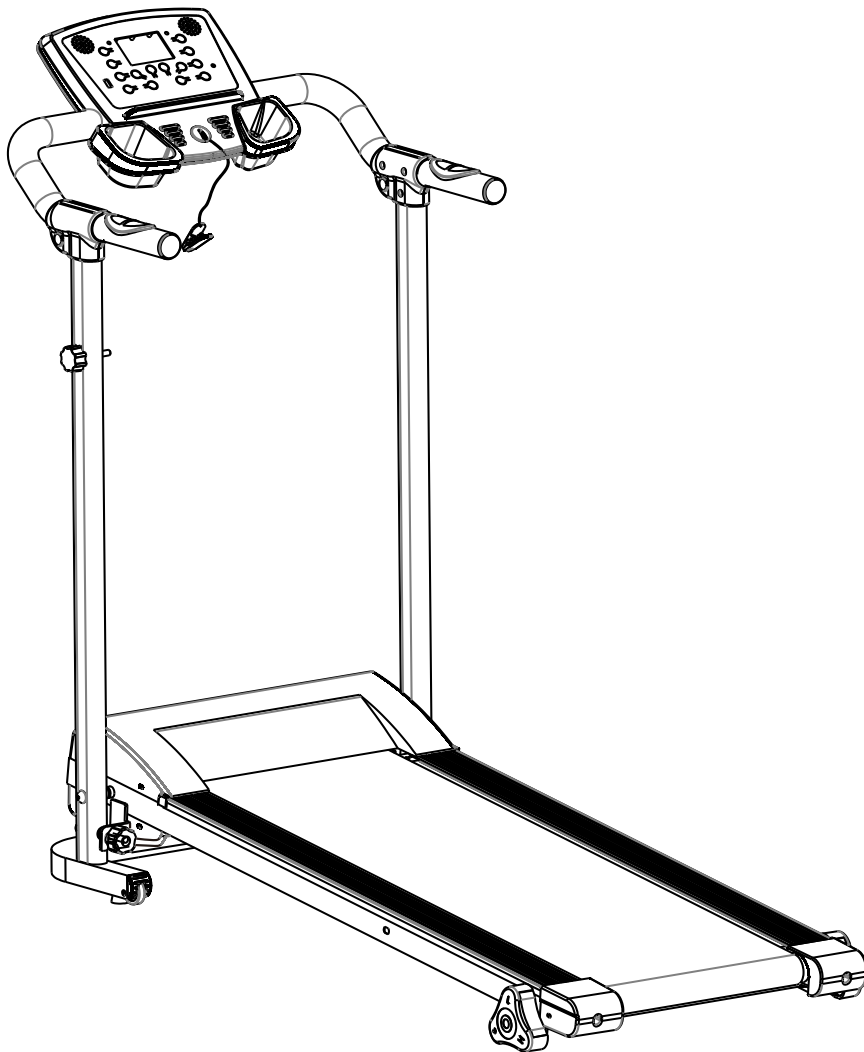


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# **Power Track 500 Instruction Manual**



Translation of the original instructions

## **Important Safety Information**

**Please keep this manual in a safe place for reference.**

This machine considers all safety issues in design and manufacture, to ensure your safety. Before the operation of this machine, please be sure to read the contents of this manual.

### **Special safety instructions**

- Maximum user weight: 100kg / 220.4lbs
- Make sure to wear appropriate shoes for working out. Do not use the treadmill when barefoot.
- Emergency Stop: Should the user find themselves in a situation where they must quickly stop the treadmill, they are advised to place one foot carefully on each of the side trims, ensuring their safety, and then proceed to exit the treadmill from the side. These side trims are made of plastic and are located on either side of the running belt. Whenever feasible, activating the 'Stop' button or removing the Safety Key from the equipment will halt the treadmill's motor.
- Purpose of the Safety Key: The red Safety Key is designed to prevent accidents by automatically stopping the treadmill if the user loses their footing or tumbles. It's important to attach the Safety Key to the user's clothing, leaving some room for the cord to move. In the event of a slip or fall, the Safety Key detaches from the treadmill, cutting off power to the motor. If the treadmill fails to start when you power it on, an error message will appear on the display, prompting you to reattach the Safety Key, making sure it's properly positioned. It's crucial to check the setup before using the treadmill.
- A designated space of at least 2 meters in both length and width, immediately behind the treadmill, is essential for safety reasons. Additionally, there must be at least 0.6 meters more than the width of the treadmill base's footprint available in the direction from which the equipment is used. This space should also accommodate an area for a safe landing when exiting the equipment. If equipment is placed close together, the total available free space can be divided between them.
- **Warning:** Treadmills in the folded position should not be operated. Please ensure the treadmill is unfolded fully before turning the machine on.

- **Warning:** Please ensure the treadmill has come to a complete stop before folding it.
- **WARNING!** Systems that track your heart rate might not be precise. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately. Injuries to health may also result from incorrect use of the equipment.
- Unsupervised children should be always kept away from the treadmill. Ensure the item is unplugged when not in use.
- Make sure to remove any adjustment tools like an Allan Key or any other items from the equipment while in use, as they might disrupt the user's ability to move.
- Free standing equipment must be installed on a stable and level base
- Do not turn on the Treadmill until you are positioned safely and securely on the running belt and are ready to begin, having stretched and warmed up correctly.
- This Treadmill is designed for use indoors and must never be utilized outdoors, under any situation. It is important to maintain the Treadmill in a setting that is free from moisture, dampness, cold, or harsh conditions to safeguard its electronic components.
- Immobilisation technique: To stop the Treadmill, pressing the 'Stop' button will slow the treadmill down gradually. Removing the Safety Key, cuts out the motor immediately and the belt comes to an immediate halt.
- High power plug must be grounded, and the electric outlet should have a dedicated circuit. Do not share with other electrical equipment
- Keep children away from the machine to avoid accidents.
- After one hour of continuous use, the treadmill should be turned off for 10 minutes. It can then be used again.
- Keep dust off the treadmill as build up can damage the electronics
- Please unplug the electric power off after using.
- Please maintain good ventilation when running.
- Please secure the safety key to your clothing when using the treadmill
- If you do not feel very well when using this machine, please stop and consult a doctor.
- Silicone oil must be kept out of reach from children after use. Only silicone oil can be used to lubricate the treadmill.
- If the power cord is damaged, please contact our qualified maintenance personnel for service rather than disassemble it yourself
- Don't jump up and down when using the treadmill
- Don't keep the machine in or near humid space such as the bathroom.

- Don't place machine in direct sunlight, or high temperature environments, such as near a stove or heating appliance.
- Don't use when the power cord is damaged, or power plug pin is loose as this could lead to injury.
- Don't damage, bend by force or reverse the power cord. Don't place heavy objects on the machine and don't clamp the power line. This can lead to electric shock or injury.
- Don't use the machine with more than one person and don't get close to the machine when it is in use.
- People who are not in full control of their faculties, due to medication, alcohol use or for any other reason cannot use the treadmill
- Avoid consuming liquids when operating as it may cause damage to the electronics if there is a spillage
- People who are unfit shouldn't suddenly do intensive exercise
- Do not use the machine directly after consuming food or if you are tired
- Don't use when you have hard or sharp objects on your person.
- When not in use, pull out the power plug from the socket.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.



### Earthing

- ◆ This product must be earthed.
- ◆ This product is equipped with a power plug with earthed conductor and plug. Completely insert the plug into a standard socket.
- ◆ If you have doubts about whether your product is grounded correctly, please entrust a professional to check.
- ◆ Please use the socket which has the same shape as the plug on your treadmill. **Do not use a plug adapter.**

Ensure that the power cord is not near the running belt.

Before cleaning and maintenance, please pull the plug out of the socket.

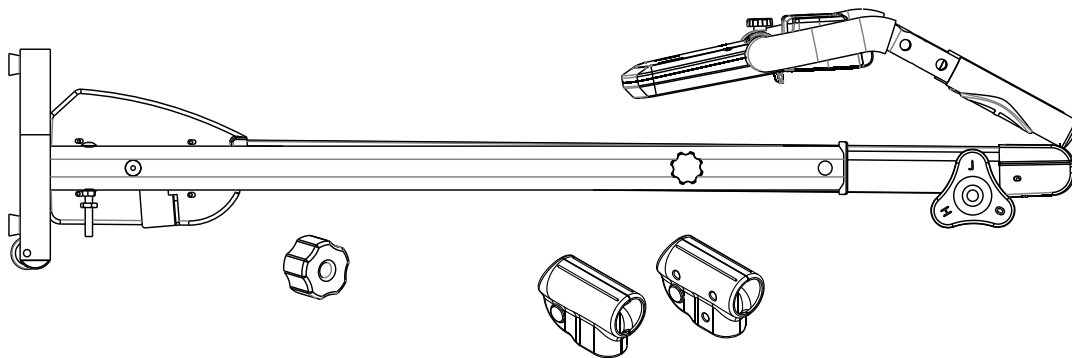
**Warning: if the plug is not pulled out, it may cause injury or damage to the equipment.**

Please check each part before use.

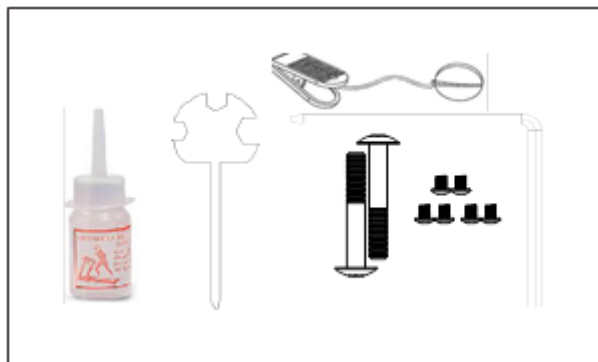
This product should not be left running for an excessive period. It is recommended to use it for up to 60 minutes, then let it rest for 10 minutes, and then use again. Excessive use can cause electrical failure so do not exceed the recommended levels.

## ASSEMBLY

### Parts Contained in The Box

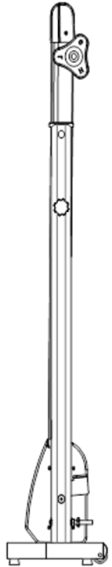


### Tool kit

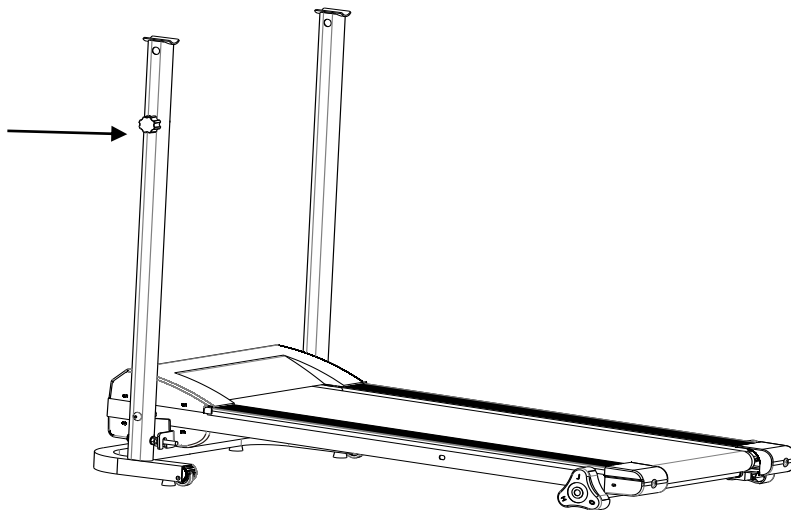


# Installation Details

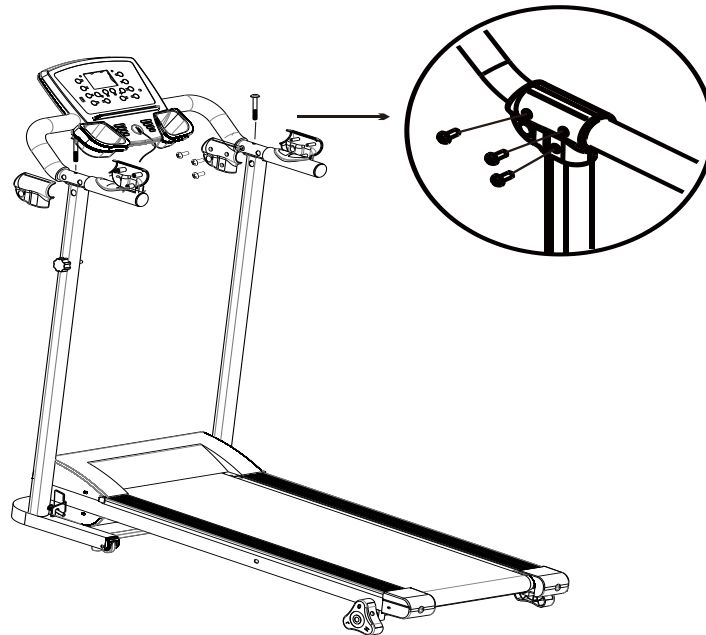
1. The Power Track treadmill is easy to assemble. Take the treadmill out of the packaging and stand up (as shown in figure).



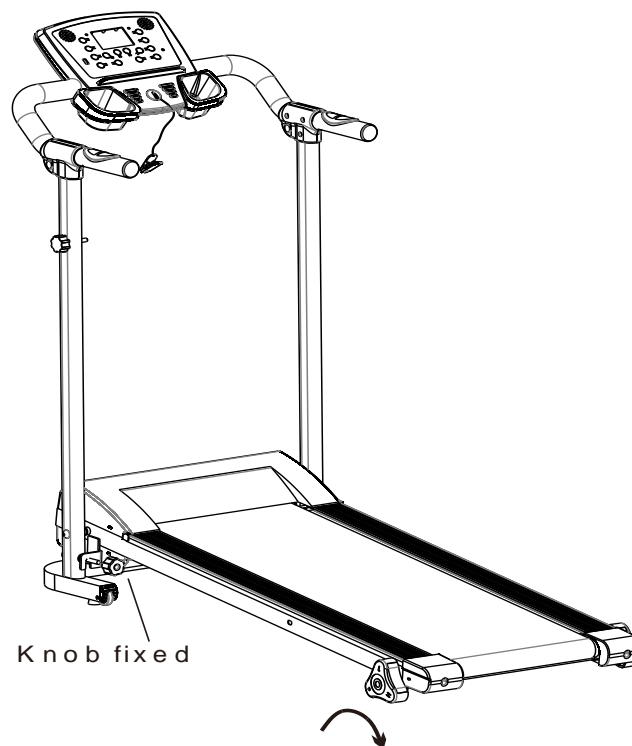
2. Pull the column pull pin, and slowly fold the base column downwards



3. Affix the instrument stand on the two columns with M6\*45 screws, and affix the left and right handrails with six M4\*12 screws, as shown below



Once the above is complete, fix the knob on the safety lock, on the base of the machine. This product has a slight manual slope.



Turn the adjusting gear back and forth

## Operation description

### Walking or Running on the Treadmill

\*The treadmill illustrations used are generic and are not the model featured in this manual, but the principles remain the same\*

Access the treadmill from the free area. Hold on to the handrail with one hand and place a foot on the side rail. Move your other hand and leg on to the treadmill and position yourself in the middle of the running belt, see Figure 1 below. Connect the safety key to your person. Once you are steady and prepared to use your treadmill, start the machine as per the instructions and begin to walk/run, see Figure 2 below. Use the handrails if you feel unsteady.



Figure 1



Figure 2

**Emergency Dismount:** In the event of an emergency when an emergency dismount is required, remove the Safety Key from your person and move your right foot on to the rail running down the right side of the treadmill and do the same on the left-hand side, ideally whilst holding on to the handrails/monitor, See Figure 1 below. These rails are reinforced and are designed for users to stand on them, safely. Immediately shut down the motor using the Stop button. When the running belt has stopped moving, it is then safe to stand back on it and slowly dismount from the treadmill, see Figure 2 below. Stand safely in the free area (The free area is an area a minimum of 0.6 metres greater than the size of the treadmill base, see Figure 3 below. The free area will be the area in the direction from which the equipment is accessed). Follow



the same procedure if you are feeling lightheaded or unwell in any way, or if you feel injured.



Figure 1



Figure 2

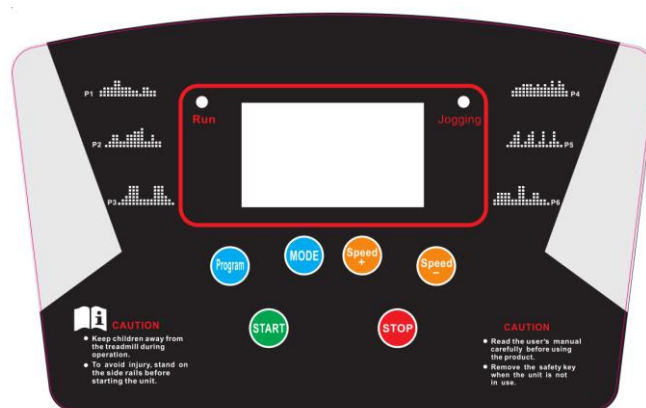


Figure 3

1. To use the treadmill: plug in the power supply, press the power switch. The switch will light up, the monitor will also light up.
2. Safety lock: only when the safety lock is correctly placed on the magnetic slot of the monitor, the treadmill will work. Clip the safety clip on your clothing. In there is an accident, remove the safety lock and the operation of the motor will stop immediately. If you want to continue using the treadmill, put the safety lock back in place.



3. Monitor Installation: Please flip the monitor in the direction shown in figure below to the appropriate position and then lock it with the fixed knob.



- Running prompt
- Jogging prompt
- The speed display: This displays the current running speed value.
- The time display: This displays the running time in manual mode or the countdown of running time under mode and program.
- The distance display: This displays the distance accumulation in manual and program mode, or the countdown of distance achieved, in mode.
- Calorie display: displays the calorie accumulation of movement in manual and program mode or countdown of running calories, in mode
- Heart rate display: This displays the current heart rate (which can be displayed in three seconds with both hands holding the sensors)
- The window displays the following range of data:
  - TIME: 0:00-45:00 (MIN)
  - DISTANCE: 0.00-6.0 (KM)
  - CALORIES: 0.0-999 (KC)
  - SPEED: 1.0-12.0 (KM/H)

## **Start Up**

After 3 seconds countdown, it will start automatically.

## **Safety Lock Function**

Pulling out the safety lock immediately shows that the "E7" error, the treadmill stops, and the alarm sounds appear. When the safety lock is put on, the timer displays for 2 seconds, and the data is all cleared.

## **Key function**

"Start" key and "stop" key, in the running machine standby state, press the "start" key, speed displays "1.0", the running machine start. When running, press the "stop" button, all the data is cleared, the running machine returns to manual mode after the treadmill stops.

The "+" and "-" keys are adjusted for speed increasing and reduction. When setting parameters for the treadmill, it can be used to adjust setting values.

The running machine can be used to adjust the speed after starting.

"Select" key, in standby state, pressing this key can select circularly from manual mode "1.0" to automatic program PI-P12; manual mode is the default mode of the

system, manual mode default speed is 1.0 km/h. The maximum speed is 12 km/h. After selecting the program mode, press the "start" key to start the treadmill. It automatically adjusts the speed according to the preset program.

### Selection program

The default runtime is 10 minutes. After selecting the program, the run time is set. The program segment of each program is divided into 10 segments, and the runtime of each program segment is allocated equally. After the runtime is completed, the motor stops and the monitor are cleared. The following is the motion diagram of the 12 programs.

Time period formula		Time set/10 period=Run time and down time period									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	6	5	5	4	4	4	4	3
P2	SPEED	3	3	4	4	5	5	5	6	6	4
P3	SPEED	2	4	6	8	7	8	6	2	3	2
P4	SPEED	3	3	5	6	7	6	5	4	3	3
P5	SPEED	3	6	6	6	8	7	7	5	5	4
P6	SPEED	2	6	5	4	8	7	5	3	3	2
P7	SPEED	2	9	9	7	7	6	5	3	2	2
P8	SPEED	2	4	4	4	5	6	8	8	6	2
P9	SPEED	2	4	5	5	6	5	6	3	3	2
P10	SPEED	2	5	7	5	8	6	5	2	4	3
P11	SPEED	2	5	6	7	8	9	10	5	3	2
P12	SPEED	2	3	5	6	8	6	9	6	5	3

"Mode" key, in the standby state, pressing this key can select from H-1 to H-3, three different countdown mode operations.

H-1 is time countdown mode.

H-2 is distance countdown mode.

H-3 is the calorie countdown mode

When choosing a variety of modes, use the speed + and - keys to set the relevant countdown number value. After the completion of the setting, press the "start" key to start the Treadmill.

Parameter setting in 3 modes

H-1 countdown time setting, the initial time is 10:00 minutes, the setting range is 5:00. 45: 00 minutes, step 1:00.

H-2 countdown distance setting, the initial distance is 1 km, the set range is 1.0---6.0 km, step 1.

H-3 countdown calorie setting, the initial calorie is: 50 kcals. Set a range of 20 ---999 kcal, step 10.

The cyclical order is manual, time, distance, calorie.

# Maintenance guide

Proper maintenance is the only way to keep your running machine at its best and poor maintenance can damage the machine or shorten its life.

**Warning: before cleaning or maintaining products, please unplug the power plug.**

1. Regularly remove dust to keep parts clean. It is necessary to clean both sides of the Treadmill, which will reduce the accumulation of dust on the motor. A slightly moist cloth is safe to use.

2. After each use of the treadmill, clean the instrument and other parts as there may be sweat droplets. Be careful not to get water on the electrical components and under the running belt.

**Remember: Do not use sandpaper or solvent to clean the running machine, the monitor should not be directly exposed to the sun, constantly, or dampness, to avoid damage.**

3. Keep your treadmill in a clean, dry environment. Make sure the power is off and the plug is unplugged.

4. To facilitate movement, the running machine is equipped with wheels. Make sure to disconnect the power supply and fold the base before moving.

5. Regularly check and lock all parts of the treadmill and any damaged parts must be replaced immediately.

6. To maintain and prolong the life of the treadmill, it is recommended that you rest the running machine for 10-15 minutes after 60 minutes of continuous use.

7. The running belt has been adjusted out of the factory, but after use, the running belt will be stretched and will deviate from the center position causing damage due to friction with the side strips or rear cover. It is normal for a running belt to be stretched during usage. After a period of use, if you are using the machine and it is not tight or the belt is gathering, you can adjust the running belt tightness.

## **Belt Adjustment:**

Over time, from usage and on occasion, when the treadmill is moved, perhaps from one room to another, the belt may become loose or require straightening. Should this occur, you must make some minor adjustments.

You may experience the feeling that the belt is skipping, which indicates that the treadmill belt is a little loose. The belt may make a rubbing noise, which can indicate that the belt is not straight.

## Adjustment:

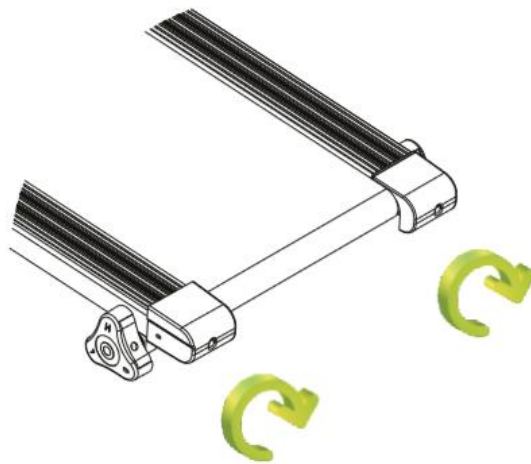
Lay the treadmill flat and get down to the eye level of the base and look down the line of the running belt to see if it is straight.

If the deviation goes left, use the Allan Key, turn the left screw 1/4 turns clockwise.

If it is a right deviation, use the Allan Key and turn 1/4 turns of the screw on the right side, clockwise.

If the running belt is still not in the middle, repeat the above actions until it is adjusted to the middle.

See the pictures below. You know that the belt has the correct tension when you can lift it up 50-75mm on each side.



**Note: the running belt should not be adjusted too tightly. This will break the running belt, increase the pressure on the front / rear rotary drum, damage the roller bearings, produce abnormal sounds or cause other problems.**

If the running belt is still not in the middle, repeat the above actions until it is adjusted to the middle.

After adjusting the running belt to the middle, adjust the speed to 12KM/H and observe the deviation of the belt. Hold up the base and look down at the belt, to check.

If there is any deviation, repeat the adjustment steps.

**Warning: please do not tighten the rotary drum too much. This will cause permanent bearing damage.**

## Lubricating Oil

The treadmill was lubricated when it left the factory. But you should check that there is sufficient oil every few months depending on usage. A treadmill must be lubricated after one year or 100 hours of operation.

Every 30 hours or 30 days after use, pull up the running belt from the side and stretch your hand to touch the surface of the running belt inward as far as possible. If you touch the silica gel oil, you do not need to lubricate; if it is obviously dry when you touch the surface, please follow the instructions below for applying oil (**please only use Silicone oil, which is provided**).

- There are three slopes: 0, L, H. When the adjusting knob is set to 0.
- The location of refueling is in the middle of the running belt.
- Cut the top of the oil bottle with a small opening, not too big.
- Lift the running belt to extend the oil bottle to the bottom of the running belt and inject 3 drops of the oil into the middle of the running board, where your feet would land during use. Put down the running belt. Use your hand, or an applicator, to press the oil injection part, rotate the running belt, and make the oil smear evenly on the running board.
- After starting, set to its lowest setting and walk on it for 1 minute.

## Troubleshooting

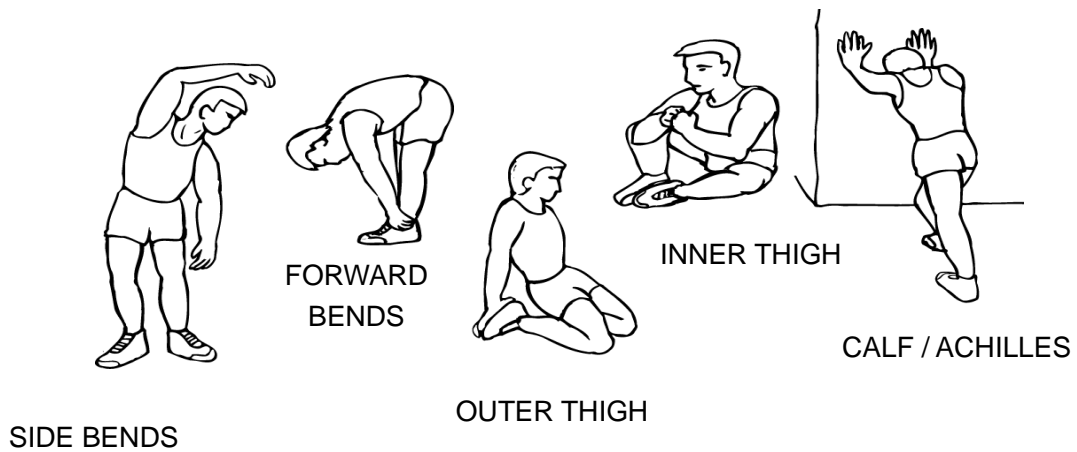
### Error code and troubleshooting for the Monitor

Code	Fault description	fault treatment
E1	Communication issue: after power on	Electronic meter display fault code, buzzer rings 3 times Possible reason: Electronic control and monitor communication is blocked, check every section of the connection from the monitor to the communication cable, to ensure that the core is completely inserted. Check whether the cable between the electronic watch and the controller is damaged and replace the comms cable.
E2	It indicates that the voltage on the motor is not detected by the controller.	1. Check the terminal connection on the motor cable. 2. Shutdown to enter the fault state, the electronic watch's alarm rings 9 times, and the fault code is displayed at the same time. The rest of the area does not display the contents. After the failure state is maintained for about 10 seconds, it will be in standby mode and restart. Possible Cause: No speed sensor signal was detected for 3 seconds, check if the sensor plug is not plugged in or damaged. Plug it in or replace the sensor. 3. Shut down to enter the fault state, the electronic watch's buzzer rings 9 times and the fault code is displayed at the same time. If it is normal after shutting down, it can enter standby mode and start normally.

E3	Speed free sensor signal	Possible reason: check whether the motor cable is connected and re connect the motor line. Check whether the circuit board has a burning smell and replace the circuit board.
E5	Excessive Current	The alarm rings 9 times, and the fault code is displayed at the same time. Nothing else is displayed. After the failure state is maintained for about 10 seconds, it will be in standby mode and restart. Possible reasons : Exceeding the rated load leads to self-protection, or a certain part of the treadmill is stuck, resulting in the motor not running and overloading the system. Check for a burning smell when running, change the motor, or check whether the circuit board has a burning smell. Replace the circuit board or check whether the power supply voltage specifications are not in conformity with the correct voltage specifications.
E6	Bursting protection	Possible reasons: check whether the power supply voltage is below 50% of the normal voltage. Please use the correct voltage specifications to re-test; check whether there is a peculiar smell from the circuit board, replace the board; check whether the motor viable is connected properly, reconnect the motor cable.
E7	No safety lock signal was detected.	Sensor damage, whether sensor installation position is correct.

## The Warmup Phase

This stage helps to get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramps and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP. Stretch before and after exercise.



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**Thank You for Buying from InTheMarket.ie!**

We hope that you have many happy years with your new Power Track 500 Treadmill. Please note that even outside of your warranty, we carry spares, and we also have a repair service available, so your product will last for many, many years.

**We Would Love to Hear What You Think.**

We love to hear about other people's experiences, so it would mean a lot if you could take a few minutes to leave a review about our products and service on [www.TrustPilot.com](http://www.TrustPilot.com). Just search for Inthemarket.ie.







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