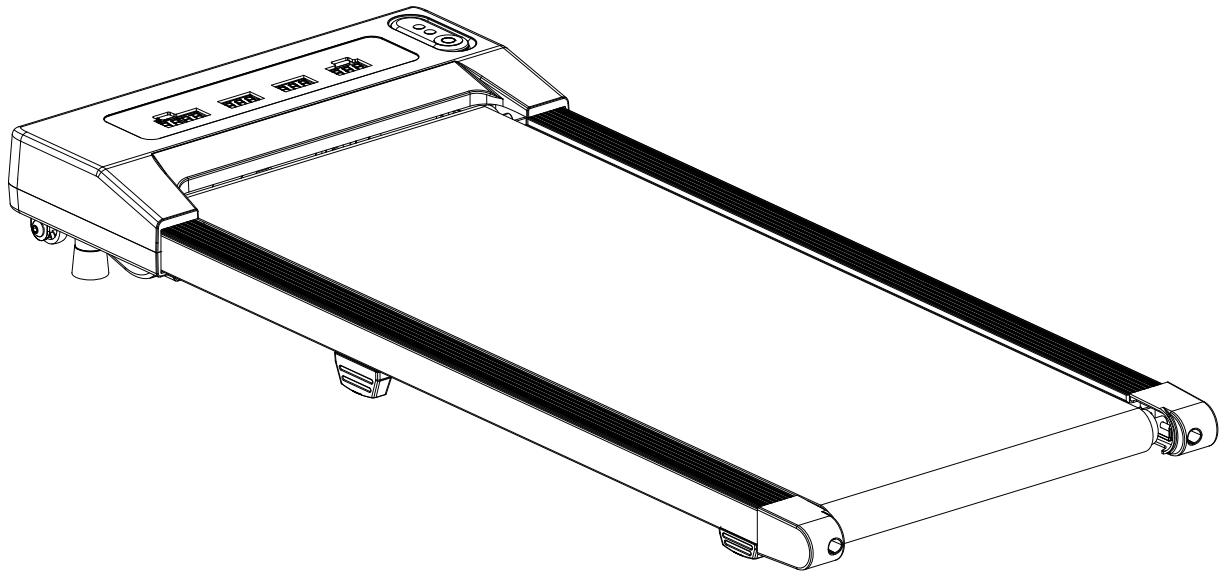


LENOXX®

Electric Walking Pad Treadmill



WARNING:

Keep young children away from this machine at all times. Contact with the moving surface may result in severe friction burns.

Model: TM111 | Batch: PR4984

Note: Carefully read all instructions before use and save for future reference.

WARNING & SAFETY INFORMATION

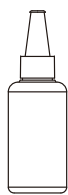
1. Ensure that you read the manual carefully before attempting to assemble or use the Electric Walking Pad Treadmill.
2. The Electric Walking Pad Treadmill must be positioned on a firm flat surface.
3. The Electric Walking Pad Treadmill is designed for indoor use only. It is not to be used outdoors.
4. Do not position the Electric Walking Pad Treadmill on a thick carpet as air needs to be able to circulate underneath.
5. Always wear the correct clothing when using the Electric Walking Pad Treadmill. Do not wear loose or long clothing as this may get caught in the moving belt.
6. Always ensure that proper footwear is worn.
7. Do not stand on the Electric Treadmill belt before operating. Position your feet on either side of the treadmill belt and as the motor starts step onto the treadmill. Do not step on the belt if the Electric Treadmill is at full speed.
8. Before running on the Electric Walking Pad Treadmill make sure that the emergency cord is attached to you. If the emergency magnet becomes detached from the control panel the treadmill will then stop.
9. Do not allow children or pets near the Electric Walking Pad Treadmill when in use.
10. Children and elderly should only use the Electric Walking Pad Treadmill under adult supervision.
11. Always unplug the Electric Walking Pad Treadmill from the main power supply when not in use.
12. Regularly clean the Electric Walking Pad Treadmill after use. Remove any dust and sweat from the running belt. Use a light soapy water mixture to clean the running belt.
NEVER USE A ROUGH CLEANING AGENT.
13. If any part of the electrical cable or plug is loose or becomes worn, do not use the Electric Walking Pad Treadmill and have a qualified electrician inspect the problem.
14. The Electric Walking Pad Treadmill is not a toy and is not intended for use by persons (including children) with any physical or mental conditions. The Electric Walking Pad Treadmill should not be used by any person who has not read and understood the manual.
15. If the user has had any prior medical condition they should consult a doctor before use.

Before attempting to move the device, ensure that it is completely unplugged from the power source to prevent any potential hazards or damage.

ACCESSORIES

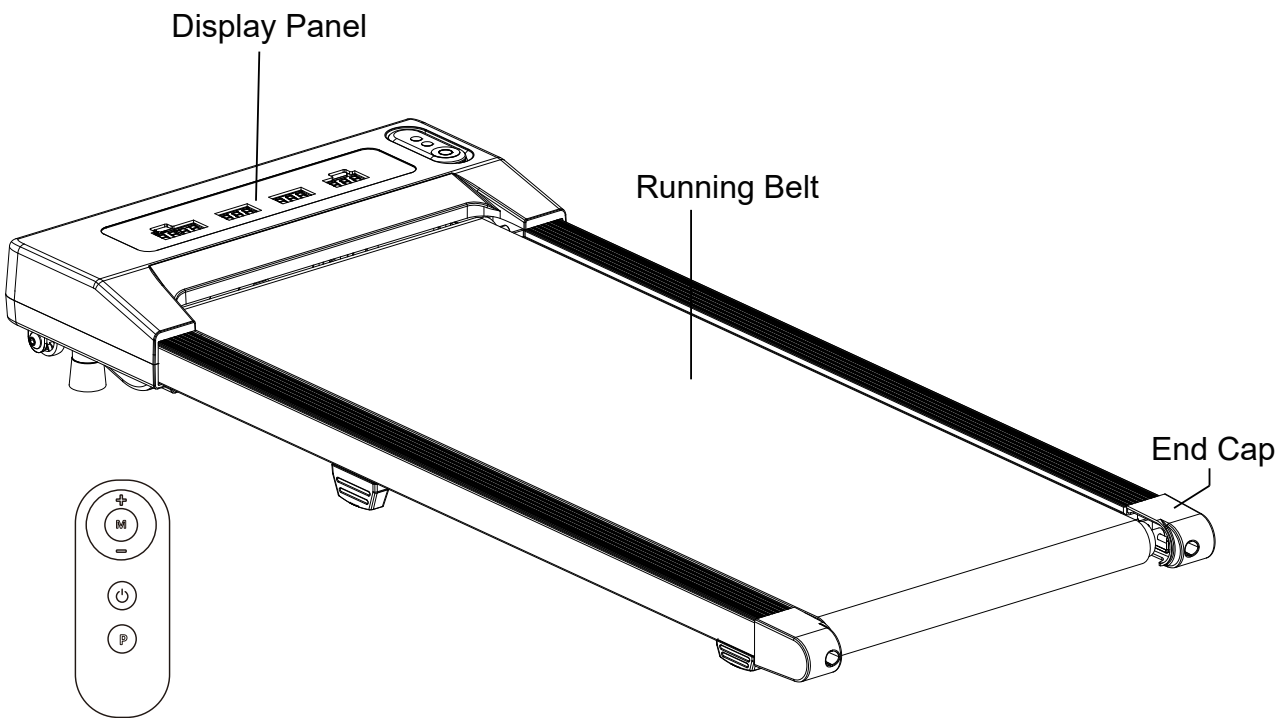


Allen Key

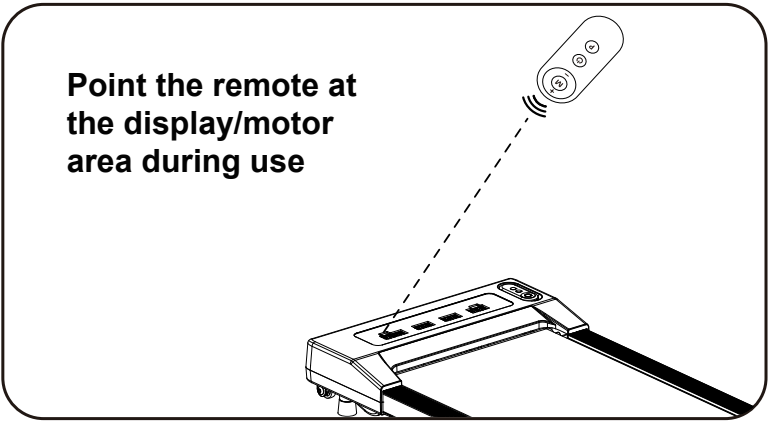
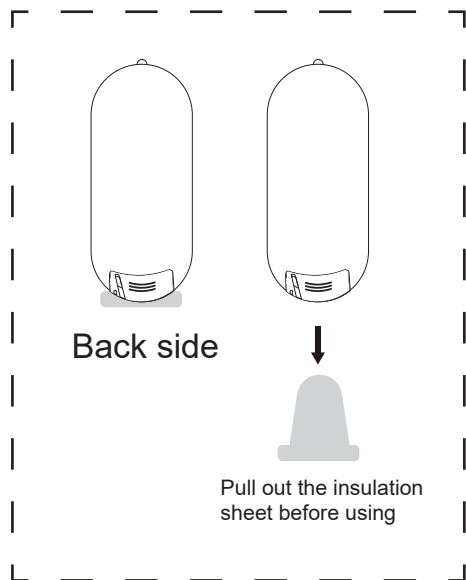


Lubricant

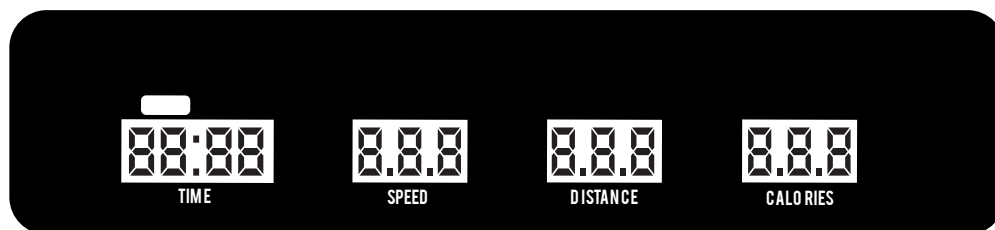
PARTS LIST



Remote Control



CONTROL PANEL



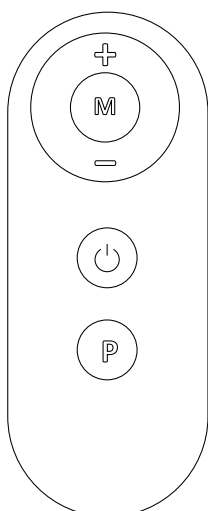
DISPLAY FUNCTIONS:

TIME: Displays the elapsed workout time in minutes and seconds.

SPEED: Displays the current speed from the minimum 1km/h to the maximum 8km/h.

DISTANCE: Displays the accumulative distance travelled during workout.

CALORIES: Displays the total calories burned during your workout.



FUNCTION BUTTONS:

- ⏻** : Press the button to start/stop training immediately.
- P** : Press the button to select the pre-set training program (P01-P06) mode before training.
- M** : Press the button to switch the display.
- +** : Press the button to increase the speed.
- : Press the button to decrease the speed.

TRAINING IN PRE-SET PROGRAM MODE:

When in PROGRAM mode, press the P (PROGRAM) button to select your chosen workout (P01 to P06). Press the SPEED + or SPEED - button to change the setting. Press the START button to confirm and start your workout.

PROGRAM	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P1	1.0	2.0	3.0	4.0	5.0	4.0	3.0	2.0	1.0	2.0	3.0	4.0	5.0	4.0	3.0	2.0	1.0	2.0	3.0	2.0
P2	2.0	2.0	3.0	3.0	4.0	4.0	5.0	5.0	6.0	6.0	5.0	5.0	4.0	4.0	3.0	3.0	2.0	2.0	3.0	3.0
P3	1.0	2.0	3.0	2.0	3.0	4.0	3.0	4.0	5.0	4.0	5.0	6.0	5.0	4.0	5.0	4.0	3.0	4.0	3.0	2.0
P4	2.0	3.0	3.0	4.0	3.0	4.0	4.0	5.0	4.0	5.0	5.0	6.0	5.0	6.0	6.0	5.0	4.0	3.0	2.0	1.0
P5	2.0	2.0	3.0	4.0	5.0	6.0	6.0	5.0	4.0	3.0	3.0	2.0	3.0	4.0	4.0	5.0	6.0	5.0	4.0	3.0
P6	1.0	2.0	3.0	3.0	3.0	4.0	5.0	6.0	6.0	6.0	5.0	4.0	3.0	2.0	2.0	2.0	3.0	4.0	3.0	2.0

LUBRICATION

Lubricating under the running belt will ensure superior performance and extend its life expectancy. After the first 25 hours of use (or 2-3 months) apply some lubricant, and repeat every following 50 hours of use (or 5-8 months).

How to check running belt for proper lubrication

Lift one side of the running belt and feel the top surface of the running deck.

If the surface is slick to the touch, then no further lubrication is required.

If the surface is dry to the touch, apply some lubricant.

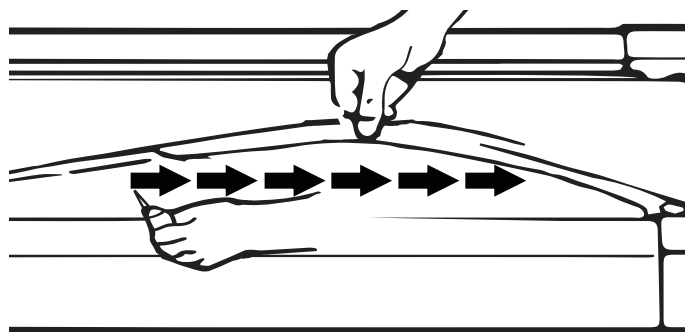
How to apply lubricant

Lift one side of running belt.

Pour some lubricant under the **centre** of the running belt on the top surface of the **running deck**.

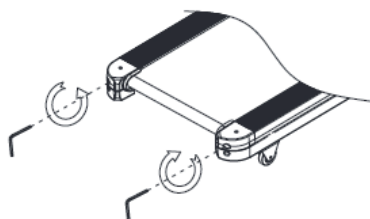
Run on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

NOTE: DO NOT over lubricate running deck. Any excess lubricant that comes out should be wiped off.

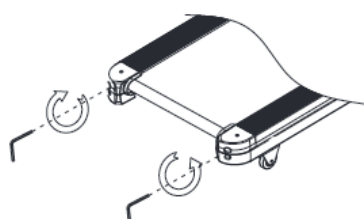


ADJUSTING THE RUNNING BELT

1. The running belt on the Electric Walking Pad Treadmill will shift slightly after continuous use. This is normal for all treadmills.
2. To straighten/adjust the running belt turn the adjusting bolt on either side of the base, see picture C and D.



PICTURE C



PICTURE D

3. Do not allow for the running belt to catch the sides of the Electric Walking Pad Treadmill as this will tear the belt.

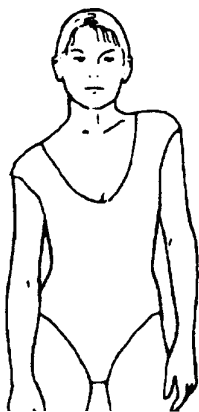
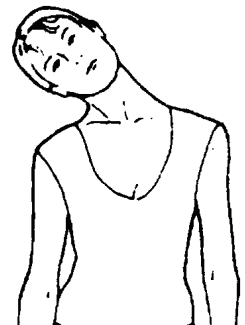
WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimise injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

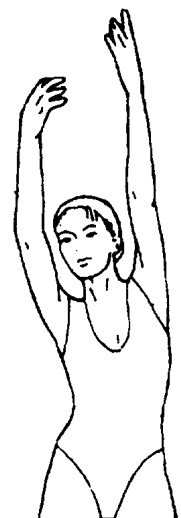
HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

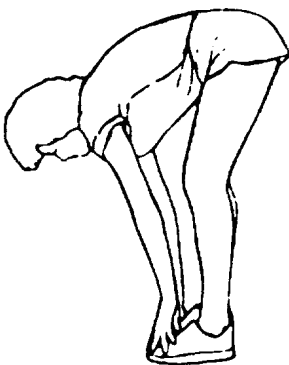


QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

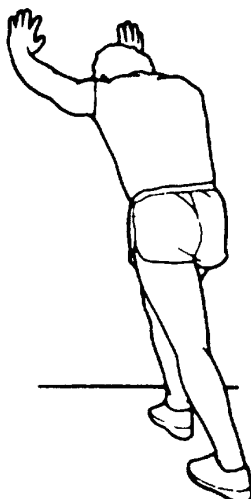
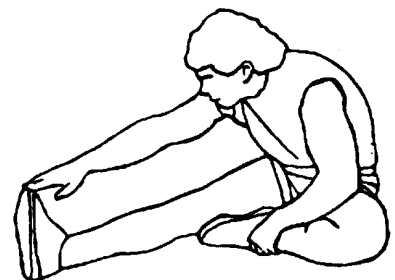


TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

CARE, MAINTENANCE & TROUBLESHOOTING GUIDE

WARNING: To prevent electrical shock, please turn off and unplug the treadmill before cleaning or performing routine maintenance.

WARNING: Always check the wear and tear of the components like spring knob and running belt to prevent injury.

CLEANING

After each exercise, ensure that the unit is wiped down and any sweat is removed from the unit.

The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not to get excessive moisture on the display panel as this might damage the unit and create an electrical hazard.

Please keep the treadmill, especially the computer console, out of direct sunlight to prevent damage to the screen.

STORAGE

Store the treadmill in a clean and dry indoor environment. Never leave or use the unit outdoors. Ensure the master power switch is off and the power cord is unplugged from wall outlet.

TROUBLESHOOTING GUIDE

Problem	Potential Causes	Corrections
Treadmill will not start.	1. Treadmill not plugged in. 2. Circuit breaker in the house has been tripped. 3. Treadmill circuit breaker has been tripped.	1. Plug the power cord into a wall outlet. 2. Reset the circuit breaker, or call an electrician to replace the circuit breaker. 3. Wait 5 minutes and then try to restart the treadmill.
Belt slips.	Belt not tight enough.	Adjust belt tension.
Belt hesitates when stepped on.	1. Not enough lubrication applied onto the running deck. 2. Belt is too tight.	1. Apply lubricant. 2. Adjust belt tension.
Belt is not centred.	Running belt tension not even across the rear roller.	Centre the belt.

LENOXX®

www.lenoxx.com.au



1300 666 848



LenoxxElectronics



LenoxxElectronics