

ELECTRIC TREADMILL

HPF®



IMPORTANT!

Read the entire manual carefully before assembly and use.

Regular exercise also gives a large number of health benefits:

- Stronger heart and better condition.
- Less risk of contracting cardiovascular diseases, high blood pressure and diabetes.
- Stronger muscles and increased joint mobility.
- Better balance and coordination.
- Less risk of osteoporosis.
- Lower blood cholesterol levels.
- Weight loss through increased energy expenditure.
- Less risk of type 2 diabetes.
- Less risk of bone fractures from osteoporosis.

Troubleshooting

Problem	Possible cause	Solution
Treadmill not working	Plug is not properly connected to the wall outlet.	Put the plug into the wall outlet.
Treadmill not working	Main power switch is turned off	Turn on main power switch located on front side of motor cover.
Treadmill not working	Wall outlet has no power.	Check that wall outlet has power.
Treadmill not working	Circuit breaker has tripped.	Press in the red reset button on the circuit breaker located on front side of motor cover.
Running belt off-centre and/or making unusual noise.	The running belt settings are affected by our weight, balance and the load distribution. The settings may need adjusting.	Adjust by tightening the screws at the back of the treadmill. See the section titled Regular maintenance on page 11 for more information.
Running belt slips, is too loose.	With time and load the running belt tension is affected. It then needs to be tightened.	Adjust by tightening the screws at the back of the treadmill anti-clockwise on both sides. See page 11.

Product specification

Model name: ELECTRIC TREADMILL
Model nr/art.nr: MT05
Voltage: 220-240 V
Motor strength: 1500 W
Frequency: ~50 Hz
Speed: 0.8-12.0 km/h
Weight: 28 kg (31 kg incl. packaging material)
Dimensions open (LxWxH): 149x64x130 cm
Dimensions folded (LxWxH): 64x60x137 cm
Dimensions running belt (LxW): 109.5x39.5 cm
Box size (LxBxH): 142x27x70.5 cm
Maximum weight: 120 kg
Cord length: 185 cm

Regular maintenance

Cleaning

Make sure that the treadmill and the area around and under it is clean. It is especially important that the running belt, the side rails and also the floor under the belt are kept clean, so no dirt gets between the running belt and the sliding surface or under the motor cover. Dirt and dust can quickly result in increased wear, as well as damaging the machine. Vacuum the running belt and the sides of the belt as needed or at least once a week, the rest can be wiped with a slightly damp cloth (a mild soap solution is ok). To avoid getting water in electrical components, the treadmill should not be cleaned with a wet cloth, swab or mop.

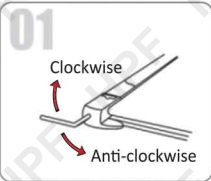
Lubricating with silicone oil: The treadmill comes lubricated when purchased. It should then be lubricated about every 30th time it is used (or once every other month). Turn off the power, lift up the rubber mat on the right side with one hand and spray silicone oil moderately along the whole sliding surface under the mat. Do the same on the left side. Turn on the belt at its lowest speed and walk for roughly three minutes so the silicone oil is evenly spread out.

Adjusting the running belt

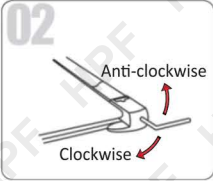
Check that the belt is centred. If it is not, adjust the belt so that it runs freely (see below).

Check that the running belt is correctly centred between the back tail covers every time before using the treadmill. Adjust the belt if needed, normally only a small adjustment is required. Screw half a turn clockwise on the side that the belt is too near to, then test for at least 15 seconds at 4km/h (check and adjust a further quarter or half turn until the belt is centred).

NOTE: the running belt should not be tightened too hard as this can cause noise and damage the machine.



Picture 01: Screwing clockwise moves the mat to the right. Screwing anti-clockwise moves the running belt to the left.



Picture 02: Screwing clockwise moves the mat to the left. Screwing anti-clockwise moves the running belt to the right.

Storage

Remember to store the treadmill in a dry place and not to pile things on top of it.

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Assembly instructions

Open the packaging and take out the treadmill

NOTE. Fold up and **SAVE** packaging in case of future transport or return.

The package should contain the following parts:



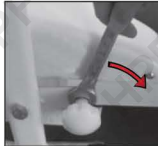
- Treadmill
- Handrail/Control panel
- Locking screw (1)
- Plastic cover (2)
- Allen key (2)
- Safety strap (1)
- M6 mounting screw (1)
- M8 mounting screw (4)
- Fixed wrench for locking screw (1)

How you assemble your treadmill, step by step.

1. Place the treadmill in an upright position. Stand behind the treadmill, use your left hand to pull out the locking pin on the left side in the middle of the treadmill (which secures the treadmill when folded), while at the same time holding the treadmill with the right hand. Use both hands when you open out the base onto the floor (as shown in picture 1).



Picture 1



2. Screw the locking screw into position (found in the accompanying bag) at the front of the belt, on the left side just below the base of the handrail, to secure the treadmill.



3. Mounting the control panel
Align the control panel with the screw hole, screw in place with accompanying M6 screw.

3. Mounting handrail



Mount the handrail on frame leg and tighten screw with accompanying Allen key.



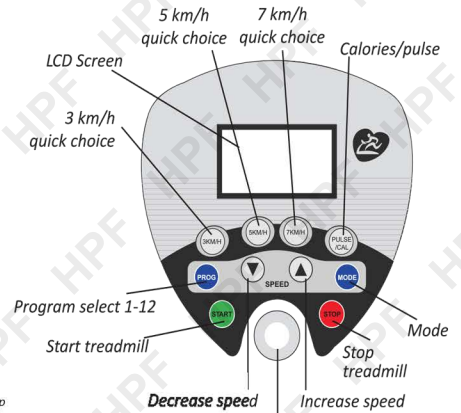
Mount the modular contact in the outlet on the right frame leg.



Fasten the plastic cover over the screws on the handrail.

Main parts of treadmill

CONTROL PANEL PARTS



TREADMILL PARTS



Emergency stop. attach safety strap magnet to control panel and the clip to your clothing.

Pre-set programs

Twelve different pre-set programs can be used, P1 to P12, or you can decide speed and time yourself.

Autoprogram: Press the "PROG" button and select one of the twelve pre-set programs. When you have selected a program, press START.

The autoprogram has a pre-set time of 30 minutes and is divided into 20 segments of 1,5 minutes (each representing 5% of the selected time). If you wish to change the selected time, this can be done through the "▼" or "▲" buttons. (The pre-set time can be changed from 5 minutes up to a maximum of 60 minutes). When you train using the autoprogram, the timer starts on the time you wish to exercise and then counts down to zero.

Autoprogram P1-P12

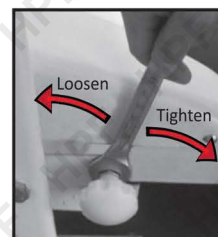
See the 20 pre-set speed segments (km/h) for the respective programs below:

Program	Speed (km/h) per segment																			
P1	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P2	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P3	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P4	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P5	2	4	4	5	6	7	7	5	6	7	8	8	5	4	4	6	5	5	4	2
P6	2	4	3	4	5	4	8	7	5	7	8	3	6	4	4	2	5	4	3	2
P7	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P8	2	3	3	6	7	7	4	6	7	4	4	4	6	7	4	4	4	2	3	2
P9	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	3	4	5	9	5	9	5	5	5	9	9	5	5	5	9	9	8	7	6	3
P12	2	5	8	10	7	7	10	10	7	7	10	10	6	6	7	7	5	5	4	3

Incline of belt/folding away

Changing the belt's incline

1. Loosen the locking screw one turn (see picture 1)
2. Move the pin to desired position (there are three choices)
Top hole (level position), middle hole (3.5% incline), bottom hole (7% incline)
Release the pin by pulling it straight out and secure the pin by pushing it straight in. (see picture 2)
3. Tighten the locking screw. (see picture 1)



Picture 1



Picture 2
Adjust the treadmills incline with the help of the pin on the adjustable feet



Folding away your treadmill.

1. Turn off the treadmill, turn off the main power switch and pull out the plug.
2. Loosen the safety screw
3. Lift up the base, pull out and secure the pin on the left side of the frame.

Note. Store the safety screw in the container for locking screws.

NOTE. Check that the belt is centered. If it is not, adjust the belt so that it runs freely (see section on Regular Maintenance page 11).

Safety information

Read all instructions before use
to minimize any risks.

(Note that this is required for the guarantee to be valid.)

The treadmill should only be connected to a grounded wall outlet!

When using electrical products, especially if children are nearby,
you should follow normal safety procedures which include the following:

- This product should not be used by people with physical conditions that limit the users possibility of reaching the control panel.
- This product should not be used by children under 10 years old.
- People with learning disabilities should be instructed by a supervisor.
- Pregnant women should contact their doctor before using the treadmill.
- The treadmill is only intended for indoor use, in dry areas.
- Do not place the product in water or any other liquid.
- Do not use or have metal objects when on the treadmill, make sure your pockets are empty before use to avoid accidents.
- Keep the product dry and do not use in humid conditions.
- Turn off the main power switch and take out the plug when the treadmill is not in use or when being cleaned or moved.
- If the treadmill is damaged or you think there may be a fault, always contact us.

All service and repairs to this treadmill are to be performed by authorized personnel.

- This product is designed solely for private use.
It is not for professional use.
- When you start, always stand on the side rails.
Only get on the belt when it has started moving.

Warning – to minimize the risk of burns, electric shocks, fire or other personal injury:
never leave the treadmill unattended when it is plugged in . Remove the electrical plug
from the wall when the treadmill is not in use, e.g. to stop unsupervised children from
starting the treadmill. Never remove the electrical plug with damp hands. Pull on the
plug, not on the cord. Make sure the power cord is never crimped, pinched or damaged.

To remember before using the treadmill.

- Adjust the belt if needed with accompanying Allen key, if the belt is off-centre
or making an unusual sound (see section Regular maintenance on page 11).
- Before you turn on the power, make sure that the treadmill is correctly
assembled and placed on a flat surface.
- Do not place the treadmill on a thick textile carpet,
air must be able to circulate under the treadmill.
- Do not wear clothing that is too long as it may get stuck in the treadmill.
Empty your pockets before use.
- We recommend that you wear walking shoes/gym shoes, not shoes with a heel
as these can lead to injury as well as damage to the treadmill.
- To avoid accidents, ensure there are no children or pets in the immediate vicinity.
- Always use the "safety strap" when you exercise on the treadmill.
This is a safety measure that causes the treadmill to stop immediately if its magnets
are separated from each other. The safety strap can be fastened to the lower part of
your top.
- Start at the lowest speed and begin walking, then increase speed successively
until you feel comfortable and the desired speed has been reached.

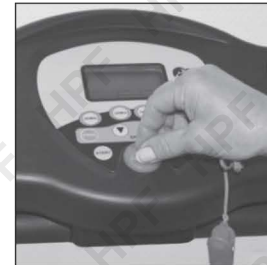
Starting the belt

Activating the treadmill.

Put the electrical plug in a grounded wall outlet and then turn on the power switch on the front right side of the treadmill (see picture 1) . As soon as the power is turned on a short sound is emitted that means the product is in stand-by mode. Attach the safety strap magnet (see picture 2) in the round hole on the front of the control panel. (The display shows "- - -" if you have not attached the safety strap on the front of the display).



Picture 1



Picture 2



THE DISPLAY SHOWS:
SPEED, TIME, DISTANCE AND PULSE.
(To view estimated calorie burn
press PULS/CAL once, press once
to return to pulse view)

When you feel ready and are standing on the treadmill:

Starting the belt

1. Press the start button,
The display counts down and beeps three times.
The belt starts at the lowest speed (0,8km/h),
the pre-set program time is 60 minutes.

Changing speed

There are several ways of changing speed.

1. Increase/decrease speed with the ▼/▲ on the control panel.
2. Increase speed with the +/- button on the handrail.
3. Go straight to 3, 5, 7km/h with the quick choice buttons on the control panel.

Changing program time before starting in manual control mode.

1. Press the Mode button once (the display shows 30 minutes).
2. Select desired program time (total minutes) with the t/s
3. Press the start button, the display counts down and beeps three times. The belt starts at the lowest speed (0,8km/h).
4. Select desired speed.
5. The display counts down from the selected time.

Choosing distance before start in manual control mode.

1. Press the Mode button twice (the display shows 1km)
2. Select distance (total km) with the ▼/▲
3. Press the start button, the display counts down and beeps three times. The belt starts at the lowest speed (0,8km/h).
4. Select desired speed.
5. The display counts down from the selected distance

Using the twelve automatic programs P01-P12

1. Press the PROG button until the desired program is shown in the display.
2. The pre-set time 30 minutes blinks in the display. Use the ▼/▲ to enter the desired time (5-60 minutes).
3. Press the start button. The automatic program starts after a three second countdown.



Some experts believe the incorrect or prolonged use of almost any product could cause serious injury or death. For information that may reduce your risk of serious injury or death consult the points below and additionally, the information available at www.datastreamserver.com/safety

- Consult all documentation, packaging and product labelling before use. Note that some products feature online documentation which should be printed and kept with the product.
- Check product for loose / broken / damaged / missing parts, wear or leaks (if applicable) before each use. Never use a product with loose / broken / damaged / missing parts, wear or leaks (if applicable).
- Products must be inspected and serviced (if applicable) by a qualified specialist every 6 months assuming average residential use by a person of average weight and strength, above average technical aptitude, on a property matching average metropolitan specification. Intended use outside these guidelines could indicate the product is not suitable for intended use or may require more regular inspection or servicing.
- Ensure all possible users of the product have completed an industry recognised training course before being given access to the product.

- The product has been supplied by a general merchandise retailer that may not be familiar with your specific application or your description of the application. Be sure to attain third party approval for your application from a qualified specialist before use regardless of prior assurances by the retailer or its representatives.
- This product is not intended for use where fail-safe operation is required. As with any product (take an automobile, aircraft, computer or ball point pen for example) there is always a small chance of a technical issue that needs to be repaired or may require replacement of the product or a part. If the possibility of such failure and the associated time it takes to rectify could in any situation inconvenience the user, business or employee or could financially affect the user, business or employee then the product is not suitable for your requirements. This product is not for use where incorrect operation or a failure of any kind, including but not limited to a condition requiring product return, replacement, service by a technician or replacement of parts could cause a financial loss, loss of employee time or an inconvenience requiring compensation.
- If this item has been purchased in error considering the points above simply contact the retailer directly for details of their returns policies if required.

