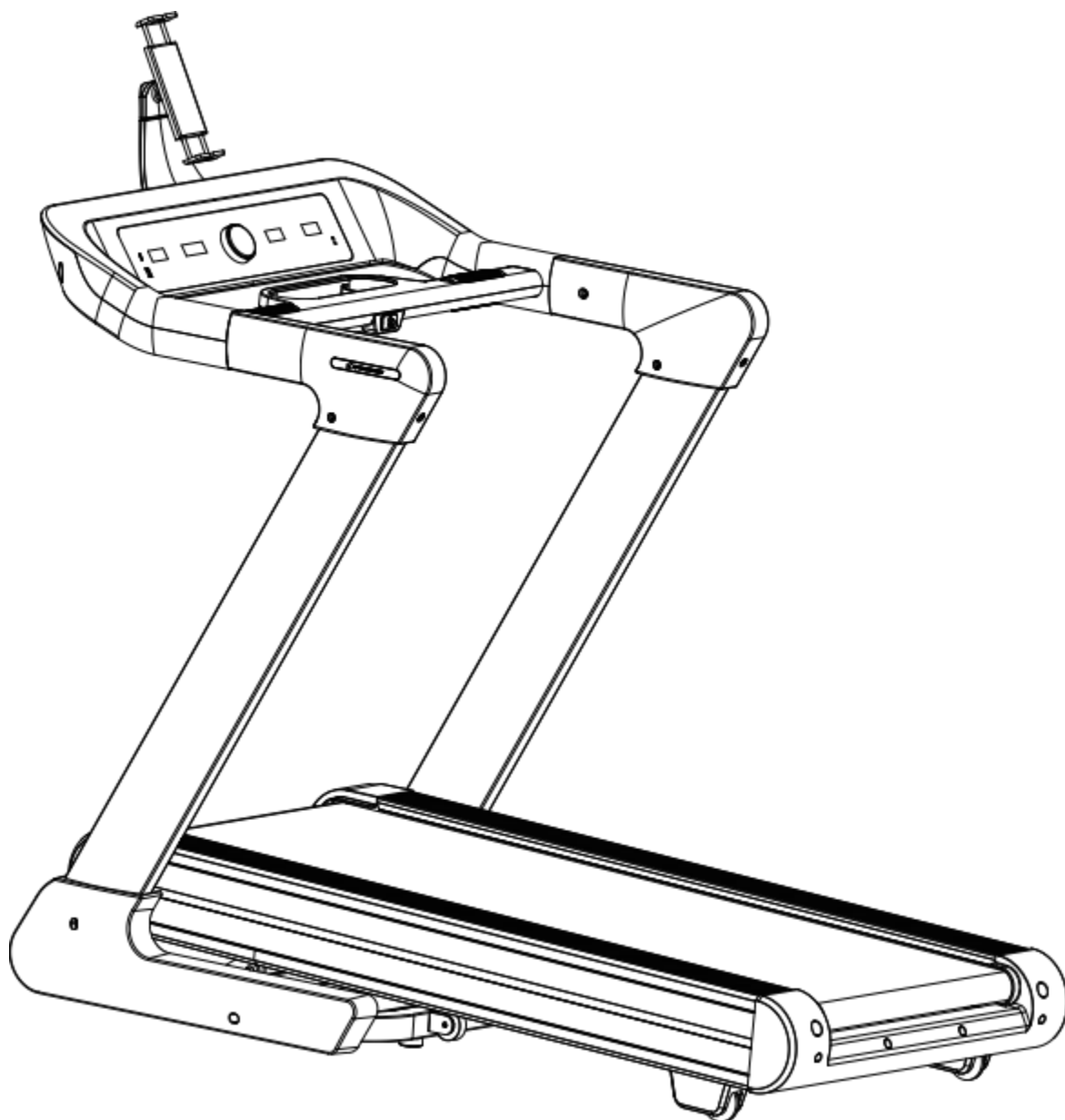




MOTORIZED TREADMILL – MODEL V500



IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specifications of this product may vary from this photo and are subject to change without prior notice.

IMPORTANT SAFETY INSTRUCTIONS

Basic precautions, including the following important safety instructions should always be followed when using this treadmill. Read all instructions before using this treadmill.

DANGER: To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning, assembling, or servicing the treadmill.

Failure to follow these instructions may lead to personal injury and cause damage to the treadmill.

WARNING: To reduce the risk of burns, fire, electric shock or injury to any persons, please read the following:

- Never leave the treadmill unattended while plugged in. Disconnect by turning off the master power switch and unplugging from wall outlet when not in use and before putting on or taking off parts.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this treadmill if it has a damaged cord or plug, or if it is not working properly. If it has been dropped or damaged, or been exposed to water, return the appliance to a service center for examination and repair.
- Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorised Service Representative*.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and other obstructions.
- Do not use the treadmill outdoors.
- Do not pull the treadmill by its power cord or use the cord as a handle.
- Keep children and pets away from the equipment while in use.
- Elderly or disabled users should only use this treadmill in the presence of an adult who can provide assistance if required.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Keep dry - do not operate in a wet or moist condition.
- The motor cover can become hot while the treadmill is in use. Do not place the treadmill on a blanket or other flammable surface as this can create a fire hazard.
- Keep electrical cord away from heated surfaces.
- Keep the treadmill on a solid, level surface with a minimum safety area clearance of two meters around the treadmill. Be sure the area around the treadmill remains clear of any obstructions during use.
- This treadmill is for domestic household use only.
- Only **one** person should use the treadmill at a time.
- Wear comfortable and suitable clothing when using the treadmill. Do not use the treadmill barefoot or in socks. Always wear appropriate, enclosed athletic footwear. Never wear loose or baggy clothing as it can become caught on the treadmill and create an entrapment hazard.

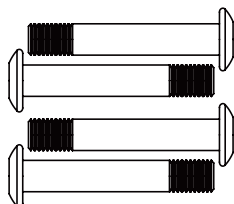
- Always hold on to the handrails while using the treadmill.
- Always make sure the spring knob and round knob are in place when folding and moving the treadmill.
- To disconnect, turn all controls to the off position, then remove plug from the wall outlet.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should not be allowed to play on or near the treadmill at any time.
- **CAUTION - RISK OF INJURY TO PERSONS** - To avoid injury, use extreme caution when stepping onto or off of a moving treadmill belt. Carefully read this instruction manual before use.
- **Maximum Weight Capacity is 150 kgs.**
- Pull out the Safety Tether Key for emergency stop.
- This unit must be plugged into a nominal 220-240 volt 50 Hz outlet which has been grounded.
- Keep hands clear of all moving parts. Never place hands or feet under the treadmill while in use.
- Do not use the treadmill on a carpet that is greater than 1.3 cm in height.
- Before using the treadmill, check that the belt is aligned and centered on the running deck and all visible fasteners on the treadmill are sufficiently tightened and secure.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- Never operate this treadmill if it is in the folded position.
- Allow the running belt to fully stop and unplug the power cord from the wall outlet before folding up the treadmill.
- Always face towards the computer console and do not run backwards on the running belt.

WARNING: Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

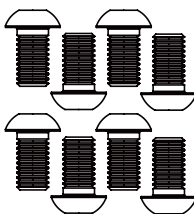
HARDWARE LIST

S1



M8x60
Hexagon Socket
Oval Head Bolts
x 4

S2



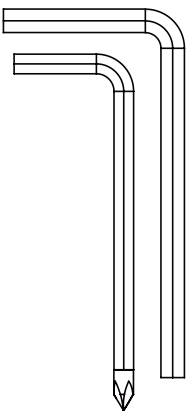
M8x16
Hexagon Socket
Oval Head Bolts
X8

S3



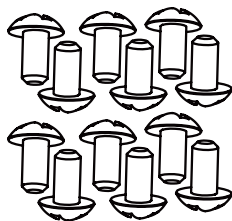
Safety
Tether
Key x1

S4



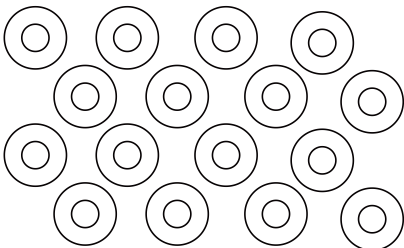
6# Allen Wrench
x2

S5



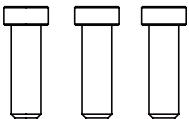
M5x10
Cross Recessed
Truss Head Bolts
x 12

S6



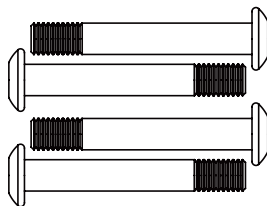
Washer x 16

S7



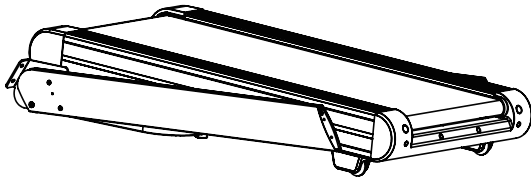
M8x25
Hexagon Socket
Oval Head Bolts
x 3

S8



M8x70
Hexagon Socket
Oval Head Bolts
x 4

ASSEMBLY COMPONENT



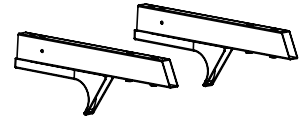
(A)

Base Frame
X 1



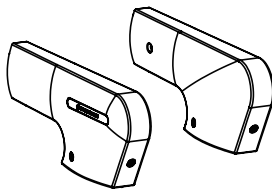
(B)

Computer Console X1



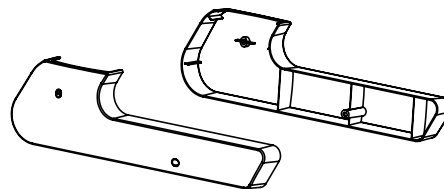
(C)

Left and Right
Handlebar Brackets
X 1



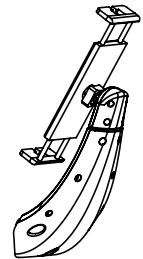
(D)

Left and Right
Handlebar Covers
X 1



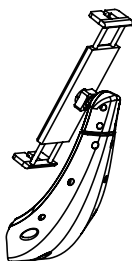
(E)

Left and Right
Base Covers
X 1

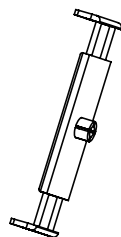


(F)

Tablet Holder
X1



Tablet Holder
X1



Holder



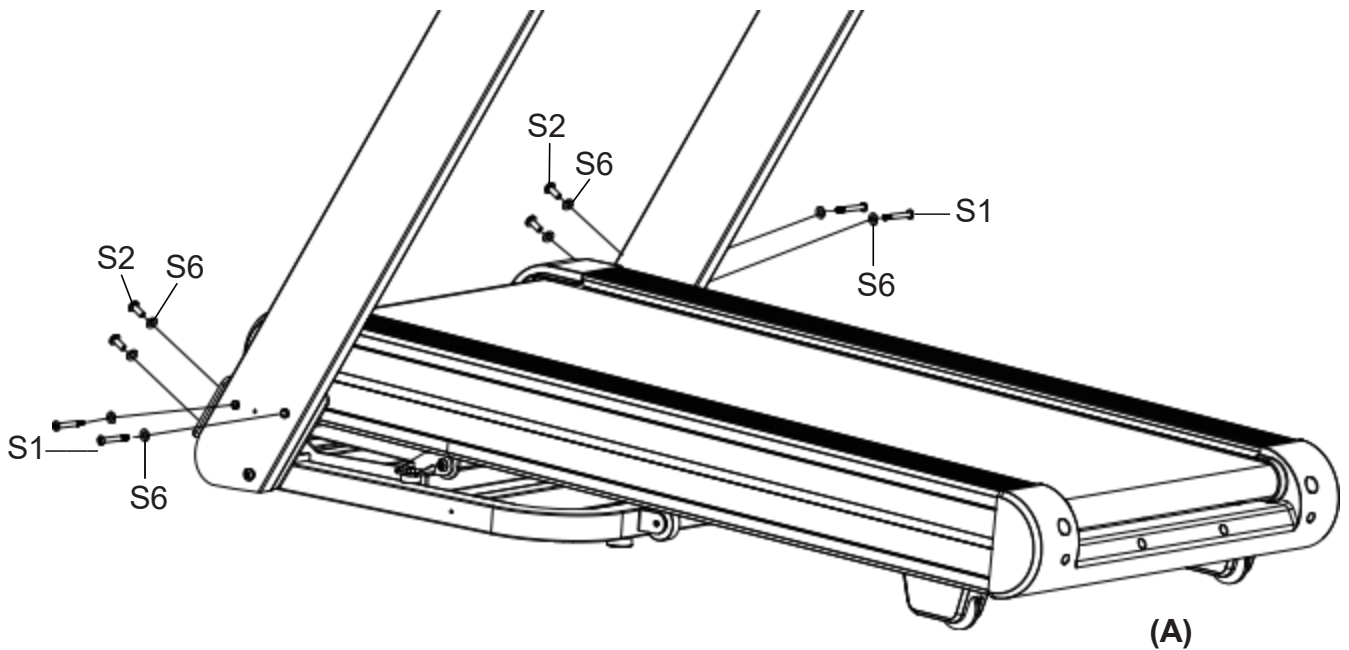
End Cover



Tablet Stand

ASSEMBLY INSTRUCTIONS

STEP 1



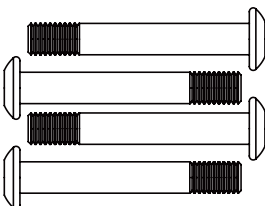
It is recommended to have a second person assist with this step. Lift the both Right and Left Handlebar Support Tubes up. One person should hold the both Right and Left Handlebar Support Tubes in place while the other person tightens the bolts.

1) Use four M8x60 Hexagon Socket Oval Head Bolts (S1) and four Washer (S6) to secure both Right and Left Handlebar Support Tubes onto the Base Frame (A).

2) Use four M8x16 Hexagon Socket Oval Head Bolts (S2) and four Washer (S6) to secure both Left/Right Handlebar Support Tubes onto the Base Frame (A).

NOTE: DO NOT FULLY TIGHTEN BOLTS IN STEP 1 UNTIL STEP 4 IS COMPLETED.

S1



M8x60
Hexagon Socket
Oval Head Bolts
x 4

S2



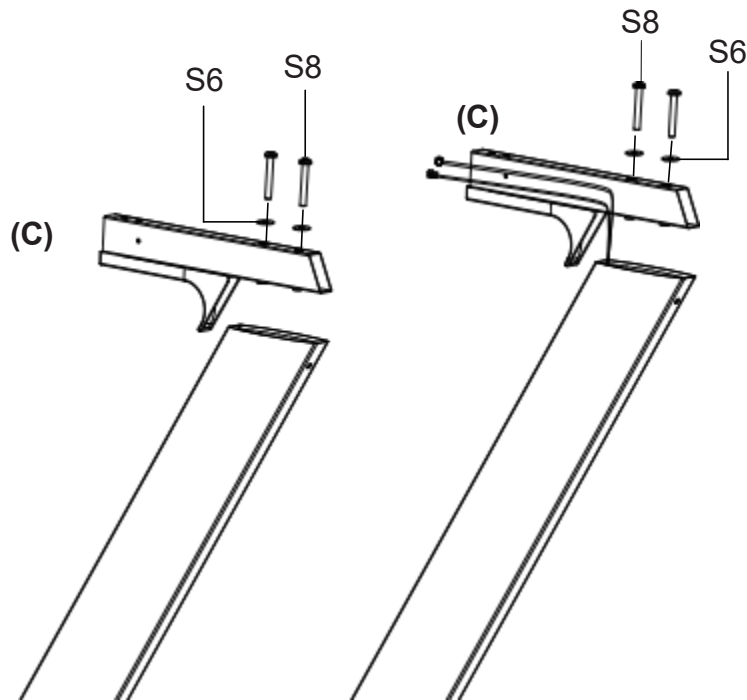
M8x16
Hexagon Socket
Oval Head Bolts
X4

S6



Washer
x 8

STEP 2

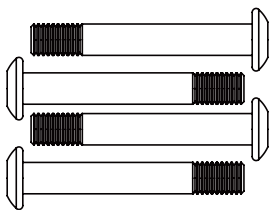


Pass through the Main Control Cable from the Right Handlebar Support Tube to the Right Handlebar Bracket (C).

Install the Handlebar Bracket (C) onto the Left/Right Handlebar Support Tubes, using four M8x16 Hexagon Socket Oval Head Bolts (S8) and four Washers (S6).

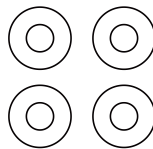
IMPORTANT: While sliding the Handlebar Bracket (C) onto the Right Handlebar Support Tubes, make sure the cables are installed and pay attention not to pinch the cables.

S8



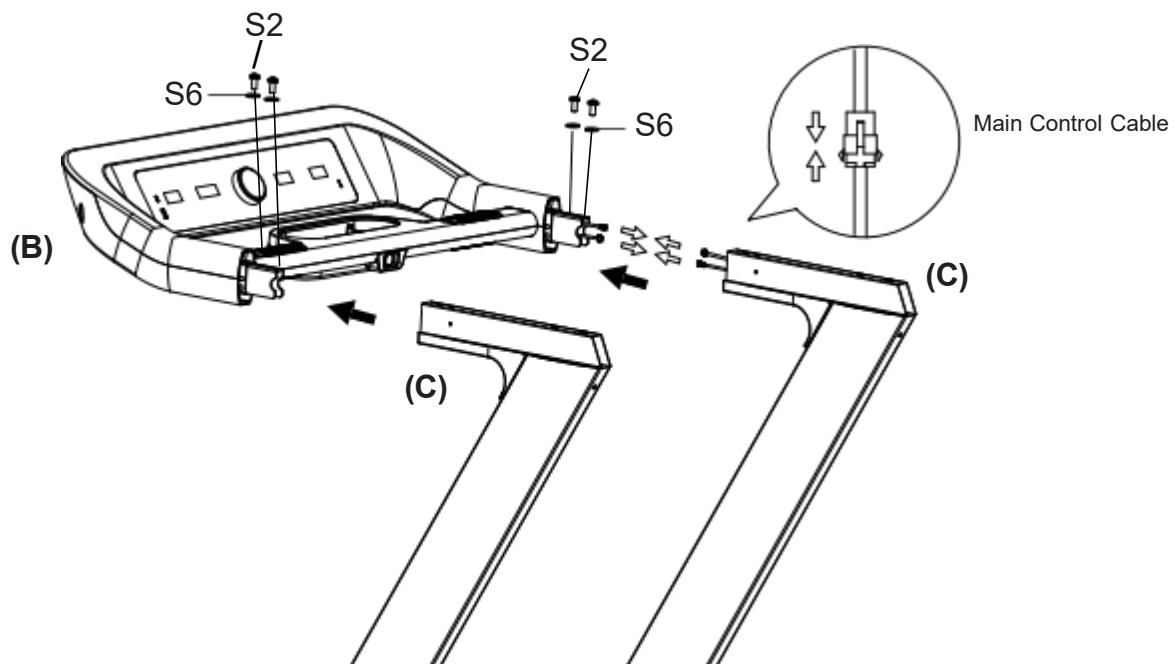
M8x70
Hexagon Socket
Oval Head Bolts
x 4

S6



Washer
x 4

STEP 3

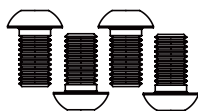


It is recommended to have a second person assist with this step. One person should hold the Computer Console (B) in place while the other person connects the cables.

1) Connect the cable that comes from the Computer Console (B) to the Main Control Cable that comes from the Right Handlebar Support Tube.

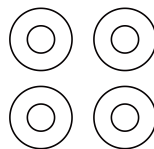
2) Slide the Computer Console (B) onto the both Left/Right Handlebar Bracket (C). Secure Computer Console (B) onto the both Left/Right Handlebar Bracket (C) with four M8x16 Hexagon Socket Oval Head Bolts (S1) and two Washers (S2).

S2



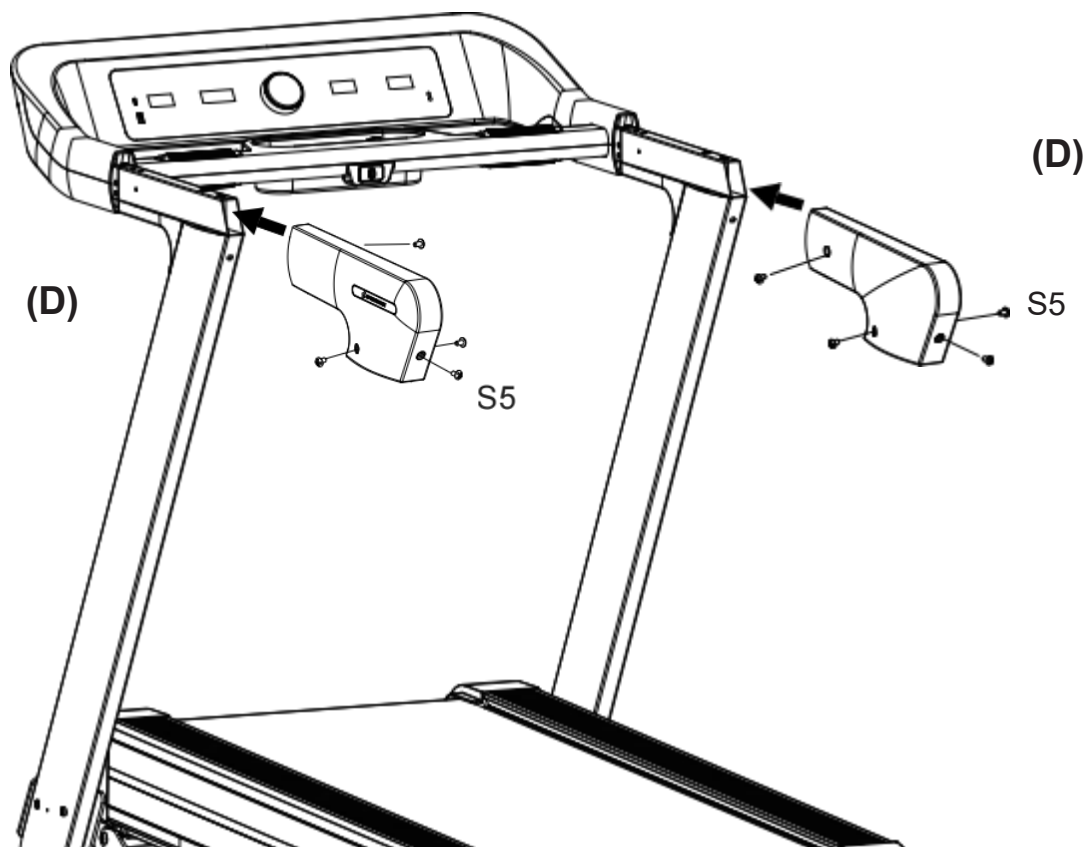
M8x16
Hexagon Socket
Oval Head Bolts
X4

S6



Washer
x 4

STEP 4



Slide the Handlebar Cover (D) onto the both Left/Right Handlebar Support Tubes. Secure the Handlebar Cover (D) onto the both Left/Right Handlebar Support Tubes with eight M5x10 Cross Recessed Truss Head Bolts (S5).

NOTE: PLEASE FULLY TIGHTEN BOLTS INSTALLED IN STEP 1 WITH THE TOOLS PROVIDED.

S5



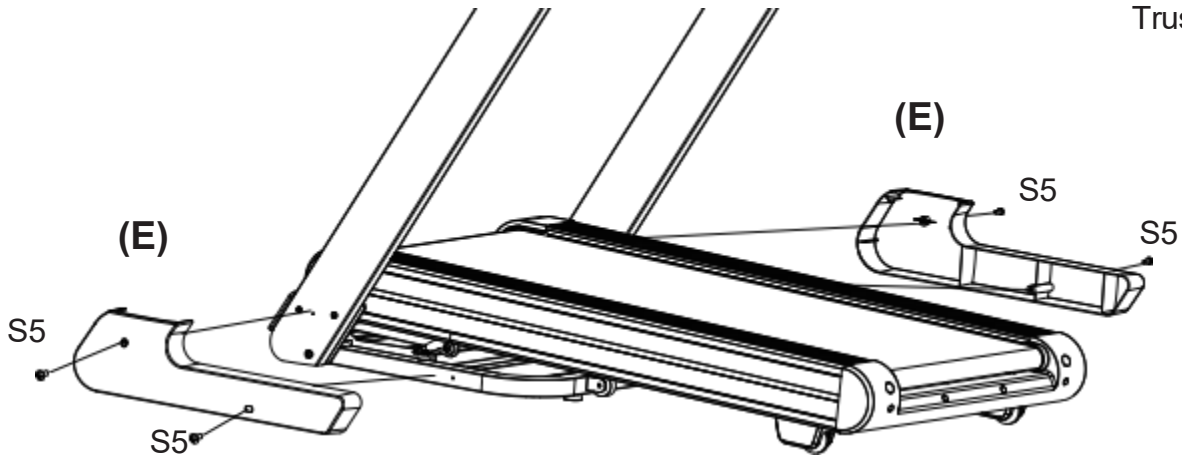
M5x10
Cross Recessed
Truss Head Bolts
x 8

STEP 5

S5



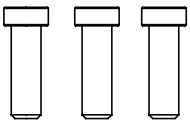
M5x10
Cross Recessed
Truss Head Bolts
x 4



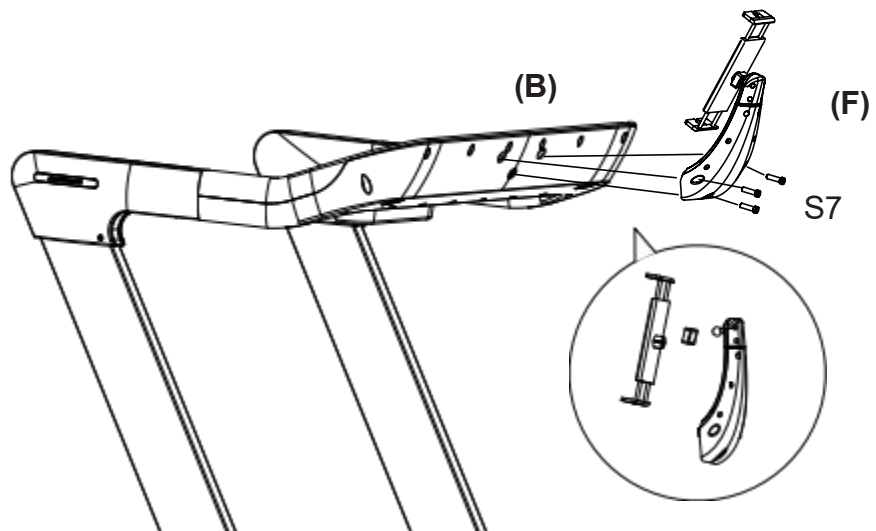
Attach both Right/Left Base Covers (E) onto the Left/Right Handlebar Support Tubes, with four M5x10 Cross Recessed Truss Head Bolts (S5).

STEP 6

S7



M8x25
Hexagon Socket
Oval Head Bolts
x 3



Embed the Tablet Stand onto the Holder, tighten it by the End Cap in a clockwise direction.
2) Install the Tablet Holder (F) onto the Computer Console (B), using three M8x25 Hexagon Socket Oval Head Bolts (S7).

CONTROL PANEL



COMPUTER FUNCTIONS

Make sure to place the safety magnet (red/yellow wire) in the circle placed on the screen- before turning on the product. Without a magnet, the product **WILL NOT START**.

NOTE: Always stand on the side rails before starting the treadmill, never start the treadmill while standing on the running belt. Get on the belt when it is already spinning at a speed of at least 3 km/h.

ENCODER, THAT IS ,THE CONTROL KNOB

BEFORE STARTING:

Functions are controlled via a rotating wheel called ENCODER. Below. you will find instructions for using the ENCODER correctly. Display LCD values will be shown in the center of the circle each time you select an action/each time you roll the wheel. In order to "move" the wheel, place your fingers on the outer perimeter of the wheel and roll.

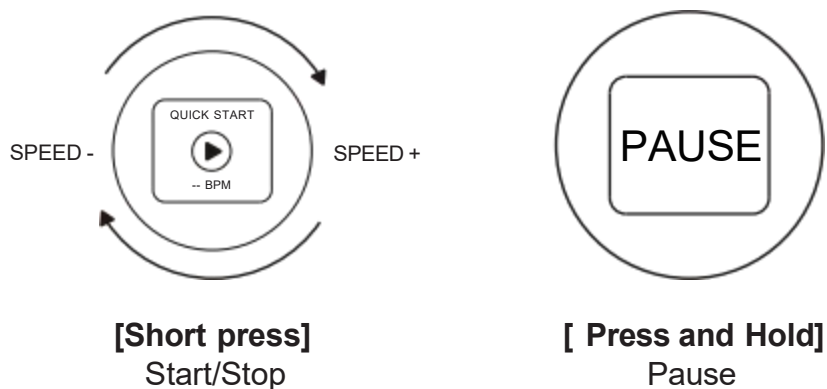
Warning: turn slowly in order to display the desired values, which will appear one by one. After more than 4 minutes of inactivity, the displayed values turn off. Press any button to reactivate the ENCODER.

By turning it clockwise and counterclockwise, you can move within the various features of the product, starting from the main menu and exploring the submenus.

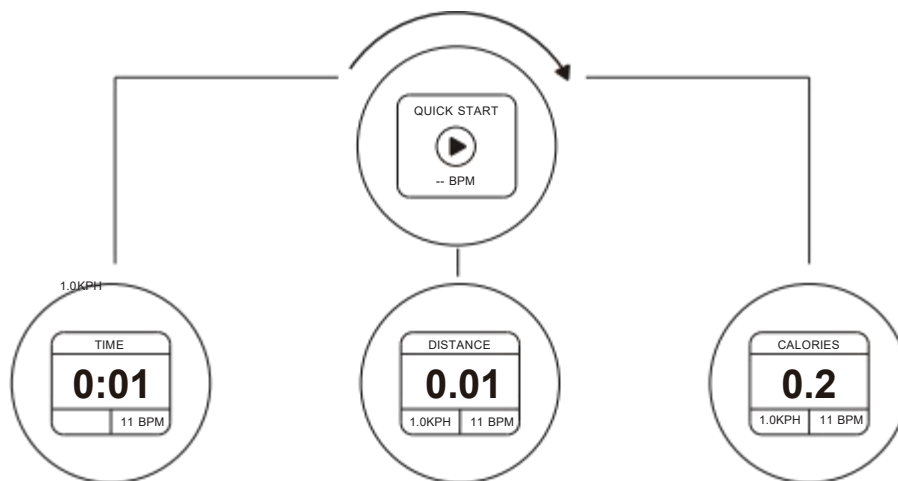
1. MANUAL MODE: press PLAY in the center of the knob. The belt starts moving after a 3.2 s countdown at 1 km / h speed, By turning the knob to the right, towards the + sign, you can increase the speed. By turning the knob to the left, towards the - sign, you can reduce the speed.

2. TARGET MODE: this is the mode that allows you to pre-set the time, distance, calories you would like to burn. It allows you to choose which training goal to achieve based on these parameters. Example: running for 30 minutes. Or: run for 5 km. By turning the knob you can select the items TIME - DISTANCE - CALORIES and, focusing on each of them, you can adjust the amount of each category with the ENCODER.

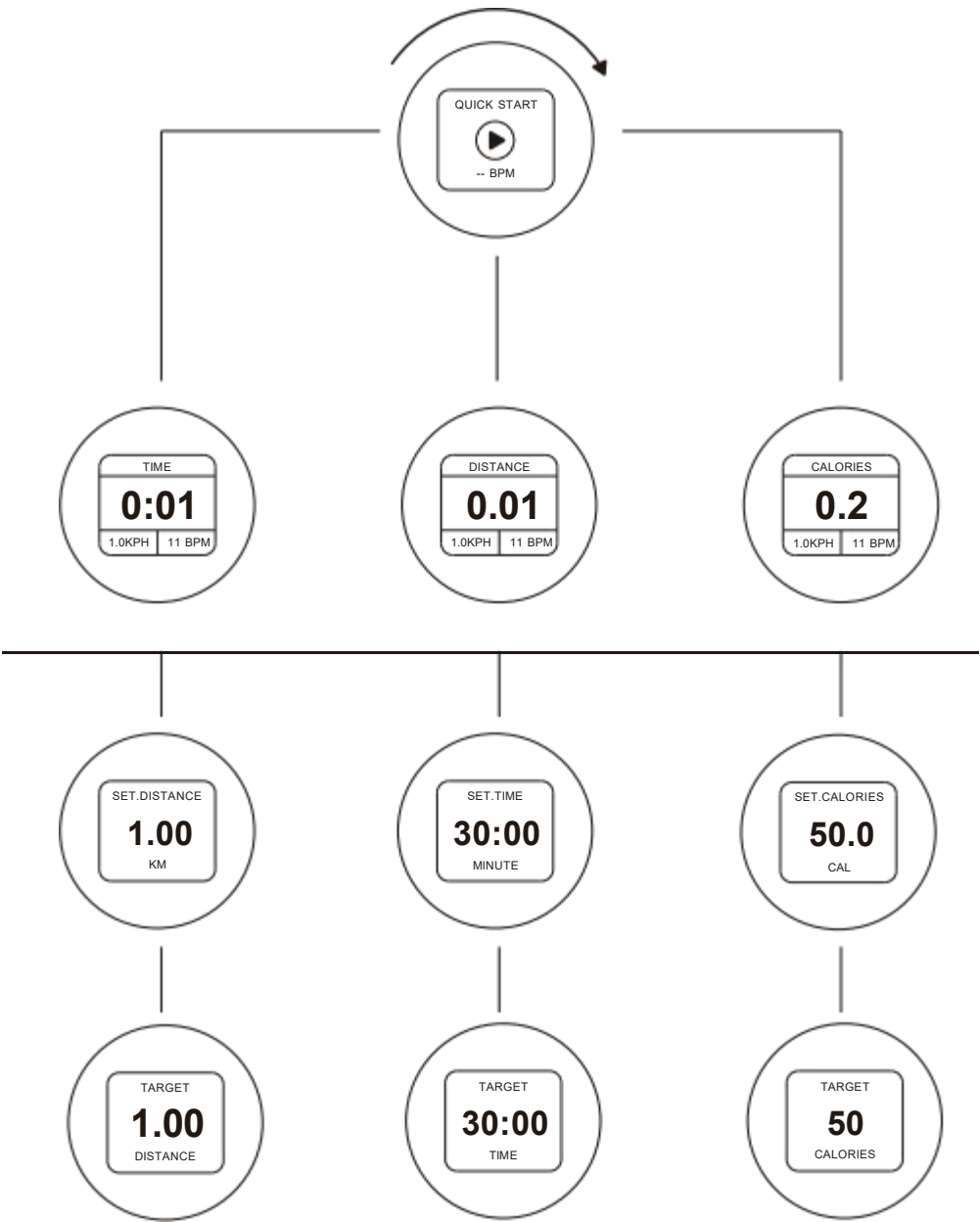
3. CHOOSE ONE OF THE 20 AVAILABLE PROGRAMS: by turning the ENCODER you will see the PROG menu displayed. You can focus on this item and at that point, turning the ENCODER again, choose the one you prefer from the 20 preset programs. The programs will appear in progressive sequence from the smallest 1 to the largest 20.



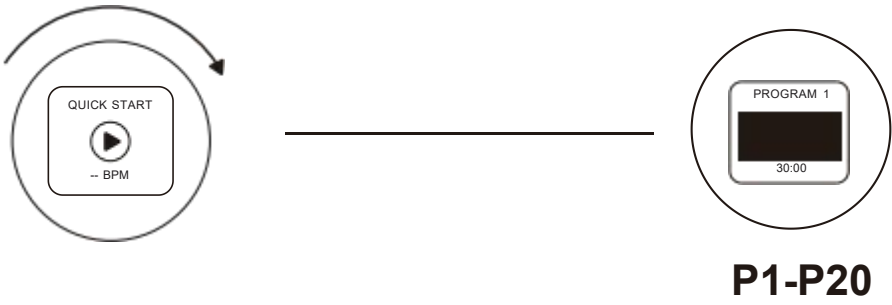
MANUAL MODE



TARGET MODE



PROGRMAS MODE



QUICK START- START/ STOP: After connected with Sportstech APP and start the workout. "QUICK START" displayed on the dial, short press the center to start: the LED screen will count down for 3 seconds, "3-2-1", then the belt will start moving. The walking belt begins to run at an initial speed of 1.00 km /h. You can increase or decrease your running speed by turning the ENCODER clockwise or counterclockwise during your workout. Before running, you can choose the training mode, based on the training target you want to reach, or by selecting one of the 20 programs.

SPEED: Displays the current running speed, which can display, from a minimum of 1.0 KPH to a maximum of 20.0 KPH.

CALORIES: The display / countdown shows the total calories burned during exercise, it can display a range of calories between 10 and 995.

SLEEP: In the not running state and in the SAFE state (ie. when the safety key /magnet is NOT inserted), if no button or heart rate is used for more than 4 minutes, the product will go into sleep mode also called SLEEP - sleepy, The digital values will not be displayed and the color screen will show SLEEP (the display brightness is darker than usual). In the SLEEP suspension state, press the button (ON / OFF, plus or minus) take out the safety key or detect heart rate and return to the initial standby state.

INCLINE: Displays the incline level from the minimum 0-level to the maximum 15-level.

DISTANCE: Before running, the ENCODER can be rotated to select the mode. Press the ENCODER briefly to count down the distance shift mode. It can be set to 0.50-65.0km, and each addition and subtraction is 0.1km.

PROGRAM: Before running, you can rotate the ENCODER to select the mode. short press the ENCODER to execute the moving mode of the automatic program, the mode can be selected by P1-P20, long press the ENCODER to set the run time under the current automatic schedule, and the time can be set to 5: 00-99: 00, plus or minus 1:00 each time.

PULSE: Displays the current heart rate in beats per minute (BPM) To activate, press and hold the hand pulse. The value will appear after 2-5 seconds. For the most accurate reading, hold the heart rate monitor with both hands.

TIME: Displays the elapsed training time in minutes and seconds. Increments every second from 0:00 to 99:59 in the default time mode. The default time in automatic program P1-P20 is 30:00 and the time can be set manually. You can also preset a target time in STOP mode before training. To set the TIME, press and hold the ENCODER until you enter the TIME mode and rotate the ENCODER to add or subtract the time. Each increment is 1 minute. The preset target time range is from 5:00 to 99:00 minutes. After the preset target time, press the "Start" button on the computer to start the workout. When the preset target time counts down to 0:00, the computer will beep to remind you and the treadmill will stop automatically.

CALORIES: Before running, you can rotate the ENCODER to select the mode. short press the ENCODER to count down the calorie exercise mode. the initial value is 50 /cal, long press the ENCODER to set 10--995/ cal, and each addition or subtraction is 1/cal.

VALUES DISPLAY

TIME: Display / countdown to show the elapsed training time in minutes and seconds the time interval can be displayed up to 99:59, then it resets and resumes counting from zero.

DISTANCE: Display / countdown shows the accumulated distance during exercise, the distance range that can be displayed is up to 65.0 km.

PROGRAM: Displays the automatic run program during exercise and the preset program displays P1-P20.

PULSE: Displays the current heart rate in heart rate units (BPM) after holding the sensor during exercise.

DISPLAY FUNCTIONS:

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

You may also pre-set target time in STOP mode before training. To set TIME press the MODE button on the computer console until you see the split window of TIME begin blinking. Press the SPEED + or SPEED - button on the computer console to change the setting. The pre-set target time range is from 5:00 to 99:00 minutes. Once you pre-set target time, press the START button on the computer to begin exercising.

SPEED: Displays the current speed from the minimum 1.0 KPH to the maximum 20.0 KPH .

DIS (DISTANCE): Displays the accumulative distance traveled during workout.

You may also pre-set target distance in STOP mode before training. To set DIS (DISTANCE) press the MODE button on the computer console until you see the split window of DIS (DISTANCE) begin blinking. Press the SPEED + or SPEED - button on the computer console to change the setting. The pre-set target distance range is from 1.00 to 65.0 km. Once you pre-set target distance, press the START button on the computer to begin exercising.

CAL (CALORIES): Displays the total calories burned during your workout.

You may also pre-set target calories in STOP mode before training. To set CAL (CALORIES) press the MODE button on the computer console until you see the split window of CAL (CALORIES) begin blinking. Press the SPEED + or SPEED - button on the computer console to change the setting. The pre-set target calories range is from 10 to 995 calories. Once you pre-set target calories, press the START button on the computer to begin exercising.



Turn on Bluetooth capability on your device and make it discoverable, choose the shown device "BTMP3" to pair it. Once the device is paired you can start using the application on your device to play, pause and adjust the volume, etc.

TRAINING IN PRE-SET PROGRAM MODE:

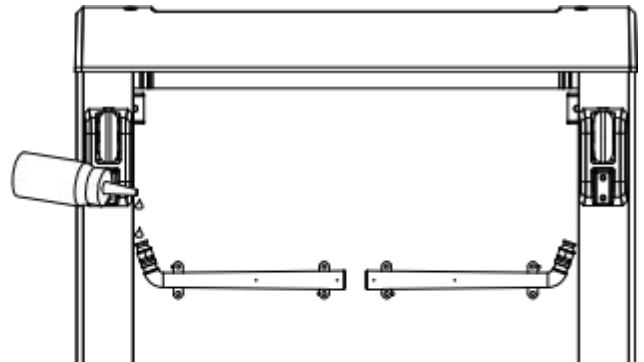
Group	Program		Time Segment																			
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Walk	P01 Erwärmung	Speed	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
		Incline	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	P02 Berganstieg	Speed	2	2	2	3	3	2	3	3	4	4	2	3	3	3	2	2	2	3	2	2
		Incline	0	4	4	6	6	8	8	10	10	12	12	15	15	10	10	6	6	0	0	0
	P03 Berg und Tal 1	Speed	2	2	3	3	4	4	3	3	4	4	5	5	3	3	3	4	3	3	2	2
		Incline	0	4	4	10	10	10	15	15	15	3	3	3	3	8	8	0	0	0	0	0
	P04 Berg und Tal 2	Speed	2	2	2	3	3	4	4	3	3	4	4	4	3	2	2	2	3	3	2	2
		Incline	0	5	7	5	5	3	3	3	3	0	0	0	0	5	7	7	5	3	3	0
Run	P05 Tallauf	Speed	6	6	6	6	8	6	10	8	6	8	10	6	8	8	8	6	6	6	4	4
		Incline	0	5	7	7	4	4	4	4	4	4	4	4	4	2	2	2	2	2	2	0
	P06 Jogging	Speed	6	6	6	10	10	10	8	8	12	12	6	6	10	10	8	8	10	8	6	4
		Incline	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	P07 Hügel	Speed	4	4	6	8	8	6	8	10	6	10	12	12	12	8	8	10	8	8	6	4
		Incline	0	0	12	0	8	5	8	4	12	4	0	0	0	5	8	4	4	0	0	0
	P08 Treppenlauf	Speed	8	8	8	8	10	10	10	10	8	8	8	8	10	10	10	10	8	8	8	8
		Incline	0	0	6	6	0	0	6	6	0	0	6	6	0	0	6	6	0	0	6	6
	P09 Bergrennen	Speed	6	6	6	8	8	6	6	6	6	8	8	6	6	6	8	8	7	6	5	4
		Incline	0	12	12	6	6	12	12	12	12	6	6	12	12	12	6	6	6	0	0	0
	P10 Crosslauf	Speed	6	6	12	12	12	14	14	14	10	7	10	10	12	12	10	10	8	16	6	4
		Incline	0	3	3	2	2	2	0	0	6	12	8	8	1	1	4	3	4	1	1	1
	P11 Crosslauf 2	Speed	4	4	10	10	10	12	12	12	8	5	8	8	10	10	8	8	6	6	10	10
		Incline	0	3	3	2	2	2	0	0	8	15	8	8	1	1	4	3	2	1	1	1
	P12 Querfeldein	Speed	6	6	6	12	14	14	16	10	10	8	6	6	6	10	14	16	12	10	6	6
		Incline	0	3	3	2	3	3	2	4	4	4	5	5	4	3	2	2	4	2	1	0
	P13 Wettkampf	Speed	6	10	10	12	14	14	10	14	14	16	16	10	18	10	10	12	14	14	10	6
		Incline	2	2	2	1	1	1	1	1	1	1	2	3	1	2	2	1	1	1	1	1
Interval	P14 Interval 1	Speed	3	4	6	7	5	5	7	7	5	5	7	7	5	5	6	6	4	4	4	3
		Incline	0	8	10	0	8	10	0	0	8	10	0	0	8	10	0	0	0	0	0	0
	P15 Interval 2	Speed	2	4	5	6	2	4	5	7	2	4	5	7	2	4	5	6	2	4	5	2
		Incline	0	8	8	8	0	10	10	10	0	10	10	10	0	15	15	10	0	0	0	0
	P16 Interval 3	Speed	3	3	3	4	5	5	6	6	7	7	6	5	5	4	3	3	3	3	2	2
		Incline	0	4	8	12	8	4	0	4	8	12	8	4	0	4	8	12	8	4	0	0
	P17 (fixed 20 min) HIIT (Beginners)	Speed	4	4	4	6	6	14	6	14	6	14	6	14	6	14	6	14	6	14	6	4
		Incline	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	P18 HIIT (intermediate)	Speed	4	4	4	6	6	16	6	16	6	16	6	16	6	16	6	16	6	16	6	4
		Incline	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
P19 (20 min) HIIT (pro)	Speed	6	6	6	8	8	14	8	18	8	14	8	18	8	14	8	18	8	14	8	6	
	Incline	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
P20 (20 min) Pyramide HIIT	Speed	4	4	4	8	6	10	6	12	6	14	4	16	6	14	6	12	6	10	6	6	
	Incline	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	

REFILLING SILICONE OIL

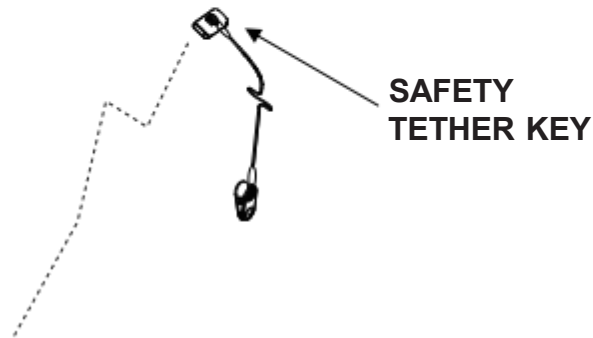
A. Fold in the device as described in chapter 5. On the underside of the running belt frame you find two red openings.

B. Pour a few drops of silicone oil into both openings and wait a few seconds. Wipe off spilled oil, if necessary.

C. If desired, fold down the running belt frame again. The oil cannot flow back so you can use the device without hesitation.



EMERGENCY STOP



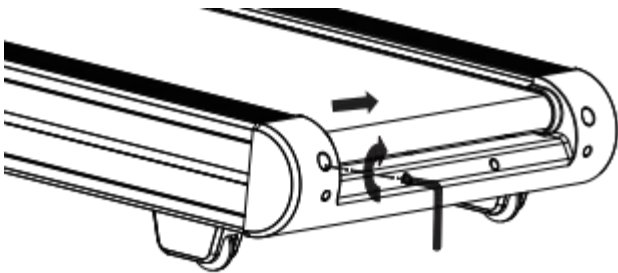
Before beginning a workout session ensure that the Safety Tether Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing. If you fall the clip will pull out the **SAFETY TETHER KEY** from the Computer Console and the running belt will stop immediately for emergency stop, helping to prevent injury.

Replaced the Safety Tether Key onto the Computer Console. Press the START button to begin exercise again.

BELT ADJUSTMENT

The running belt is pre-adjusted to the running deck at the factory, but after prolonged use it can stretch and require readjustment. To adjust the belt, turn on the main power switch of the treadmill and let the belt run at a speed of 4-6 KPH. Use the Allen Wrench provided to turn the rear roller adjustment bolts in order to centre the belt. If the running belt is shifting to the left, turn the left adjustment bolt 1/4 turn clockwise, and the running belt should start to correct itself.

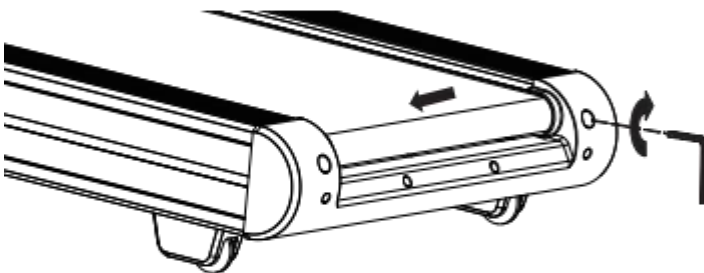
Tool:



Allen Wrench

If the running belt is shifting to the right, then turn the right adjustment bolt 1/4 turn clockwise, and the belt should start to correct itself. Keep turning the adjustment bolts until the running belt is properly centered.

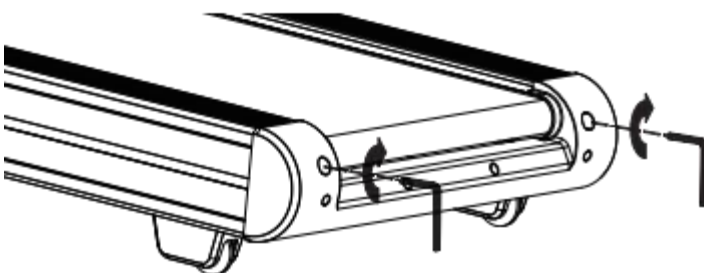
Tool:



Allen Wrench

If the running belt is slipping during use, turn off and unplug the treadmill. Using the Allen Wrench provided, turn both left and right rear roller adjustment bolts 1/4 turn clockwise, then turn the main power switch back on and run the treadmill at a speed of 4-6 KPH. Run on to the running belt to determine if the belt is still slipping. Repeat this procedure until the belt no longer slips.

Tool:



Allen Wrench

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 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 un-plugged from wall outlet.

TROUBLESHOOTING GUIDE

Problem	Potential Causes	Corrections
Treadmill will not start.	1. Treadmill not plugged in. 2. Safety Tether Key is not correctly installed. 3. Circuit breaker in the house has been tripped. 4. Treadmill circuit breaker has been tripped.	1. Plug the power cord into a wall outlet. 2. Reinstall the Safety Tether Key. 3. Reset the circuit breaker, or call an electrician to replace the circuit breaker. 4. 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.

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 minimize 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.

APPLICATION SOFTWARE (APP)

Check if your mobile device confirms the requirements for the application.
The requirements of each application are shown in the Google PlayStore or AppStore.

Please remember to turn on the Bluetooth feature on your device.

Android



Kinomap



iOS



Please remember to turn on the Bluetooth feature on your device.

Android



FITHOME



iOS



Please remember to turn on the Bluetooth feature on your device.



Please understand that we are not able to offer you a complete operation guide of the application inside this manual, as the app will be updated from time to time.

This process can make changes to the operation or the design of the application. Please refer to the instructions inside the specific app download store or contact us.

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.

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 (i.e., dislocation of the power cable due to tripping over it), 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, adjust and maintain the running belt and 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 Contact Details Powertrain Sports - Kmate Pty Ltd
PO Box 133 Braeside Vic 3195
03 9790 0055 warranty@powertrain.com.au

Please check for the latest version of this manual at:
<https://kmate.com.au/V500>

