TREADMILL



Under Desk Walking Pad

Model: TM037

USER MANUAL

***Thank you for selecting our product. To provide a better using experience, please read this manual carefully before operation or maintenance, and SAVE THESE INSTRUCTIONS for future reference.**

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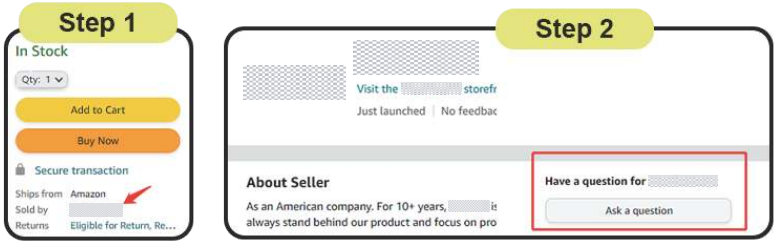
1. Customer Support

HOW TO CONTACT US?

3 WAYS TO CONTACT US BEFORE/AFTER ORDER

24/7/365 Online Service, response within 24 hours

OPTION 1:
Find the Seller Profile -- have a question for seller, ask a question -- an item for sale -- Product details



OPTION 2:
Please follow the Warranty Card Instruction to activate your warranty, and find online support there.

OPTION 3:
For technical support, the user manual and other information, you can also contact us via support@fit365.community
Forum: fit365.community

Scan the QR code to contact support@fit365.community

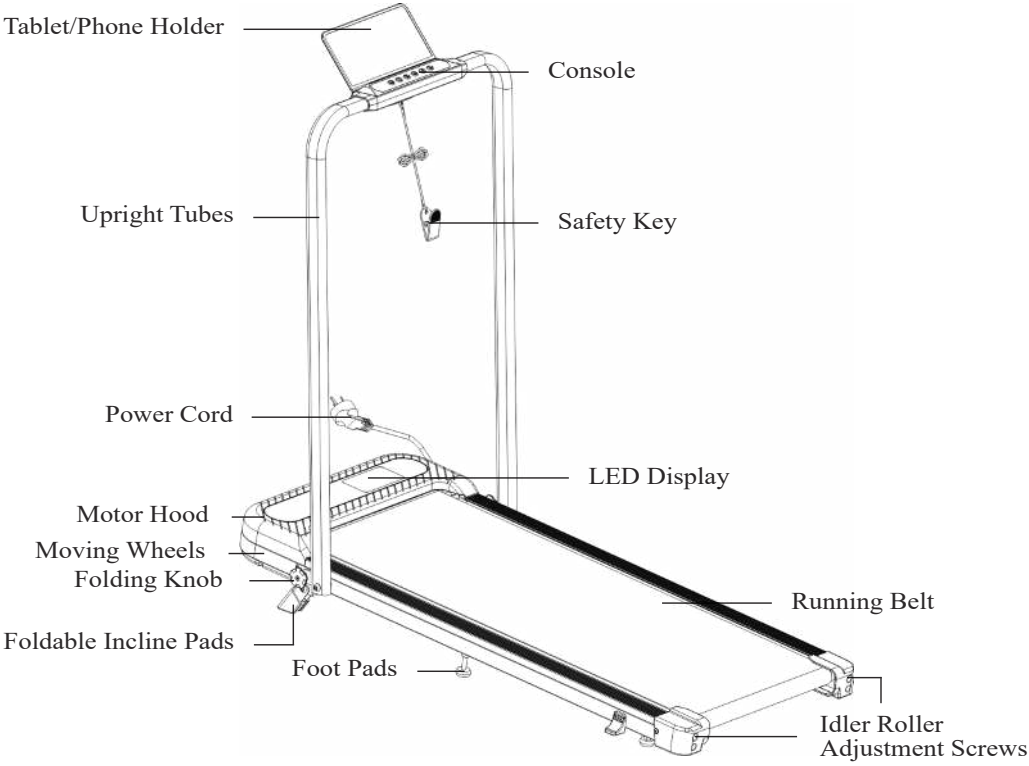
2. Important Precautions

WARNING: To reduce the risk of burns, fire, electric shock, or injury to people, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. Seller assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

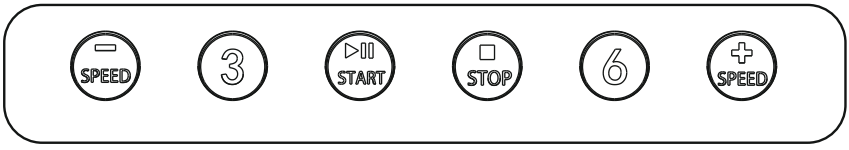
1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
3. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
4. During running, it's recommended to wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals to avoid injury.
5. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
6. Read, understand, and test the emergency stop procedure before using the treadmill.
7. Never leave the treadmill unattended while it is running. Always press the power switch to the off position, and unplug the power cord when the treadmill is not in use.
8. Add lubricant every 3-4 months. Add 4-5ml each time.
9. For safety, unplug when not in use; during maintenance, unplug. If malfunctioning, stop using, unplug, and get professional inspection. Unplug during power outage to avoid accidents. Hold plug, not wire, when disconnecting to prevent short circuits or hazards.
10. Treadmills are made by fusing the belt together, which creates a seam. The seam is made when the belt is heated up, and all belts are tested to make sure they' re good quality. This way of making treadmill belts is the standard in the industry, so you can trust that they' re strong and will last a long time.

3. Product Introduction

3.1 Product Diagram



Function Keys



1. STOP: this button is to stop the treadmill, press to stop it and all data will be deleted and reset to the initial setting.

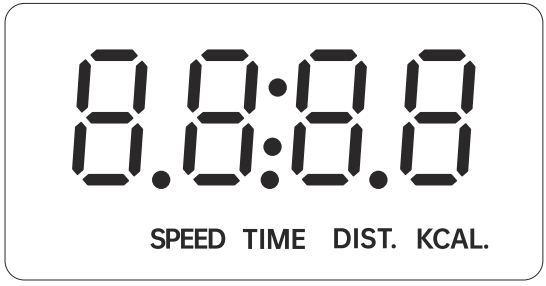
2. START/PAUSE: To start the machine, insert the magnet end of the safety key into the computer console and then press this button. This machine requires the Safety Key in order to start. 0.6 mph is the default start speed.

When in use, this button has functions of PAUSE and CONTINUE. Press this button once to PAUSE your workout and the current workout data will still be shown. Press again to back to workout schedule. Start speed is 0.6mph.

3. SPEED +/- BUTTONS: Press the +/- buttons to increase or decrease the speed in increments of 0.2 mph. Pressing and holding either of each buttons for a duration of over 0.5 second will increase or decrease the speed continually.

4. 3/6 QUICK SPEED BUTTONS : these buttons are preset to 3 or 6 mph speeds for convenience.

3.2 Console Diagram



Window Display

During operation, the display window will switch for every 5 seconds between the "SPEED", "TIME", "DIST" and "KCAL" data.

The information displayed on each window is as follows:

1. Speed: You can walk, jog and do light cardio running on this treadmill, it works as a walking pad when folded.

2. Elapsed Time: range from 0:00 to 99：59 (mins : sec)

Display starts at 0:00, minutes: seconds.

When time elapses reaches 99:59 , the machine will continue running. It will start counting again from 0:00, and all the data will be automatically accumulated in the WELLFIT App.

3. Distance: Displays the distance traveled 0.0-99.99 Miles.

When the data reaches max, it will start counting again from 0.00, and all the data will be automatically accumulated in the WELLFIT App. The machine will continue running.

4. Calories: the display is 0~9999 kcal

When data reaches the maximum, the machine will continue running. It will start counting again from 0, and all the data will be automatically accumulated in the WELLFIT App.

3.3 Package Contents

Description	Qty.	Description	Qty.
Treadmill Body	1	Lubricant	1
Remote Control	1	5mm Allen Wrench	1
User Manual	1	Tablet/Phone Holder	1
Safety Key	1	Folding Knobs	2

3.4 Specifications

Power Supply	AC 110-120V, 60Hz
Controlling Mode	Console\Remote\App Control

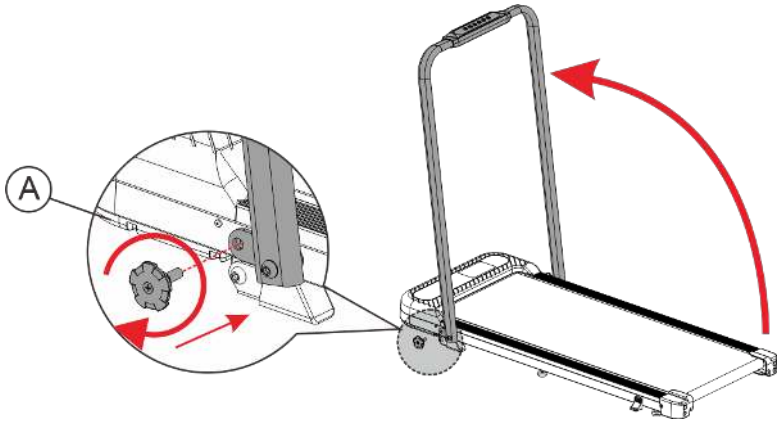
4. Assembly Instructions

4.1 Product Assembly

To unfold the "folding handle", follow the steps in the diagram

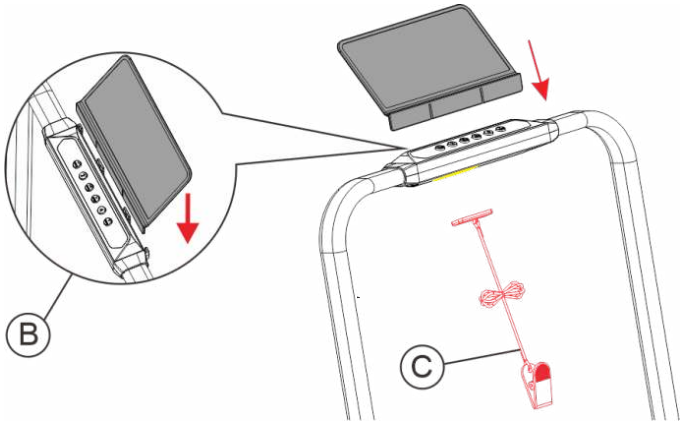
Lift the upright tube upwards until it reaches the upper limit position.

As shown in Step [A], Tight the left and right "folding knobs" clockwise to securely lock the upright tube in place.



2. As shown in Step [B], insert the tablet/phone holder into the top of the console.

Attach the safety key [C] to the yellow magnetic area under the console.When using the treadmill, clip the other end of the safety key to the edge of your clothing to ensure safety.

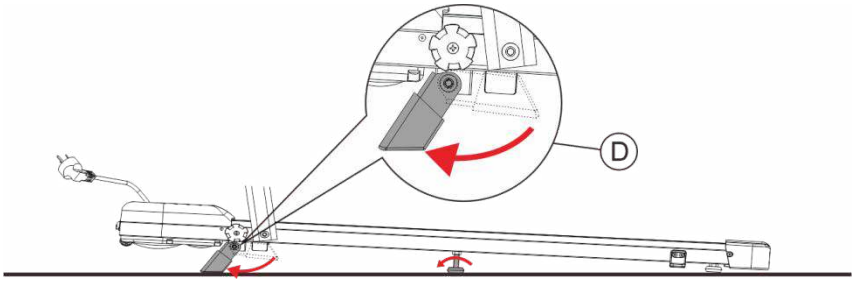


4.2 Adjusting the Incline

Turn the "Foldable lncline Pads" [Step.D] in the indicated direction until it reaches the stopper.

Unscrew the middle footpad until it reach the ground to offer extra support.

Note: Keep the middle footpad flat on the ground. Repeat on the other side.

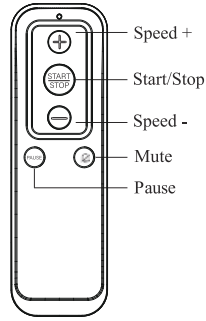


4.3 The Remote Control Setup

Important: Before using the remote control, please insert the included batteries (model: AAA， qty.2) into the battery compartment of the remote.

How to pair the remote control?

1. Hold the STRAT/STOP button.
2. Turn on the treadmill.
3. A beep will confirm pairing, and a 3-2-1 countdown will appear on the treadmill's display.



Function Key

Start/Stop Button: While in standby mode, you can start the treadmill by pressing the "Start/Stop" button. During your workout, press the same button will pause the treadmill and reset the display to 0.





Speed+/-Buttons: Press the +/- buttons to increase or decrease the speed in increments of 0.2 mph. Pressing and holding either of each button for 0.5 seconds, speed will continue increase or decrease until this button is released.

Pause Button: Press it to Pause the workout, data keeps until you press "Start"to back to workout.

Mute Button: The system defaults to the buzzer being in the on state.

Press and hold the button on the LED Display on/off to indicate the current status.

Remote Controller Operation Guide:

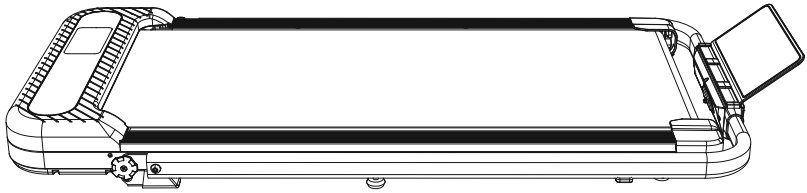
If the remote controller is unresponsive, check the battery level and replace it if low. If the issue persists even after replacing the battery and pairing, please contact seller to replace the remote controller.

Battery type: AAA*2

4.4 Treadmill Mode Select

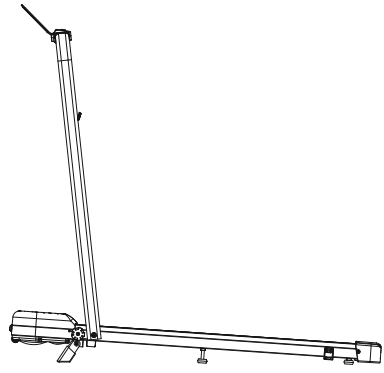
Walking Mode: If you start the treadmill before unfolding the handlebars, the treadmill will enter Walking Mode. In this mode:

1. The maximum speed is limited to 3.8 mph (6 km/h).
2. The console buttons on the handlebars are not backlit and cannot be used to control the treadmill.



Running Mode: When the handlebar is unfolded and the treadmill is started, the treadmill switches to Running Mode. In this mode, speeds over 3.8 mph (6 km/h) are possible, and added balance support is provided by the handrail. In this mode:

The console buttons on the handlebar are illuminated and fully functional.



Important Note: Pressing "Pause" and folding/unfolding the handlebar will keep the treadmill in Original Mode. To switch modes, stop the treadmill first, then fold the handlebar.

4.5 The Smart App Setup

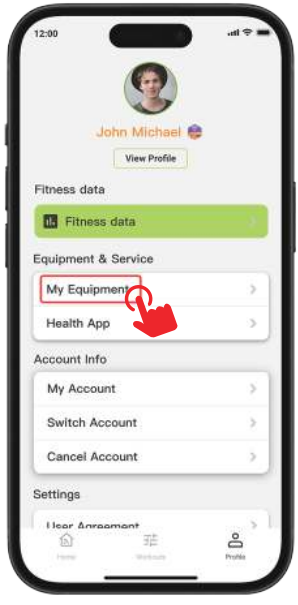
Step 1: Scan the QR code to download "WELLFIT FITNESS" App, you can also search "WELLFIT FITNESS" from Download on the App Store or GET IT ON Google play to download the App

or

Step 2: Run the "WELLFIT FITNESS" App, tap "Register" to register a "WELLFIT FITNESS" account with your email or login with Google account. Then sign in.

Step 3: Turn on your mobile phone Bluetooth and Location enable your treadmill to be found.

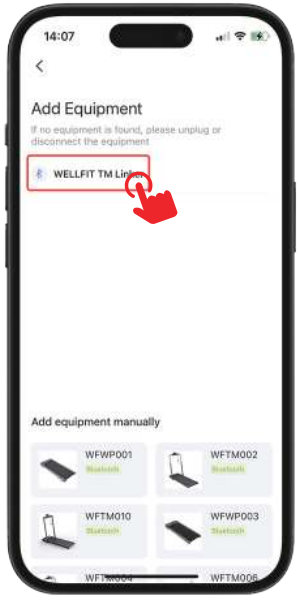
Follow the steps as below pics shown. (APP Bluetooth Name:WELLFIT TM Linker)



Step 1



Step 2



Step 3



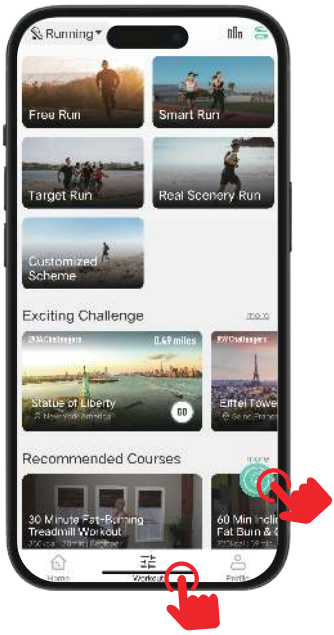
Step 4

5. WELLFIT Health & Fitness App

Explore more functions and wonder how to use below functions in detail, please kindly contact us via support@fit365.community or our forum: fit365.community, so that we can offer video guide.

5.1 Online Remote Control

Activate the online remote control on your APP by clicking the remote icon.(If your remote is defective or at low power, you can also control your treadmill by this way before you fix the remote issue)



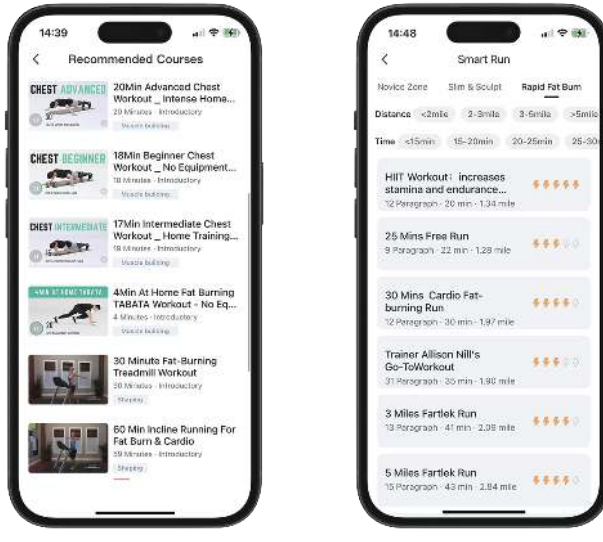


5.2 Smart Voice Control

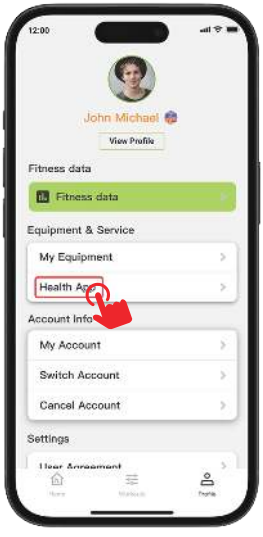
AI fitness AI smart voice fitness assistant that understands you better.



5.3 Free Running Training Courses and Programs



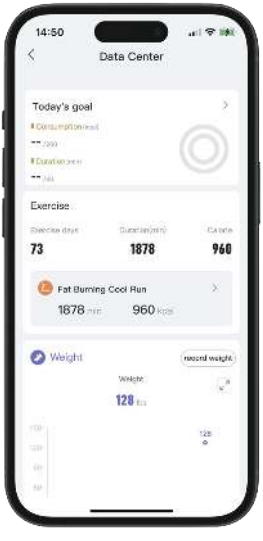
5.4 Apple Health Fitness



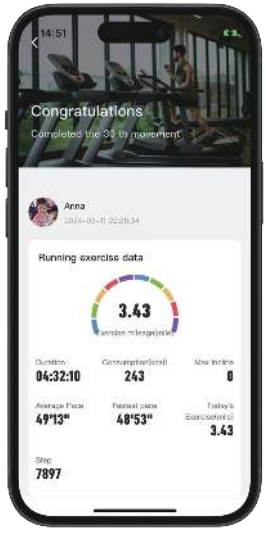




5.5 Workout Statistic Track and Analyse







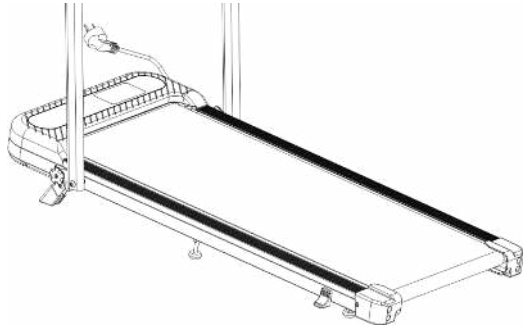
6. Exercise Instructions

GETTING STARTED:

Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising immediately if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, light headache, dizziness, or feelings of nausea.

Get to know your treadmill. Before attempting to use the treadmill take some time to stand alongside and familiarize yourself with the controls.

1. No matter how fast you walk, it's the best to stretch first. Warm muscles stretch more easily, so take 5-10 mins to warm up. Do it again after the exercise.
2. Once you get on, you can stand with your feet on the side rails and stabilize yourself.
3. Press the START button on the remote control or app page to start the machine.
4. The machine will start at the system default setting speed of 0.6 MPH. when you feel comfortable, you may slowly increase this speed.



Before Use: Plug in the power cord, turn on the switch, and the treadmill enters standby mode.

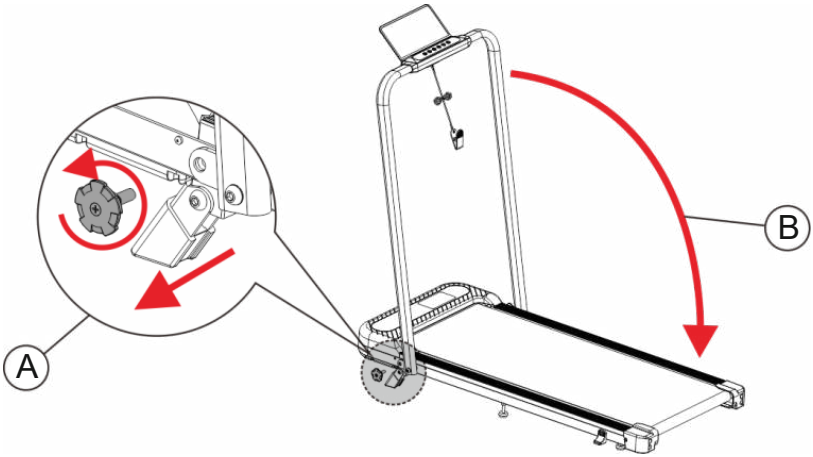
After Use: When you finish your exercise, switch off the walking pad and unplug the power cord.

7. How to Fold & Move the Treadmill

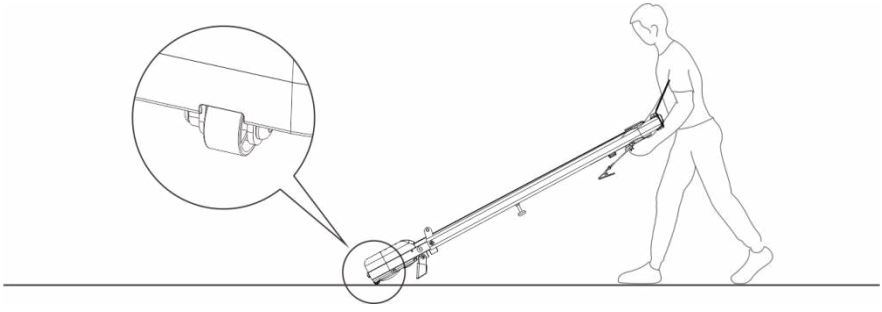
To fold the device, follow Step A: Twist the "folding knob" to loosen the upright tube. As you do this, the lower end of the upright tube will naturally expand to both sides.

Next, proceed to Step B: Gently lower the upright tube towards the rear until it reaches the limit position.

Finally, twist the "folding knob" back to secure the upright tube in place.



To move the treadmill, unplug the power cord, fold and hold the frame until the wheels are able to move on the ground.



8. Maintenance & Care

General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes does not wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth.

> To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.

> The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.

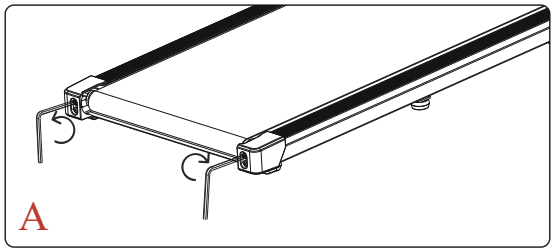
8.1 Centering The Running Belt

Place the treadmill on level ground and set it at 2.0-3.6 mph to check if the Running Belt drifts. Before and after installation, all treadmills need to undergo belt alignment. However, over time, the treadmill may still experience belt deviation. The possible causes for this phenomenon are as follows:

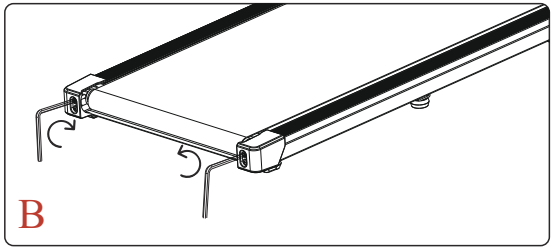
1. Uneven placement of the main unit.
2. User's feet not centered on the treadmill while exercising.
3. Uneven distribution of force applied by the user's feet.

If the belt deviation is caused by user error, it can be resolved by running the treadmill without any load for a few minutes. If the issue persists and cannot be automatically corrected, please use the provided Allen Wrench to adjust the belt alignment gradually as following.

1. If the Running Belt moves to the right, turn the adjusting bolt on the right side 1/4 turn clockwise, then turn the left adjustment bolt 1/4 turn counter-clockwise. If the belt does not move, keep adjusting 1/4 turn at a time until it centers. Refer to picA.



2. If the Running Belt moves to the left, turn the adjusting bolts on the left side 1/4 of a turn clockwise, then turn the right adjustment bolt 1/4 turn counter-clockwise. If the belt does not move, keep adjusting 1/4 turn at a time until it centers. Refer to pic B

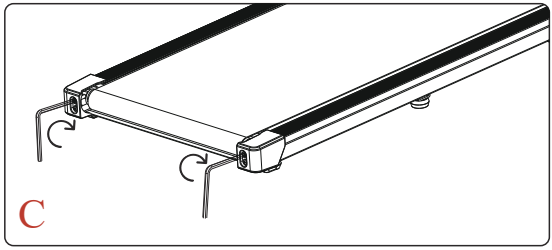


8.2 Tighten the Running Belt

The most suitable tightness for the belts is pulled out 0.2-0.3 inch (two fingers height) from the Running Board.

> A loose Running Belt will result in the runner sliding off when running, while too tight of a Running Belt will result in decrease to the motors performance and also create more friction between the roller and running belts.

Over time the Running Belt will be loose. To tighten the belt turn the Left & Right side adjustment bolts one full turn clockwise, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to pic C



8.3 Running Belts & Treadmill Lubricant

NOTE: You will need to lubricate your treadmill before the first use.

Lubricating the running board and running belt is essential as the friction between the two affects the lifespan and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly. If you find any wear on the Running Board, please contact us at:

support@fit365.community

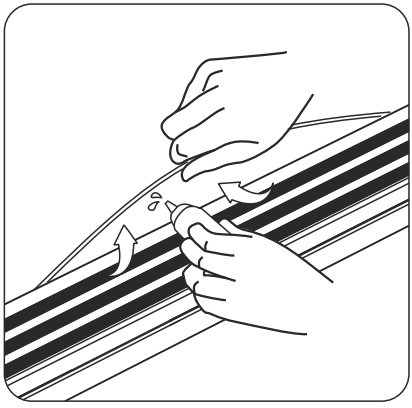
or our forum: fit365.community

Lubrication Check: To determine if lubrication is needed, simply grab the treadmill belt and place your hand to the center of the backside of the belt. If your hand feels slightly damp or has a silicone residue, it means no additional lubrication is required. However, if the belt feels dry and there is no residue on your hand, lubrication is needed.

Note: Excessive lubrication is not recommended.

Suggestion:

The following time table is recommended	
Light user (less than 3 hours/ week)	every 6 months
Medium user (3-5 hours/week)	every 3 months
Heavy user (more than 5 hours/ week)	every 2 months



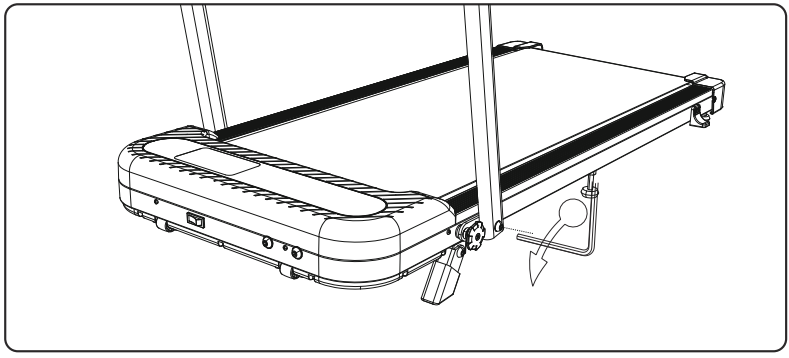
Lubricant Steps:

1. Turn off the treadmill.
2. Lift a small section of the belt and apply methyl silicone oil 5-10ml on the inner side, towards the center.
3. Set the treadmill to a speed of 0.6 mph and run it smoothly. Lightly step on the belt from left to right for a few minutes to ensure even distribution and absorption of the oil.

8.4 Adjust the Tension of the Folding Handlebar

The machine comes with a pre-adjusted tension that should be suitable for most users. However, if needed, you can make slight adjustments based on your personal preference and wrist strength. Be careful not to loosen it too much, as this can cause shaking between the upright tube and the main body.

As shown in the picture, insert the hex key to the screw next to the folding knob and adjust the the tension according to your preference.



9. Troubleshooting

ERROR CODE	POSSIBLE CAUSE	SOLUTION
E01	Communication failure between controller and display	Check if the communication cable between the controller and the display is loose or disconnected
E02	1.Motor wire is loose or disconnected 2. Motor carbon brushes are worn out or not making contact 3.Controller failure	Check if the motor wire is loose or disconnected.If yes,reconnect. Check if the motor carbon brushes are worn or floating and not making contact. If the motor is normal, the controller may be faulty.
E05	Overload protection	The load is too heavy or current exceeds the limit.Turn off power and restart.
E07	Safety key not in place	Check if the safety key is properly inserted. If not, insert the safety key correctly.
E08	Communication failure between upper and lower control boards	Check if the communication cable between upper and lower control boards is loose or disconnected.
Display Error	External interference	Turn off the power switch, wait 1 minute, then turn it back on.

NOTE: If you are unable to resolve an issue using the troubleshooting guide above, please contact Customer Service at support@fit365.community or our forum: fit365.community

FCC STATEMENT

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. To maintain compliance with FCC RF exposure compliance requirements, please follow operation instructions as documented in this manual. This transmitter must not be collocated or operating in conjunction with any other antenna or transmitter. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body. The availability of some specific channels and/or operational frequency bands are country dependent and are firmware programmed at the factory to match the intended destination. The firmware setting is not accessible by the end user.

IC Warning

- English:

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference. including interference that may cause undesired operation ofthe device.

Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser] gain approved for thetransmitter by Industry Canada. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotopically radiated power (e.i.r.p.] is not more than that necessary for successful communication.

10. Treadmill Safety Manual Overview

Important Safety Precautions

Indoor Use Only:
- Use the treadmill exclusively indoors to avoid exposure to moisture and potential electrical hazards.

Wear Appropriate Attire:
- Always wear fitted sports clothing and proper athletic shoes. Avoid loose clothing that might get caught in the machine.

Electrical Safety:
- Plug the treadmill into a properly grounded outlet to reduce the risk of electrical shock. Keep the power cord away from heated surfaces and do not tamper with the cord. The appliance should operate under the correct voltage to avoid danger.

**Keep Children and Pets Away:
- Keep children and pets a safe distance away while the treadmill is in use or moving. Store the treadmill out of reach or in a safe place when not in use. Avoid product falls and personal injury

Weight Capacity:
- Always adhere to the manufacturer's recommended weight limit to ensure safe operation and avoid damage.

Dust and Humidity Control:
- Maintain a clean and dry environment. Excessive dust and humidity can affect the performance and longevity of the treadmill.

**Turn Off After Use:
- Always turn off the Treadmill immediately after use and allow for good airflow to cool the machine.

Consult a Physician:
- If you are experiencing health issues or changes, consult a physician before starting any new exercise routine.

Silicone Oil Safety: Please keep the silicone oil out of the reach of children after use to avoid accidents due to ingestion.

Warnings

- **Secure Clothing**:
  - Always ensure that clothing is secured to prevent it from becoming caught in the treadmill.
- **No Sharing**:
  - Never allow more than one person to use the treadmill at a time. It is designed for individual use only.
- **Power Disconnection**:
  - Always turn off and unplug the treadmill before moving it or performing maintenance.

Health Considerations

Consult a physician before using the Treadmill if you have
- Existing back pain or injury.
- Are pregnant or may become pregnant.
- Conditions such as osteoarthritis, osteoporosis, or heart problems.
- Respiratory or other significant health problems.
- Recent surgery or medical abnormalities.
- People who may feel ill and need to rest.
- People in noticeably poor physical condition.

Exercise Guidelines

- **Stop If Unwell**:
  - If you experience discomfort, dizziness, or unusual symptoms while exercising, stop immediately and rest.
- **Safety First**:
  - Do not jump while on the treadmill. Make sure there is sufficient space behind and around the machine.

Electrical Safety

- Ensure the treadmill is properly grounded. If unsure about the electrical setup, consult a qualified electrician for assistance.

Emergency Procedures

- **Immediate Unplugging**:
  - Unplug the treadmill right away if it malfunctions or displays any irregularities.
- **Power Safety**:
  - Always disconnect the power when the treadmill is not in use to prevent unintended activation.

By following these clear safety guidelines, you can use your treadmill effectively and confidently. If you have any questions or concerns, seek advice from a fitness professional or healthcare provider. Enjoy your workout!

Contact Info

Youtube: **Treadmill Support**

WhatsAPP: **+1(713) 589-0078**

support@fit365.community

Forum: **fit365.community**