

YOSUDA TM2

Treadmill



YOSUDA

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Please read this manual thoroughly before assembly and use. Keep it for future reference. Your satisfaction is very important to us. For any questions, please contact us at: YOSUDA-EU@outlook.com

SAFETY INSTRUCTIONS

To ensure your safety and avoid accidents, please read the manual carefully before use and pay attention to the following safety matters.

- The treadmill must be placed on flat ground, the treadmill is suitable for placing indoors, avoiding moisture and not splashing water onto the treadmill. Do not place any foreign objects on the treadmill, both sides of the treadmill and the front end should be 3.3 ft and the back end should have 6.6*3.3ft of safe use space, so as to facilitate the emergency jump away.
- When not using the treadmill, put the safety lock out of reach of children, if not used for a long time, please disconnect the power cord.
- Accessories package please put in a place where children can not get, to avoid unnecessary accidents.
- This product is not suitable for people with disabilities, or children, such as physical discomfort or mental deficiencies, and lack of common sense is prohibited, except under the supervision or guidance of a person responsible for their safety. If you do not comply, there may be a risk of injury.
- Do not use the treadmill in a dusty space, and keep a certain humidity in the room to avoid strong static electricity, so as not to interfere with the normal work of the electronic meter and controller.
- Please use the original accessories, private replacement is strictly prohibited.
- Avoid all moving parts with both hands, forbid putting hands and feet in the gap under the running belt.
- Do not put the power cord close to hot or moving objects, do not use the product outdoors, under high humidity and sunlight.
- Unplug the treadmill before moving it. Non-professional personnel must not disassemble the machine without permission, otherwise, serious consequences may occur.
- This product should not be used for a long time, long time use is easy to cause the treadmill electrical overheating and lead to electrical failure.
- Use qualified sockets to avoid bringing danger. If the plug and socket are not compatible, please do not move the plug, ask a professional to handle it.
- The product is suitable for home use, not suitable for professional training and testing, and can not be used for medical purposes.
- Do not use in the shell cracked, broken off state (internal structure exposed) or welding parts cracked state.
- Do not jump up or down on the machine during exercise, which may lead to injury due to a fall.
- Do not use after eating and drinking, fatigue, or poor physical condition, which may lead to damage to health.

SAFETY INSTRUCTIONS

- If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
- Inspect the treadmill for incorrect, worn, or loose components and then correct, replace, or tighten prior to use.

Power Cord Grounding Instructions

- This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.
- This product is equipped with a cord having an equipment-grounding conductor and a grounding plug.
- The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.
- DANGER -Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded.
- Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.
- This product is for use on a nominal 220-230V circuit and has a grounding plug. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

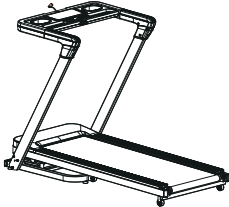
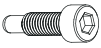
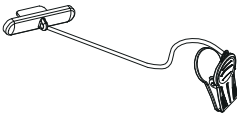
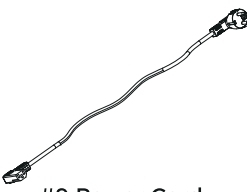
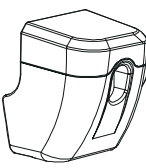
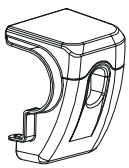
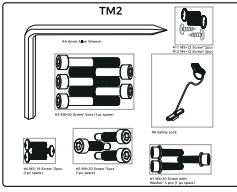
TECHNICAL DETAILS



Product Name	Yosuda Treadmill
Model	TM2
Voltage	220-230V
Running Area	460*1200 mm/18.1*47.2 inch
Speed Range	1.0-14.0 KM/H
Product Dimensions	1450*890*1300 mm/57.1*35.0*51.2 inch
Net Weight	58 kg(127.8 lbs)

PACKAGE CONTENTS

- Please verify that all parts are included before starting assembly.

 #1 Main Frame	 #2L Left Bottom Cover	 #2R Right Bottom Cover
 #3 M8x50 Screw *5pcs (1pc spare)	 #4 M5x18 Screw *3pcs (1pc spare)	 #5 M8x30 Screw *3pcs (1pc spare)
 #6 Display	 #7 M8x30 Screws with Spring Washers *3pcs (1pc spare)	 #8 Safety Lock
 #9 Power Cord	 #10L Left Cover	 #10R Right Cover
 #11 M5x12 Screw *2pcs	 #12 M4x12 Screw *2pcs	 Hardware Pack

ASSEMBLY INSTRUCTIONS

- Place all components in a clear workspace and remove the packaging materials. Keep all packaging until the assembly is fully completed.

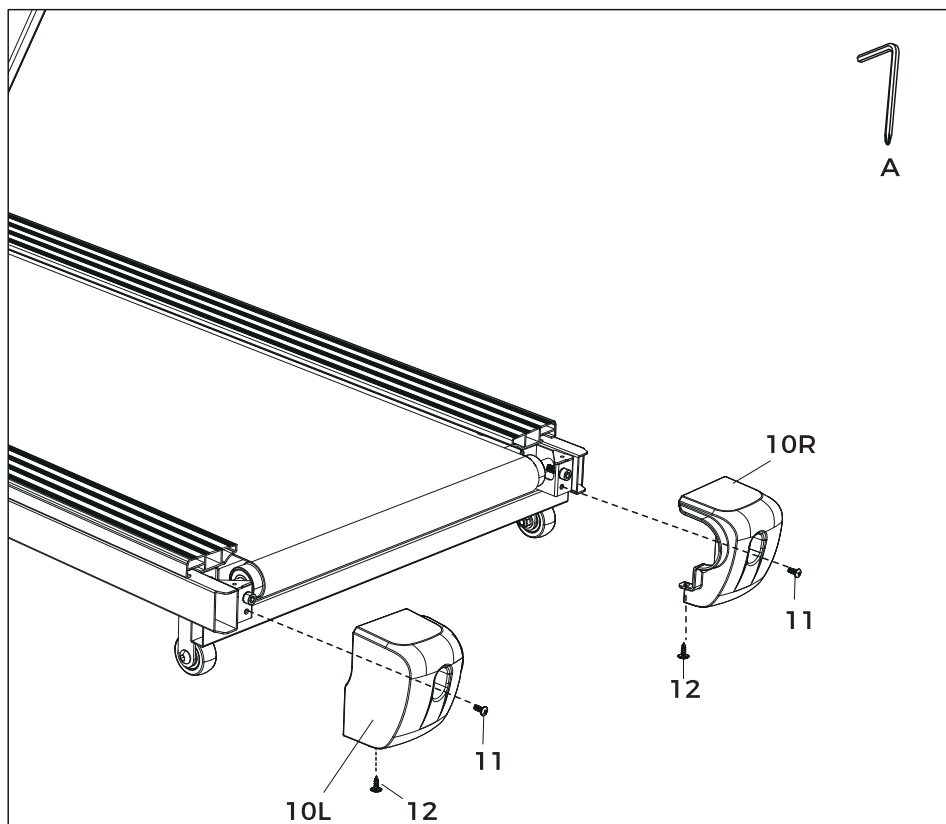
NOTICE:

Make sure every component is properly installed as instructed before tightening any screws. Confirm that no parts are missing prior to connecting the power cord.

This unit is equipped with four adjustable leveling pads. Adjust each pad so that they all rest evenly on the floor. Improper adjustment may cause noise or instability during operation and could lead to possible injury.

STEP 1.

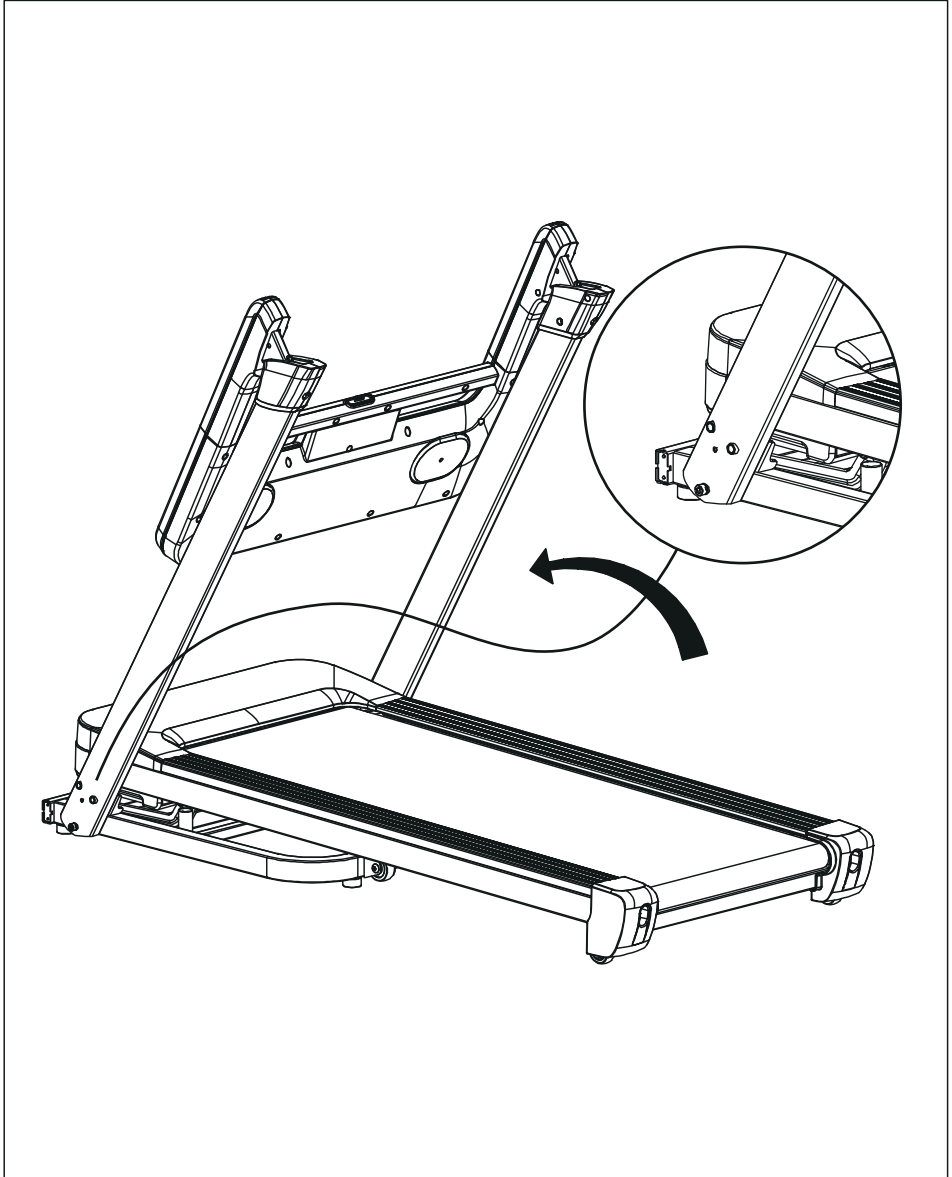
- Take out the Right Cover (#10R). Align the holes and use the Allen Wrench(#A) to fasten and tighten 1pc M5x12 Screw (#11) and 1pc M4x12 Screw (#12). Install the left side in the same way.



ASSEMBLY INSTRUCTIONS

STEP 2.

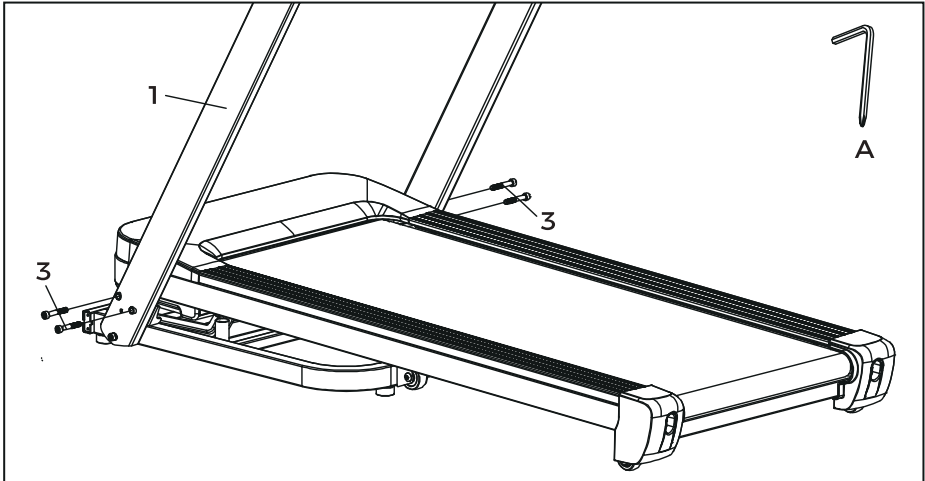
- Lift the upright tube of the treadmill and align it with the mounting holes on the base frame.



ASSEMBLY INSTRUCTIONS

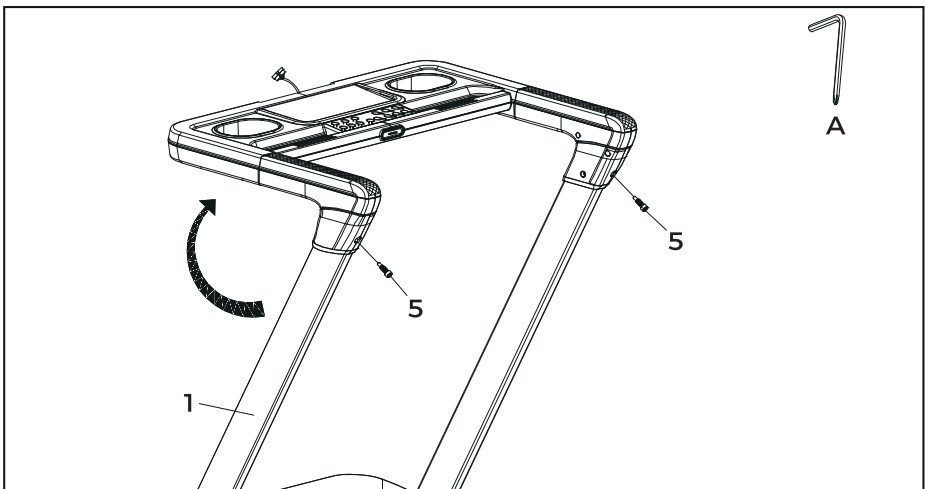
STEP 3.

- Hand-tighten two M8x50 Screws (#3) on each side of the left and right upright tubes (4 screws total).
- Then tighten them with the Allen wrench (#A).



STEP 4.

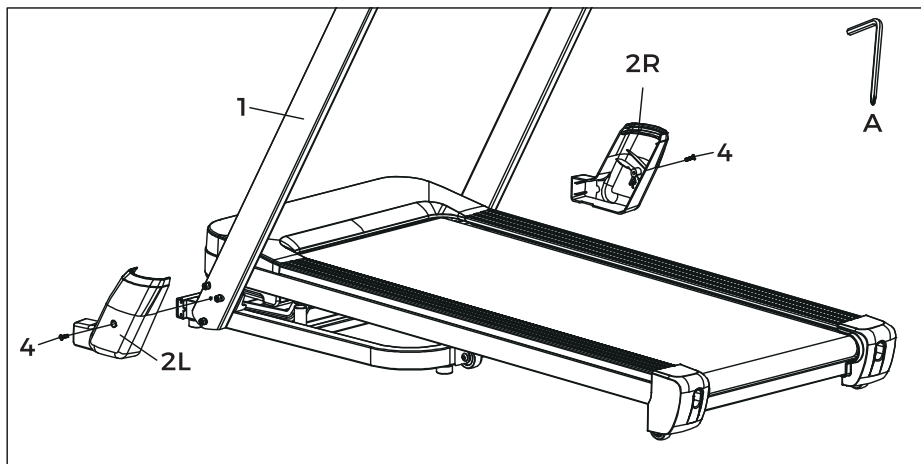
- Lift the treadmill handrail tube assembly to keep it horizontal (parallel to the floor) and aligned with the handlebar support tube.
- Align the two M8*30 Screws (#5) with the holes, then use the Allen Wrench (#A) to fasten and tighten them firmly.



ASSEMBLY INSTRUCTIONS

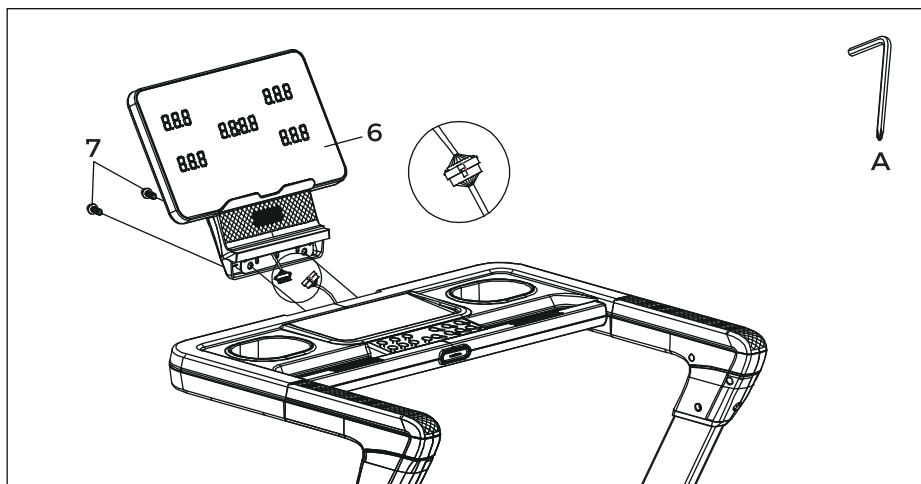
STEP 5.

- Align the Right Bottom Cover labeled "R" (#2R) with the holes, then use the Allen Wrench (#A) to securely fasten it with one M5x18 Screw (#4).
- Repeat the same procedure for the left side.



STEP 6.

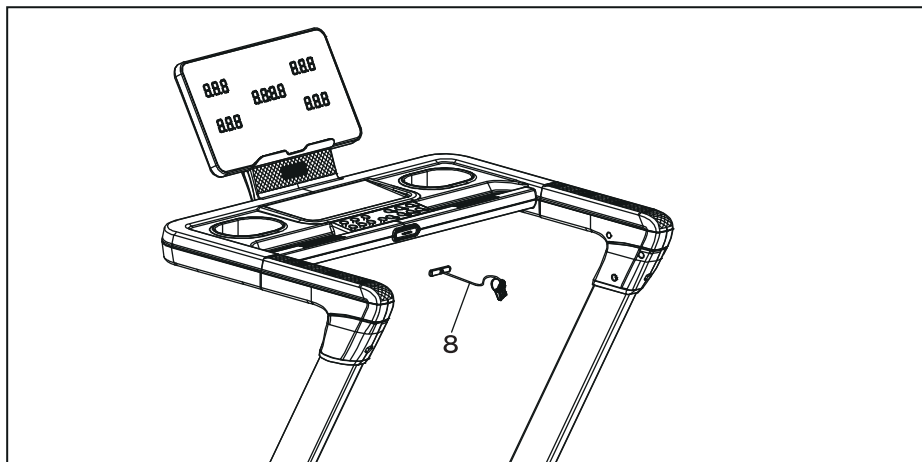
- Connect the Display (#6) to the Power Sensor Cable, ensuring the PIN connectors are properly aligned and insert them gently to avoid bending the pins.
- Mount the Display (#6) onto the Handlebar Tube, align the holes, and use the Allen Wrench (#A) to tighten the two M8x30 Screws with Spring Washers (#7).



ASSEMBLY INSTRUCTIONS

STEP 7.

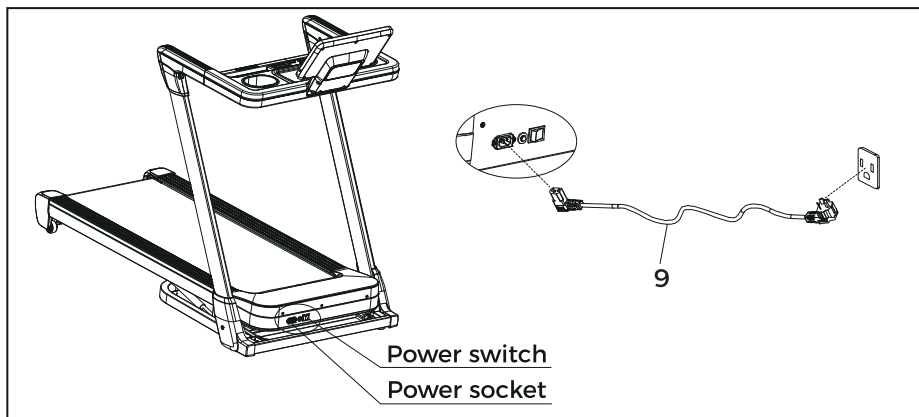
- Insert the Safety Lock (#8) into the designated slot, as shown in the illustration.
Reminder: The treadmill will only operate when the Safety Key is inserted into the yellow socket under the console.



STEP 8.

- Ensure the power switch is in the "0" (OFF) position, then plug one end of the power cord (#9) into the treadmill's power socket.
- Plug the other end of the power cord into a power outlet.
- Switch the power to "1" (ON).

Your treadmill is now ready for use!



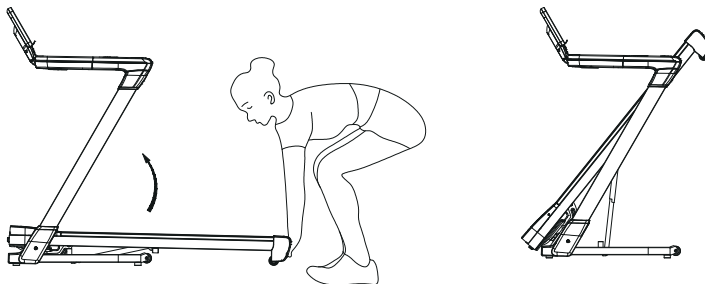
Note: Before turning on the power, double-check that all screws are tightened and all parts are properly installed.

ASSEMBLY INSTRUCTIONS

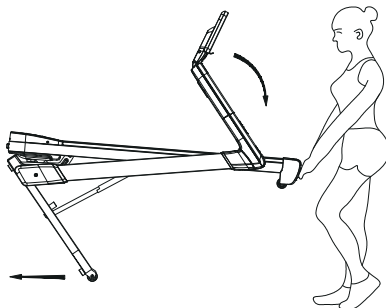
[STORE AND MOVE THE TREADMILL]

The treadmill may be moved by one or more persons depending on their physical abilities and capacities. Make sure that you and others are all physically and able to move the machine safely.

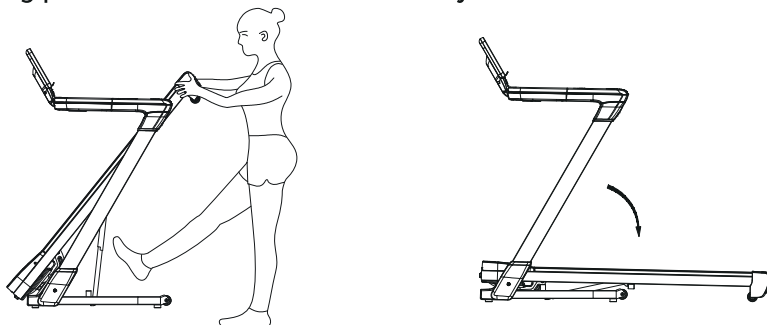
- Fold the treadmill as illustrated for convenient storage. Ensure the running deck is locked securely in the folded position before moving.



- Tilt the treadmill gently and move it in the direction shown in the illustration. Keep the unit balanced and avoid dragging it across uneven surfaces.



- Gently press the yellow plastic section of the gas spring with your foot while pushing the running deck downward with both hands to lower it into the operating position. Make sure the deck is fully lowered and stable before use.



INSTRUCTIONS ON PRODUCT USAGE



[DISPLAY WINDOWS]

The display panel of this controller is shown in the figure above, featuring five display windows: Window 1 is the "PROGRAM/CALORIES (Program/Calories)" window; Window 2 is the "DISTANCE (Distance)" window; Window 3 is the "TIME (Time)" window; Window 4 is the "PULSE/INCLINE (Heart Rate/Incline)" window; and Window 5 is the "SPEED (Speed)" window.

The information displayed in different windows is as follows:

1. "PROGRAM/CALORIES" window:

PROGRAM: Press the **P** button while in standby mode to enter the P program mode. The P mode displays a range from P01 to P12. Users can select their preferred option from PROGRAM01 to PROGRAM12 at the bottom of the display panel.

CALORIES: Displays the calories burned. During forward counting, the value ranges from 0.0 to 999 and resets upon overflow. For backward counting, it counts down from the set value to 0. When the countdown reaches 0, the treadmill smoothly decelerates and stops. After complete cessation, it enters standby mode.

2. "DISTANCE" window:

Display the movement distance, with forward counting ranging from 0.00 to 99.9 and resetting after overflow. For reverse counting, it decreases from the set value to zero. When the countdown reaches zero, the treadmill smoothly decelerates and stops. After complete cessation, it enters standby mode.

INSTRUCTIONS ON PRODUCT USAGE

3. "TIME" window:

Display the exercise time, with forward timing from 00:00 to 99:59. When reaching 99:59, it overflows and resets to count again. For countdown, it decrements from the set time to zero. When the countdown reaches 0:00, the treadmill smoothly decelerates and stops. After complete cessation, it enters standby mode.

4. "PULSE/INCLINE" window:

PULSE: Displays the user's real-time heart rate during exercise. At this time, the user needs to place both hands on the heart rate sensor pads on the armrests.

INCLINE: Displays the current incline of the treadmill. Press the ▲ and ▼ keys to adjust, with the incline range of 0-18. In addition, the 5 10 15 keys on the key panel can quickly set the corresponding incline.

Notes:

1. Self-check:

(1) Power on, remove the safety lock, window displays "OFF", press ▲ and ▼ hold the button for 5 seconds to enter the lifting self-check.

(2) When inserting the safety lock, press the "P" button twice at the moment the treadmill is powered on to enter the lifting self-check.

2. When there is a heart rate, the heart rate and incline windows cycle every 3 seconds; when there is no heart rate, the incline level is displayed all the time.

5. "SPEED" window:

Displays the current speed value in the running state, with the speed display range of 1.0-14.0 KM/H. Press the + and - keys to adjust. In addition, the 3 6 9 keys on the key panel can quickly set the corresponding speed.

[OTHER KEY FUNCTIONS]

-  Key (Start/Pause button) --Function description: When the power is on and the safety key is connected, press this key at any time to start the treadmill. Press this key during exercise to pause the treadmill. After pausing, the incline resets to the lowest level, the speed returns to zero and retain all data to enter standby mode.
-  Key (End key) --Function description: During exercise, this key can be used to stop the treadmill and clear all data to enter standby mode.
-  Key (Speed plus key) --Function description: When the treadmill is running, press this key to increase the treadmill speed by 0.1 KM/H each time. Press and hold to continuously increase until the maximum speed is reached.
-  Key (Speed reduction key) --Function description: When the treadmill is running, press this key to decrease the treadmill speed by 0.1 KM/H each time.

INSTRUCTIONS ON PRODUCT USAGE

Press and hold to continuously decrease until the minimum speed is reached.

5.  Key (Ascension key) --Function description: While the treadmill is in operation, press this button to increase the incline level by one notch each time. Holding it down allows continuous adjustment up to the maximum of 18 notches.
6.  Key (Ascension Reduction Key) --Function description: While the treadmill is in operation, press this button to decrease the incline level by one step each time. Holding the button down allows continuous reduction until reaching level 0.
7.  Key (Countdown Mode Key)--Function description: Enter the countdown mode state.
8.  Key (Program keys)--Function description: Enter program mode state.
9.    Key(Ascension shortcut key)--Function description: During operation, pressing these ascending shortcut keys can quickly adjust to the corresponding ascending level.
10.    Key(Speed shortcut key)--Function description: Press these shortcut keys to quickly adjust to the corresponding speed gear.

[EXERCISE MODES]

A. Manual Mode Function

- Enter Manual Mode

After the electronic watch is powered on and fully displayed, it enters the full manual operation mode. At this time, press the  key to enter the operation of the manual operation mode.

Operation Instructions:

The initial running speed is 1.0 KM/H. The time, distance, and calories windows start forward counting from zero. Press the   keys to adjust the running speed; press the   keys to adjust the incline of the treadmill; press the  key to make the treadmill start to stop until it pauses. Press pause  during operation, if there is no operation for five minutes after pausing, it enters standby mode. Pull out the safety key to emergency stop the motor operation, and the window displays OFF.

- Enter Countdown Mode

After the electronic watch is powered on and fully displayed, press the  key to enter the countdown mode state. After the countdown ends, it will beep three times, the electronic watch displays END, and clear all data to enter standby mode after 5 seconds.

Operation Instructions:

In the standby state, press  key to enter the time, distance, and calories count-down interfaces in turn. Use the   keys to adjust the relevant data values

INSTRUCTIONS ON PRODUCT USAGE

(time countdown range: 5-99 minutes; distance countdown range: 0.5-99.9 km; calories countdown range: 10-999 kcal). After pressing the  key, except for the corresponding countdown value which performs negative counting, all other items perform forward counting. Press the   keys to adjust the running speed; **Only one target value can be set at a time. The most recent one you set is what counts.** Press the   keys to adjust the incline of the treadmill; press the  key to make the treadmill start to stop until it pauses. Press pause  during operation, if there is no operation for five minutes after pausing, it enters standby mode. Pull out the safety key to emergency stop the motor operation, and the window displays OFF.

- **Enter Program Mode:**

After the electronic watch is powered on and fully displayed, press  key to enter the program mode.

Operation Instructions:

In standby mode, press  key, P01, P02..., P12 program segments are divided into 15 segments, with each segment running for a total duration divided by 15. Before each gear shift, the buzzer will sound. The time range can be adjusted by pressing the   keys. After pressing the  key, the time will be counted negatively, and the rest will be counted positively; Press   keys to adjust the size of the running speed value; The   keys treadmill can adjust the slope size; Press the  key to stop the treadmill from running. Press pause  key during operation, and enter standby mode after five minutes of inactivity. Pulling off the safety lock can urgently stop the motor operation, and the window displays OFF.

- **Using Preset Programs:**

Prior to Starting: The default workout time is 30 minutes. You can adjust this duration to any value between 5-99 minutes.

During Workout: You may adjust the Incline (0-18) and Speed (1.0-14.0 KM/H) at any time. Please note that any adjustments you make are temporary and will only apply to the current segment.

Starting a New Segment: The incline and speed settings will automatically revert to their preset values.

Upon Completion: The system will clear all data to enter standby mode after 5 seconds. To continue your exercise, please select a new program.

INSTRUCTIONS ON PRODUCT USAGE

[OPERATIONS DURING EXERCISE]

- Press the  key to decrease the running speed of the treadmill.
- Press the  key to increase the running speed of the treadmill.
- Press the  key to increase treadmill slope.
- Press the  key to reduce treadmill slope.
- Press the  key to pause treadmill operation.
- Press the  key to slow down the treadmill until it stops running.

[DISPLAY RANGES OF VARIOUS VALUES]

Setting Parameters	Initial Value	Default Set Value	Setting Range	Display Range
Time (min:sec)	0:00	30:00	5:00-99:00	0:00—99:59
Incline (level)	0	-	0-18	0-18
Speed (KM/H)	0.0	-	1.0-14.0	0.0-14.0
Distance (km)	0.00	1.0	0.50-99.9	0.00—99.9
Heart Rate (beats per minute)	-	-	-	50-200
Calories (kcal)	0.0	50.0	10.0-999	0.0—999

[SLEEP MODE]

If no operation is performed for 5 consecutive minutes in standby mode, it will enter sleep mode; press any key to wake up after sleep.

[PROGRAM SEGMENTS]

time paragraph		Set time / 15 time periods = operating time of the upper and lower time periods														
		1 paragraph	2 paragraph	3 paragraph	4 paragraph	5 paragraph	6 paragraph	7 paragraph	8 paragraph	9 paragraph	10 paragraph	11 paragraph	12 paragraph	13 paragraph	14 paragraph	15 paragraph
P01	SPEED	2	4	2	4	2	4	2	4	2	4	2	4	2	4	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P02	SPEED	2	6	8	8	6	6	4	6	6	4	4	6	6	4	2
	INCLINE	0	2	0	0	0	3	3	0	0	3	3	0	0	0	0
P03	SPEED	4	6	6	10	8	10	10	8	10	10	8	10	10	6	6
	INCLINE	1	2	2	2	2	2	2	2	2	2	2	2	2	2	1
P04	SPEED	4	6	6	6	10	10	10	10	10	10	10	6	6	4	4
	INCLINE	2	3	3	4	5	5	5	5	5	5	5	4	3	2	2
P05	SPEED	6	6	6	6	4	4	4	4	4	4	4	6	6	6	6
	INCLINE	2	2	4	4	5	5	7	7	7	5	5	4	4	2	2
P06	SPEED	4	8	10	10	10	10	6	6	6	10	10	10	10	8	4
	INCLINE	0	0	0	0	0	0	4	4	4	0	0	0	0	0	0
P07	SPEED	2	6	12	2	6	12	2	6	12	2	6	12	2	6	12
	INCLINE	0	2	2	0	2	2	0	2	2	0	2	2	0	2	2
P08	SPEED	4	6	8	6	8	10	8	10	6	10	8	10	6	6	4
	INCLINE	1	2	1	2	1	2	2	2	2	1	2	2	2	2	1
P09	SPEED	4	4	6	8	10	12	12	12	12	12	10	8	6	4	4
	INCLINE	2	2	2	2	3	3	4	5	4	3	3	2	2	2	2
P10	SPEED	8	10	12	12	12	12	12	12	12	12	12	12	10	10	8
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P11	SPEED	6	8	10	10	10	10	10	10	10	10	8	8	8	8	8
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P12	SPEED	6	8	8	8	8	8	8	8	8	8	8	8	8	8	6
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

[SHUTDOWN]

The treadmill can be turned off by switching off the power switch at any time without damaging the treadmill.

INSTRUCTIONS ON PRODUCT USAGE

[ERROR MESSAGES]

Error Code	Error Description	Error Cause	Countermeasure
E01	Prompt for communication abnormality between electronic meter and electric controller	The interface of the main connecting wire between upper and lower controllers is loose	Reinforce the connecting wire interface again
		The main connecting wire between upper and lower controllers is damaged	Replace the main connecting wire between upper and lower controllers
		Electronic meter is damaged	Replace the electronic meter
		Controller is damaged	Replace the controller
E02	Prompt for overvoltage protection information of lower controller power input	The user's power grid voltage is unstable, and the peak voltage is very high	An external filter voltage stabilizer needs to be added
		Controller is damaged	Replace the lower controller and wait for maintenance
E03	Prompt for undervoltage protection information of lower controller power input	The user's power grid voltage is unstable, and the peak voltage is very low	An external filter voltage stabilizer needs to be added
		Controller is damaged	Replace the lower controller and wait for maintenance
E04	Prompt for excessive three-phase current	Poor connection of the three-phase motor wiring	Reinforce the main motor connection cable
		Main motor is damaged	Replace the motor
		Controller is abnormally damaged	Replace the controller
		Main motor is stuck and cannot rotate due to foreign objects	Check if there are any foreign objects stuck inside the machine

INSTRUCTIONS ON PRODUCT USAGE

Error Code	Error Description	Error Cause	Countermeasure
E05	Prompt for current ADC abnormality	The load of the treadmill exceeds the rated operating current of the motor	It is recommended to keep the load within the rated operating current range of the motor
		There is a problem with the assembly structure of the treadmill and the motor, resulting in motor resistance or jamming	Check if the treadmill structure is normal
		Lower controller current limiting system fails	Replace the lower controller and wait for maintenance
E06	Prompt for voltage ADC abnormality	The user's power grid voltage is unstable, and the peak voltage is very high	An external filter voltage stabilizer needs to be added
		Wheel diameter value is set incorrectly	Reset the wheel diameter value and try not to exceed the rated voltage of the motor
		Controller is damaged	Replace the lower controller and wait for maintenance
E08	Prompt for open circuit of main motor	The main motor wire is not connected or loose	Reinforce the main motor connecting wire again
		Main motor has an open circuit and is damaged	Replace the motor
		Controller has an open circuit and is damaged	Replace the controller
		Main motor is damaged due to jamming	Replace the motor
E09	Prompt for lift self-inspection error	Controller is abnormally damaged	Replace the controller
		Poor wire contact	Replug and reinforce the wires
		Lift motor is faulty	Replace the lift motor
E11	Prompt for exceeding the set maximum current	Instantaneous current is too high	Power on again

INSTRUCTIONS ON PRODUCT USAGE

Error Code	Error Description	Error Cause	Countermeasure
E13	Prompt for Hall signal value or timing error	Hall line sequence fault	Poor or incorrect Hall contact of the motor
		Main motor is damaged	Replace the motor
		Controller is abnormally damaged	Replace the controller
E14	Prompt for heat sink NTC temperature exceeding 93°C	Controller temperature is too high	Stop using and cool down
		Controller is abnormally damaged	Replace the controller
E15	Prompt for abnormal voltage and current signal protection	Voltage and current abnormal protection: an error is reported when abnormal current of power devices is detected, or there is abnormal fluctuation of power supply	Check if the motor is short-circuited; if not, power on again. If the fault cannot be eliminated, replace the controller
E17	Prompt for excessive Hall signal error	Controller is abnormally damaged	Replace the controller
		Motor Hall timing error	Check if the motor Hall timing is correct and good

BLUETOOTH APP CONNECTION GUIDE

[CONNECT BLUETOOTH]

Bluetooth APP Connection

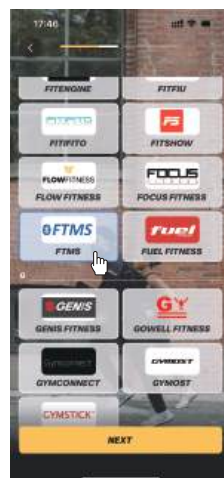
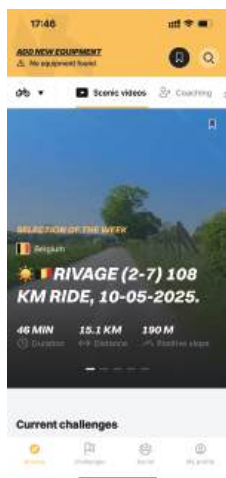
Turn on Bluetooth, open the corresponding software, search for the treadmill device name YSD-TM-XXXX, and pair it. After successful pairing, you can perform speed adjustment operations accordingly.

[BLUETOOTH APP CONNECTION INSTRUCTIONS]

Steps to Connect Kinomap and Zwift APP

1. Steps to Connect the Kinomap APP

- 1) Open the APP and enter the homepage, then select the upper left corner to add a new device
- 2) Select "Fitness Equipment Management", then choose "Add New Fitness Equipment" to add devices or click the "+" button in the upper right corner to add
- 3) Click on the treadmill graphic to proceed to the various brand connection screens
- 4) Select FTMS
- 5) Select "FTMS LOGO" and choose "TREADMILL", then select "(FTMS)YSD-TM-XXXX"



BLUETOOTH APP CONNECTION GUIDE

6) Enter the sports interface and press one to leave the test mode



BLUETOOTH APP CONNECTION GUIDE

2. Zwift APP Connection Steps

- 1) Open the Zwift app and select the user
- 2) Enter the device connection screen and select the running speed



- 3) Select Bluetooth device
- 4) Select heart rate



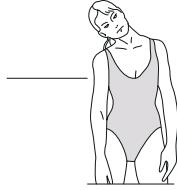
- 5) Connect Bluetooth
- 6) Heart rate connected



WARM-UP

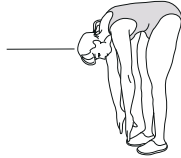
Head Rotation

Gently tilt your head towards your right shoulder and make a slow clockwise circle. Then, tilt your head toward your left shoulder and circle counterclockwise.



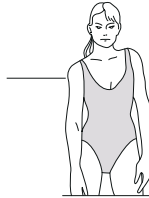
Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.



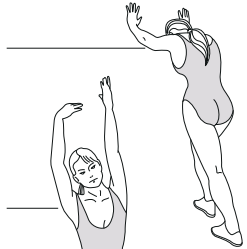
Shoulder Lift

Lift your left shoulder towards your ear and make five forward circles, then five backward circles. Repeat the same movement with your right shoulder.



Calf Stretch

Stand facing a wall, with your feet about two feet away from it. Lean forward and perform up-and-down walking motions to loosen your calf muscles.



Side Stretch

Lift both arms straight up over your head. With your left hand, grasp your right wrist and gently stretch upward for five seconds. Repeat on the other side, using your right hand to stretch your left wrist upward for five seconds.



Inner Thigh Stretch

Sit on the floor with the soles of your feet touching. Hold your feet and gently pull them towards your body. Hold for 15 seconds.



Foot and Calf Stretch

Extend your right leg out and tuck your left leg beneath your right thigh. Reach forward and gently pull back on your right foot. Hold for 15 seconds. Repeat on the other side with the left leg extended and the right leg tucked.



MAINTENANCE

Maintenance Guide

WARNING: Always unplug the motorized treadmill before cleaning or maintaining the product.

CLEANING: A thorough cleaning will extend the life of your motorized treadmill. Remove dust regularly to keep parts clean. Be sure to sweep the exposed portions of both sides of the treadmill belt, as this will minimize the buildup of impurities under the belt.

Make sure your sneakers are clean to avoid carrying foreign objects under the running belt that could wear down the running board and running belt. The surface of the running belt should be cleaned with a soapy damp cloth, please be careful not to splash water on the electrical components and under the running belt.



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