

AKLUER

Manual Incline Treadmill USER MANUAL

Contact Us

If you encounter any issues regarding damaged or defective products, problems, replacement parts, or any other issues, please contact us through the homepage after-sales service



Manufacturer:
Shenzhen Fuyu Sports Equipment Co., Ltd.
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Province, China.



Model No:480L-B

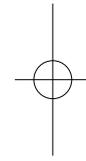
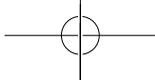
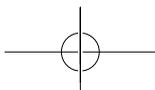


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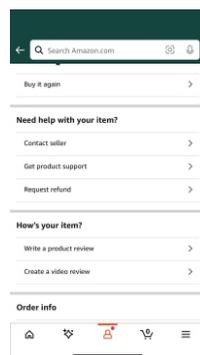
1 CUSTOMER SERVICE

HOW TO CONTACT US ON AMAZON?

Step 1: **Log in to your Amazon account.**

Step 2: Go to **Your Orders**. Select the item you purchased from us.

Step 3: **Select Contact seller.**



CUSTOMER SERVICE

IMPORTANT: FOR THE TREADMILL ONLY

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department by the below methods.

✉ **Email: treadmill.sportstech-eu@outlook.com**
(Please leave your order number, product model, and related issues when emailing us.)

⌚ **If emails are not replied to or answered in a timely manner, it may be due to the time difference or weekend. Please leave your order number, product model, and related questions. Please rest assured that we will reply to your message as soon as possible during working hours.**

Response time: 24 - 48 hours.

Please do not return this product without consulting customer service.

Scan the QR code on the right to activate the warranty and get the electronic edition of the product manual, adjusting the running belt and maintenance video.

AKLUER


Scan me!



2 IMPORTANT SAFETY INSTRUCTIONS

DANGER - To reduce the risk of electric shock:

1. Always unplug this treadmill from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An treadmill should never be left unattended plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.

2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.

3. Close supervision is necessary when this treadmill is used by, on, or near children, invalids, or disabled persons.

4. Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

5. Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the treadmill to a service center for examination and repair.

6. Do not carry this treadmill by supply cord or use cord as a handle.

7. Keep the cord away from heated surfaces.

8. Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, and the like.

9. Never drop or insert any object into any opening.

10. Do not use outdoors.

11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

12. Caution - To reduce the risk of injury from moving parts - Unplug before servicing.

13. Warning - To reduce the risk of Electric shock - Unplug before cleaning or servicing.

14. Warning - Risk of personal injury - Keep children under the age of 13 away from machine.

15. To disconnect, turn all controls to the position, then remove plug from outlet.

16. Connect this treadmill to a properly outlet only. See grounding instructions.

17. This treadmill is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the treadmill by a person responsible for their safety. Keep children under the age of 13 away from this machine.

18. The maximum weight capacity for this product is 330 lbs/150kg. DO NOT EXCEED MAXIMUM WEIGHT CAPACITY.

SAVE THESE INSTRUCTIONS

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 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 a 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.

FCC STATEMENT :

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

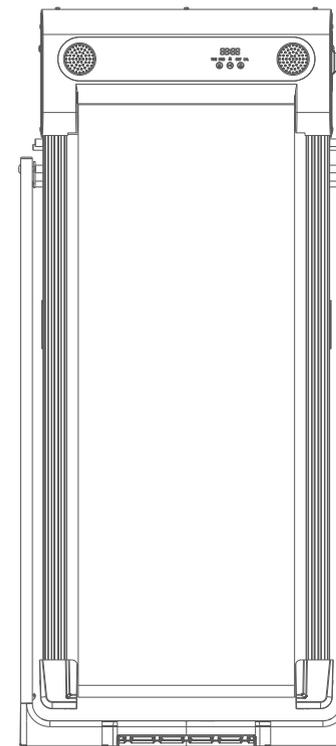
- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.

- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

3 PRODUCT & ACCESSORIES

Please carefully check whether the contents of the package are complete and intact. If there is any missing and damage, please contact the seller.

Accessories



Treadmill × 1



Remote Controller × 1



Safety Key × 1



Hex tool × 1



Tablet Mount × 1



Lubricating Oil × 1



Handrail switch × 2



Battery Cell × 1



AAA BATTERY × 2



User Manual × 1

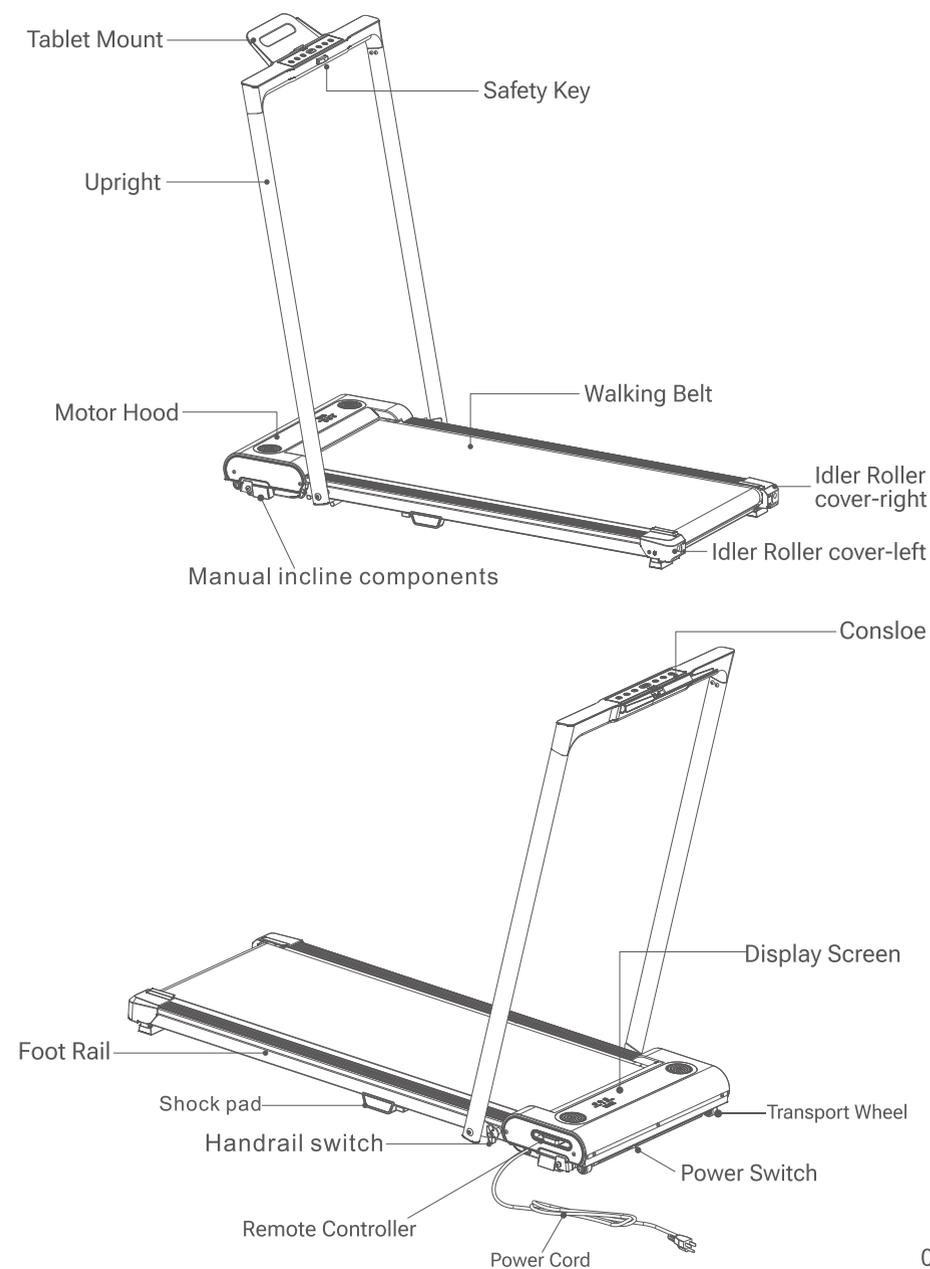


Silicone pad × 2

4 SPECIFICATION

Product configuration	Detailed parameters	Product configuration	Detailed parameters
Product dimension (Folded down)	125.1 x 56 x 10cm	Product dimension (Folded up)	115 x 56 x 101cm
	49.2x22.05x3.94inch		45.28x22.05x39.76 inch
Running area	41 x 96cm	Maximum speed	1.0 km/h
	16.1x37.8inch		
Gross weight	21.8kg	Minimum speed	12.0 km/h
	48Lbs		
Net weight	19.3kg	Rate voltage	220~240V ~
	42.55Lbs		
Maximum load	150kg	Peak housepower	2.5 Hp
	330Lbs	Suggested age	14-60 years old

5 PRODUCT INTRODUCTION

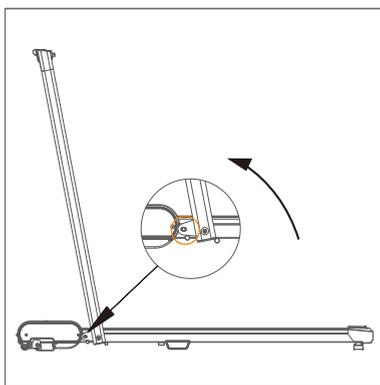


6 HOW TO USE

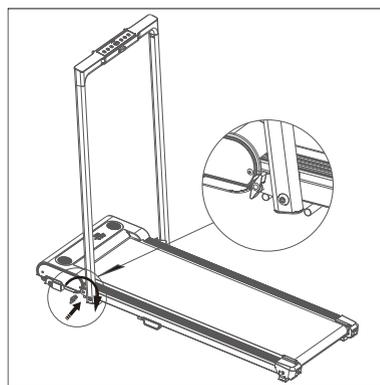
Unfolded To Run (Speed range : 1.0 -12.0km/h)

1. Unbox to take out the treadmill with the related accessories, then place the treadmill on flat ground.

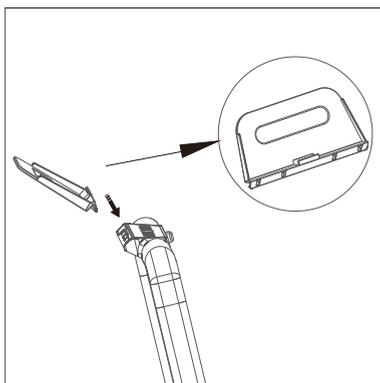
2. Lift the handrail up as shown in the figure, aligning the handrail clamp iron with the bottom frame bolt hole.



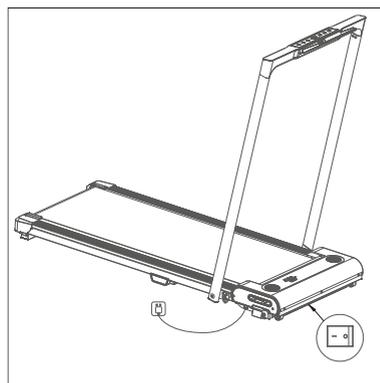
3. Lock the handrail switch into the alignment hole, operate the same left and right.



4. Insert tablet mount refer to arrow sign.

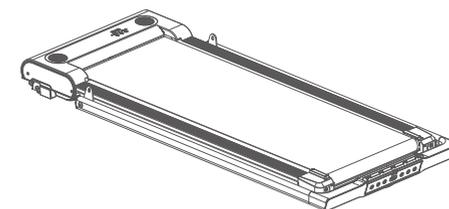


5. Power on and start to running.

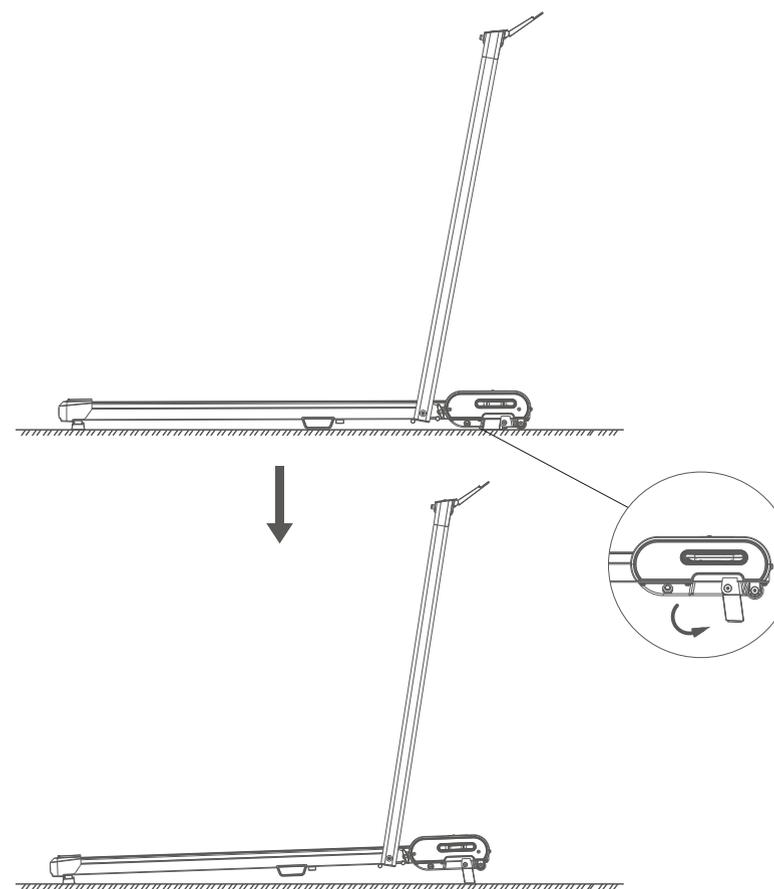


Folded To Walk (Speed range : 1.0 -6.0km/h)

1. Detach the tablet mount.
2. Fold down handbar subassembly under reverse procedure.
3. Enjoy walk exercise with remote control.

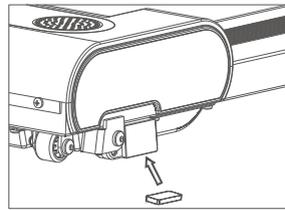


For better experience, this machine has increased the manual incline structure components, the incline angle is about 5%, refer to below picture.



Warm Tips

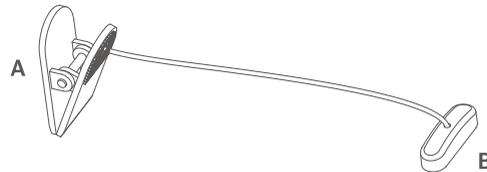
When the home has wooden floors or ceramic tiles, silicone pads can be attached in flat mode to prevent scratches on the floor, as shown in the picture on both sides.



Safety Key

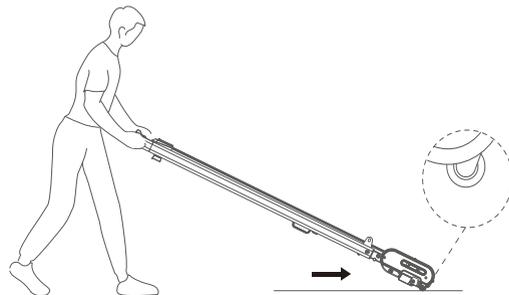
In any emergency occurs, treadmill stops automatically and show " ---" when the safety key is pulled out from the console.

NOTE: Find the clip (A) onto the waistband of your clothes, another key (B) magnetic attracted under console.



Transportation

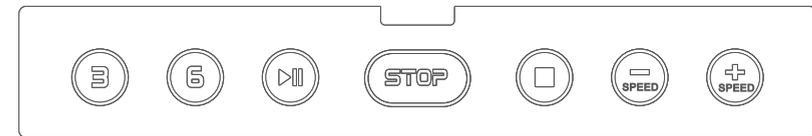
1. If transportation needs, please unplug power cord and tablet mount before lifting the terminal of treadmill.
2. Easy to transport treadmill with bottom transportation wheel assists, like as wheelbarrow.



NOTE: Before move and storage, please make sure the power switch into off and power cord is unplugged.

7 OPERATION

Console



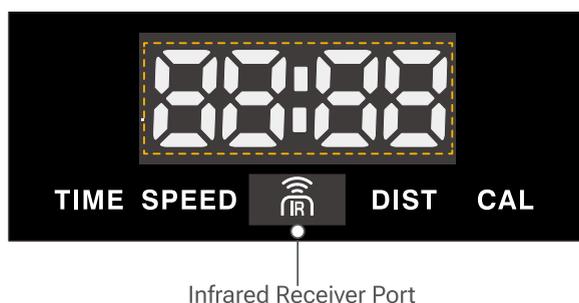
Touch button feature

Button	Function
	Decelerate: Short touch or hold down this button, the speed setting will change by 0.5km/h.
	3km/h button: Short touch this button, the speed will gradually change untill 3km/h.
	<ul style="list-style-type: none"> • To start walking belt and the initial speed setting 1 km/h. • To stop walking belt for a short pause or break, re-touch it again to resume.
	Short touch this button to stop walking belt when your workout is completed.
	6km/h button: Short touch this button, the speed will gradually change untill 6km/h.
	Accelerate: Short touch or hold down this button, the speed setting will change by 0.5km/h.

Standby Mode

If pause time over 10 minutes, it will switch to "standby mode" automatically. In standby mode, not only console lighted off but also previous workout datas will be erased to Zero, you can weak up console by touching any bottons.

Display Screen

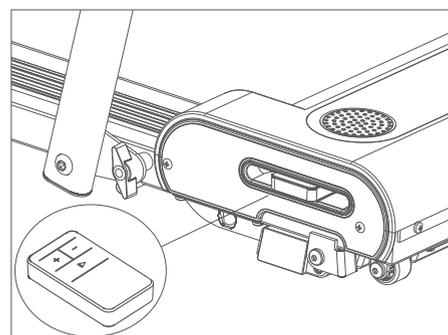


As you walk on or run on the treadmill, the display can show the following workout information:

Name	Range	Display
Speed	1.0-12.0km/h	Displays the speed of walking belt.
Distance	00.00- 99.99 km	Displays the distance that you have walked or run.
Time	00 -99 minutes	Displays the elapsed time.
Calories	0-9999 Kcal	Displays the approximate number of calories you have burned.
Infrared Receiver Port		Aiming the receiver when remote control is in use.

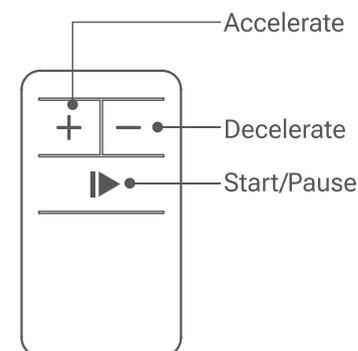
Note: Autonomy is 99 minutes .
You have to re-start treadmill, in case your exercise time over than 99 minutes ,and previous workout datas will be erased and recouting accordingly

Remote Control



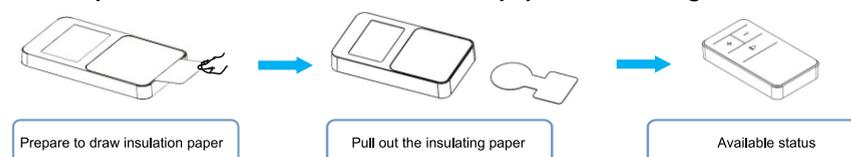
Note: Ensure that the walking treadmill is power on and the remote control is installed with battery.

Operation of Remote Controller



- ▶ Press button to start walking belt, the default initial speed setting is 1.0km/h.
- ▶ Press button to have a pause in working mode , to resume workout, re-press it again.
- ▶ Hold press this button to stop walking belt when your workout is completed.
- + Press or hold this button to accelerate ,the increment is 0.5km/h.
- Press or hold this button to decelerate ,the decrement is 0.5km/h.

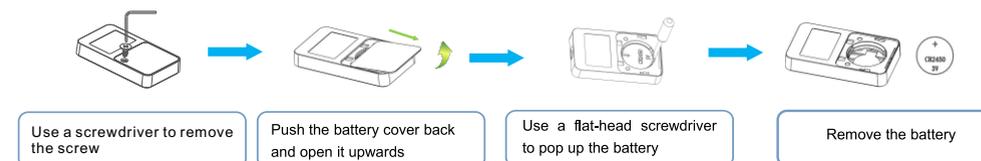
◆ Need to pull out the remote control insulation paper before using



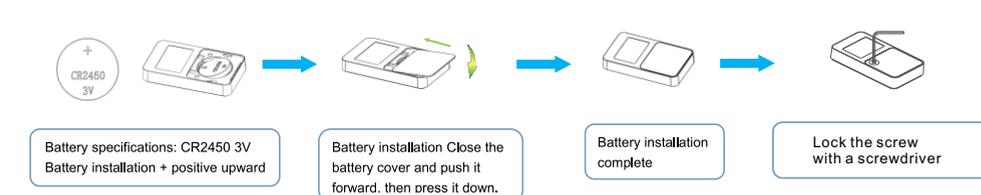
◆ Replacement button battery for remote control

After using the remote control for a long time, if the user feels that the sensitivity of the remote control is reduced or cannot be operated, the battery must be low. At this time, the remote control battery needs to be replaced.

● Remove the battery



● Install battery



8 CARE & MAINTENANCE

A. Symptom : walk belt off centered or slips.

Centering walk belt process as follow :

1. Power off treadmill and unplug the power cord .
2. Manual centering process as follow:
 - If the walk belt has shifted to left, use the **hex tool** to turn the left idler roller screw clockwise **1/4** of a turn(refer to figure 1).
 - If the walk belt has shifted to right, use the **hex tool** to turn the right idler roller screw clockwise **1/4** of turn(refer to figure 2).
3. Treadmill **MUST** work 1-2mintutes. Repeat manual centering process untill the walk belt is centered.

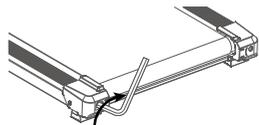


Figure 1

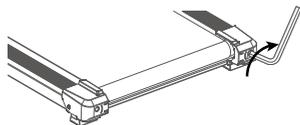


Figure 2

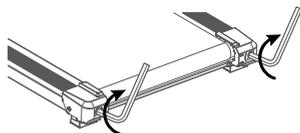


Figure 3

Belt slip correcting process as follow :

1. Power off treadmill before operation.
2. Using the **hex tool**, turn both idler roller screws clockwise **1/2** of turn(refer to figure 3).
3. After corrected, please attempts to walking 1-2 minutes under 2-3mph speed setting. Repeat until the walk belt is properly tightened.

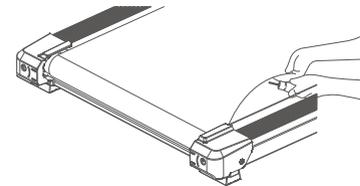
Note: The Tread-belt should not be adjusted too tightly, otherwise it will be damaged.

Attentions

1. To prevent any injury, don't place any debris around treadmill before maintenance process.
2. **MUST** use associated **hex tool**.
3. Take care at maintenance process. Do not pinch fingers.

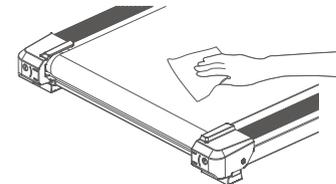
B. Belt lubrication process, follow instruction below to lubricate belt.

1. Power off treadmill and unplug power cord.
2. Using the **hex tool**, turn both idler roller screws counterclockwise till belt loosen and lifting easily.
Tips: please markdown hex tool rotating cycles when loosen belt, which use for adapting belt tension after lubrication process.
3. Lifting edges of belt and spraying lubrication oil at center of walk platform evenly. Not necessary to apply spray lubrication oil on entire walk platform.
4. Lubrication oil volume Per time of maintenance: 5-10mL.
Attention: it would causes of belt slip if spray too much.
5. Using the **hex tool**, turn the both idler screws clockwise as previous markdown number of turns untill walk belt tighten properly.
6. Power on treadmill and workout for a few minutes, in order to spread lubrication oil to whole belt surface evenly.



C. Treadmill cleaning.

1. Power off treadmill and unplug power cord before cleaning.
2. Wipe and clean with damp cloth, Do not cleaning with acidic or caustic detergents.
3. Do not clean opposite of walk belt.
4. Its normal few black powders residual under treadmill after long working.



9 ERROR CODE

Error Code	Fault Analysis	Resolutions
E01	Communcation interrupted between contoller and numeric display.	Unscrew motor hood and verify connection between controller and numeric display. Please contact with after sale service if E01 code has not been eliminated. Notice: Always power off and unplug power cord before processing.
E02	Flame protection	1. Unscrew motor hood and verify connection between controller and motor. 2. Power supply interrput due to connector loosen or out, please unscrew motor hood to check. 3. Please contact with after sale service if problem CAN NOT solved by above process.
E03	Motor backlash	Please contact the after-sales customer service.
E04	Over current protection	1. Due to user over limited 150Kg. 2. Open to check any foreign objects blocked moving parts. (such as: drive motor, idler roller, driver roller, walking belt) 3. Walking belt is overtightened or lack of lubricant. (please see detail chapters relate to belt tension and lubricant process)
E07	Software bug	Replace new controller.
E10	Communcation interrupted between signal cable and console.	1. Unscrew console box and verify connection between singal cable and console. 2. Unscrew console box and verify internal lead wires whether are damaged or pierced. 3. Replace new console PCBA board.

IMPORTANT: If error code appears, you MUST stop workout immediately, Please contact with after sale service if problem CAN NOT be solved after restart.

10 TROUBLESHOOTING

Problem	Fault Analysis	Resolutions
No working	1. Power rock switch dyfunction. 2. Power supply interrputed. 3. Power cord damaged.	1. Replace new power rock switch if it doesn't light on. 2. Make sure that power cord is plugged into properly grounded outlet. 3. Replace new power cable.
Walking belt slips	Walking belt loosen.	Tighten walking belt tension with hex tool. (See details of chapter 8-A)
Remote control does not work	1. Incorrect use of default. 2. Battery power shortage. 3. Remote control maulfunction.	1. Remotor control should directly aiming to receiver port when in use. 2. Replace new battery cells. 3. Replace new remote control.
Friction noise	Walking belt off center.	See details of chapter 8-A.

11 SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

