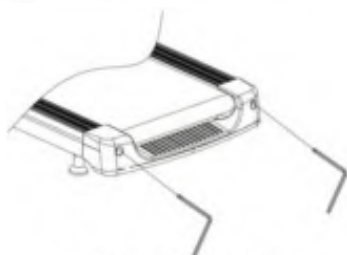


Running belt adjustment method

If lean to the left, adjusting screw on the left 1-2 turns along the running; If still lean to the left, repeat the above steps until back

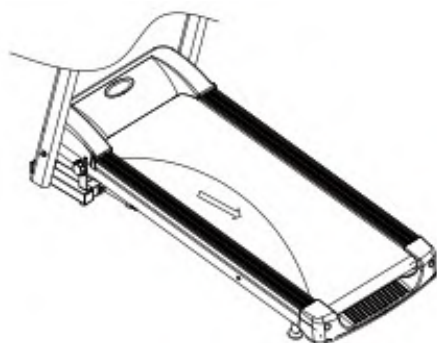
If lean to the right, adjusting screw on the right 1-2 turns along the running; If still lean to the right, repeat the above steps until

If belt too tight, it will cause stronger resistance. Please adjust 1-2 turns along the counterclockwise, loosen the belt until stopping. When the running belt too loose, please adjust both sides screws counterclockwise.



Use the treadmill lubricant

Apply the lubricant to the middle of the lower surface of the running belt. When add lubricant, move the belt to the center of running board, then put down the belt, pressing the hole in the belt to apply evenly.



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Treadmill Instruction

ITM Fitness - POWER TRACK 3000



Please place red magnet on console to start

When purchasing this product, to be able to use the product, be sure to read the manual.

Treadmill main parameters

Width: 450X390mm
 Weight: 100KG
 Dimensions (L*W*H): 1380*655*1230mm
 Dimensions (L*W*H): 655*655*1270mm

Functions: "Time countdown"; "Distance countdown"; "Calories countdown";
 Please refer to the manual with Monitor instruction.
 The machine can be set up by own needs.

Safety

Do not use this machine with illness, fatigue and drunk.
 Do not use this machine under adults accompany.
 Wear comfortable clothes, avoid flip flop or skirt when using this machine.
 Do not do any suitable sport as excessive exercise may affect health.
 The weight limit is 100KG, overload may cause damage.

Do not use the machine for commercial use.
 Do not use this machine at fire source location.
 Please use in a wide space without any danger.
 Please use on a hard floor, please be sure cover the carpet to avoid damage to the floor.

Please don't set it on the place as follows:
 A. Near the fire place. B. Outdoors, direct sunlight place.
 C. Near the fire place. D. Cold and more moisture places.
 E. Near the fire place. F. Soot, water vapor place.
 Do not use this machine on the uneven places.

Treadmill Common Error

E01: communication blocked between Electronic and controller

Solution	When communication line is blocked between Electronic and under controller	Please check the communication line and change it.
	When Electronic without signal	Change the signal.
	When under controller without signal	Change the controller.

E02: The controller does not detect the voltage of the motor load

Solution	Motor cable is not connected	Check the motor cable connection.
	No voltage output or abnormal by under controller	Change the controller or repair it.
	Motor is bad	Change the motor.

E03: When the motor is running, the controller can't test the speed

Solution	Motor cable is not connected	Check the motor cable connection.
	Under controller with abnormal signal	Change the controller or repair it.

E05: When the motor is running, current exceeds the rated current

Solution	Treadmill motor load exceeds the rated current	Reduce the load to the rated current.
	Treadmill motor assembly structure problems, causing the motor blocked or resistance	Check the motor assembly structure and repair it.
	By limiting control system failure	Change the controller or repair it.

E07: Monitor can't test the signal of security lock.

Solution	Safety Magnet off	Please check the safety magnet and lock connection.
	Electronic Safety lock system malfunction	Change the lock system or repair it.



cal display range:

Initial	Set initial value	Setting range	Display Range
	10:00	5:00-45:00	0:00~45:00
	N/A	N/A	1-12.8
	1.0	1.0-99.0	0.0-99.9
	N/A	N/A	40-199
	50	20-990	0-999

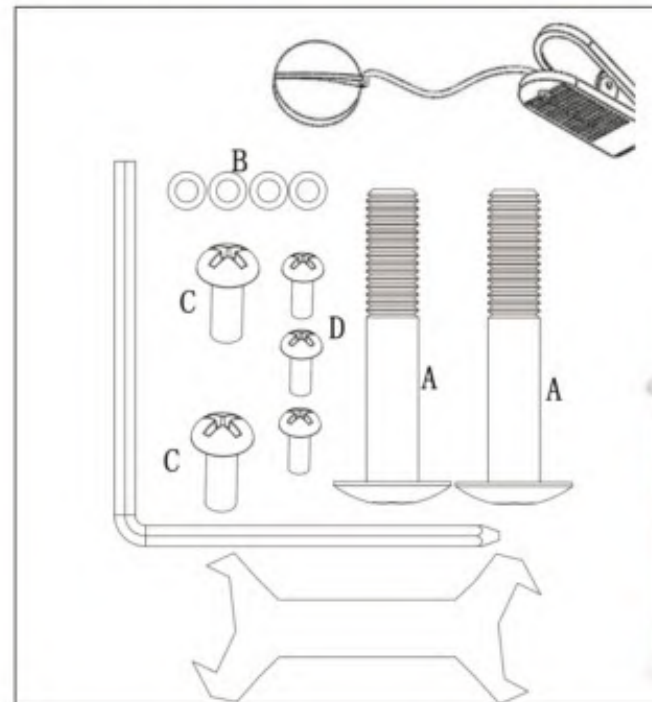
P1-P12 Program motion map

Time period	Time set/] (period=Run time and down time period)									
	1	2	3	4	5	6	7	8	9	10
SPEED	3	3	6	5	5	4	4	4	4	3
SPEED	3	3	4	4	5	5	5	6	6	4
SPEED	2	4	6	8	7	8	6	2	3	2
SPEED	3	3	5	6	7	6	5	4	3	3
SPEED	3	6	6	6	8	7	7	5	5	4
SPEED	2	6	5	4	8	7	5	3	3	2
SPEED	2	9	9	7	7	6	5	3	2	2
SPEED	2	4	4	4	5	6	8	8	6	2
SPEED	2	4	5	5	6	5	6	3	3	2
SPEED	2	5	7	5	8	6	5	2	4	3
SPEED	2	5	6	7	8	9	10	5	3	2
SPEED	2	3	5	6	8	6	9	6	5	3

Packing Details

Frame		Manual + Screw package
Electronic Panel		

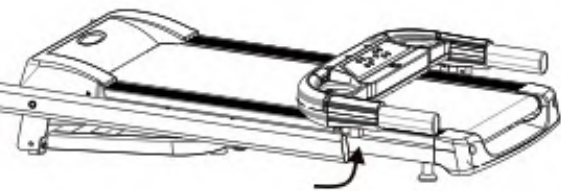
Screw package([monofunctional](#))



Assembling the framework

Remove the treadmill out of the box and lay it flat on the ground.

Slide the front panel from the direction of the arrow. As shown in the figure below



Assembly mode

Connect the front panel to the base: The left and right columns and the base

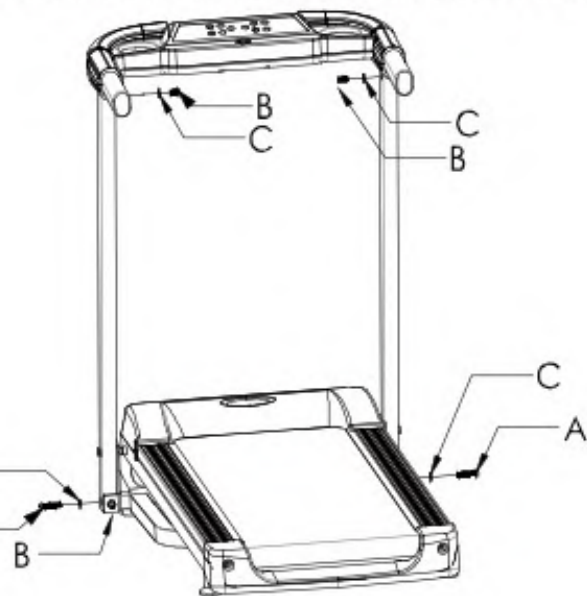
are connected in the screw bag as shown in the figure below. A.M8 * 40

screws are respectively tightened in the tool kit M5 wrench.

Front panel and column connection: as shown in the figure below, the

front panel pads are respectively assembled into the left and right

electronic watch holes and tightened with the Toolkit M5 wrench.



B. Countdown mode

1. Enter time countdown mode: In the initial standby mode press the Start button to enter the time countdown mode, where the time window 30:00 minutes and the Start button. +/- keys set the desired run time, set the range of 8: 00-99 : 00 minutes, press the Start button to enter the running time countdown mode.

2. Enter distance countdown mode: In the initial standby mode press the Start button to select the mode from the countdown, this time from 0.0 to 99.9 kilometers and flashes, the distance traveled by the speed +/- keys to set the desired distance, setting range 1.0 to 99.0 kilometers, press Start key to enter the distance countdown mode.

3. Enter calories countdown mode: In the initial standby mode press the Start button to select the calorie countdown mode, then 50 calories and flashes speed by +/- keys to set the required run-calorie, setting range 20 to 990, press the Start button to enter calorie countdown mode.

C. Auto mode

Enter auto mode: In the initial setting mode or standby state, press the Start button to enter the program automatic program selection. At this time window 30:00 minutes and flashes through speed +/- keys set the desired run time, set the range of 8: 00-99 : 00 minutes, press the Start button to enter the automatic program.

7. Sleep Function

When the treadmill stops running without any operating motion, it will enter into hibernation, spreadsheets automatically turn off the display and wake electronic form, re-enter standby mode after the initial full.

8. Safety lock function

After normal use, the need to specify the location of the safety lock before they can operate electronic form; safety lock to work, the E07 LCD window displays "---", and accompanied by a beep every 3 seconds. As in the running, won the safety lock, the system will quickly stop the treadmill, safety lock, all motion data is cleared.

Instruction

Speed, Time, Distance, Calories.

Button: Speed Shortcuts 4 (3, 6, 9, 12)

"Start" button "Stop" button

"Program" button "Mode" button

"Speed+" button "Speed-" button

and operation

Start the motor

Stop the motor

- Auto program selection

Countdown mode selection

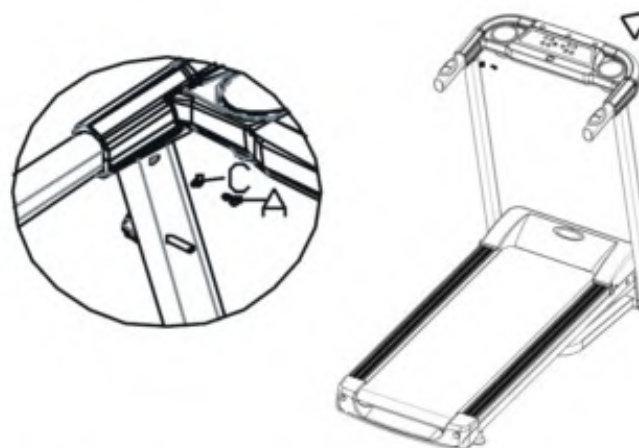
- Adjust speed when running, adjust parameter value when setting

- Directly select speed value when running

mode: After the electronic power meter-wide display, standby mode, then press the start button, enter to

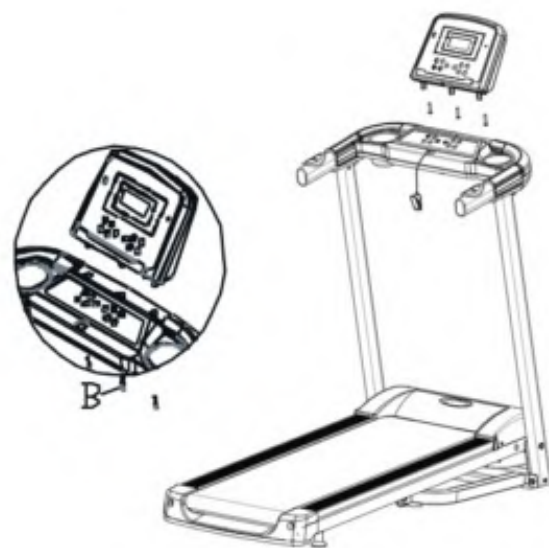
Third step: Display structure assembly

First electronic watch frame folded direction of the arrow, a (2 pcs), washer C(2 pcs) electronic table frame fixed on the column






Fourth step: Display panel assembly

First electronic watch docking signal line, then the direction of the display panel is mounted on the electronic form, and then fixed with screws



unfolding

belt		<p>As shown in the figure, the pull rope is linked to the base ring at A. The handle is hung on the guard hand at B. The same operation is done around.</p>
side		<p>Where the arrow is shown, gently lift the tail of the main frame with your hand. The host will automatically fold to the appropriate location.</p>
and		<p>As we unfold, use your kick to press the cylinder switch and press the arrow at the end of the main frame with your hand, while the main rack of the treadmill slowly descends to the ground</p>

No lift electronic watches



1. Description

Treadmill parameter; Sport parameter; Sport mode; Manual mode.

2. Parameter instruction

- Minimum speed 1km/h
- Maximum speed 12.8km/h
- Maximum exercise time: 45min under
- Minimum exercise time: 8min under Time mode
- Maximum exercise distance: 99km
- Minimum exercise distance: 1km under Distance mode
- Maximum calories consumption: 990cal under Calories mode
- Minimum calories consumption: 20cal under Calories mode
- Minimum time: 8min under (P1-P12) Program mode
- Maximum time: 99min under (P1-P12) Program mode