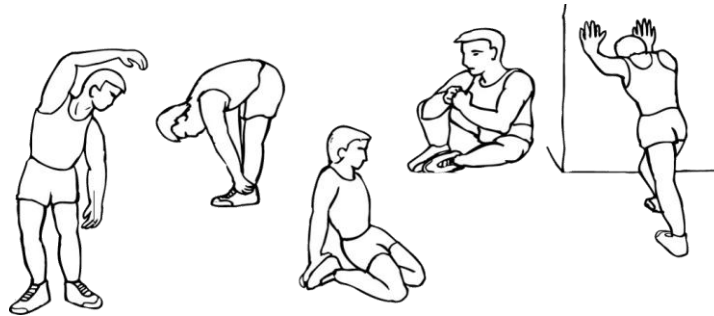
- After some time, the multi-wedge belt is expected to become loose as a result of the abrasions, which will require the user to adjust the multi-wedge to ensure continued safe use.
- **When to Adjust?** Feeling of running with the occasional pause/slipping experienced, indicates that the treadmill belt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

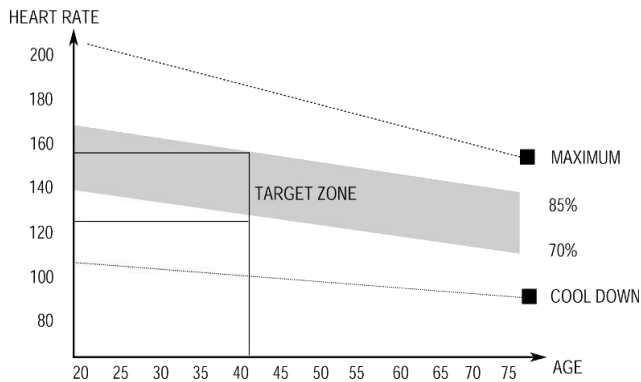
## Warm-up Phase

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 manufacturer's 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