



# Treadmill

Model: **TMILL-360-BK-R01**

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**Think safety first with these helpful tips.**

- **Keep children away Always**

keep young children away from your treadmill when you have it plugged in. Contact with the moving belt can cause serious friction burns to children.

- **Know the safety features**

Read all the operating and safety instructions. Make sure you learn how to stop the treadmill quickly in case of an accident.

- **Hide the operating key**

Don't leave the operating key (safety key) in the treadmill. Children should never be able to operate the treadmill, especially when you're not in the room.

- **Pick a safe location**

If you have children, put your treadmill in a separate room to prevent them from treating it as if it were a toy. Better still, put it in a lockable room.

- **Clear the area**

Make sure there is plenty of empty space directly behind your treadmill. This will act as a buffer in case you fall. If possible, face the treadmill towards the room's entry point so you can see when a child approaches.

- **Turn off after use**

Don't leave a running treadmill unattended, even for short breaks. After each workout, make sure you switch off the power at the wall and unplug the cord from the power point.

## Warning & Safety Information

1. Ensure that you read the manual carefully before attempting to assemble or use Power Electric Treadmill.
2. The Power Electric Treadmill must be positioned on a firm flat surface.
3. The Power Electric Treadmill is designed for indoor use only. It is not to be used outdoors.
4. Do not position the Power Electric Treadmill on a deep thick carpet as air needs to be able to circulate underneath.
5. Always wear the correct clothing when using the Power Electric Treadmill. Do not wear loose or long clothing as this may get caught in the moving belt.
6. Always ensure that correct foot wear is worn.
7. Do not stand on the Power Electric Treadmill belt before operating. Position your feet on either side of the Treadmill belt and as the motor starts step onto the treadmill. Do not step on the belt if the Power Electric Treadmill is at full speed.
8. Before running on the Power Electric Treadmill make sure that the emergency cord is attached to you. If the emergency magnet becomes detached from the control panel the treadmill will then stop.
9. Do not allow children or pets near the Power Electric Treadmill when in use.
10. Children and elderly should only use the Power Electric Treadmill under adult supervision.
11. Always unplug the Power Electric Treadmill from the main power supply when not in use.
12. Regularly clean the Power Electric Treadmill after use. Remove any dust and sweat from the handles and the running belt. Use a light soapy water mixture to clean the running belt. NEVER USE A ROUGH CLEANING AGENT.
13. When the Power Electric Treadmill is not in use for an extended period fold away it away and store in a clean dry place.
14. If any part of the electrical cable or plug is loose or becomes worn, do not use the Power Electric Treadmill and have a qualified electrician inspect the problem.
15. The Power Electric Treadmill is not a toy and is not intended for use by persons (including children) with any physical or mental conditions. The Power Electric Treadmill should not be used by any person who has not read and understood the manual.
16. If the user has had any prior medical condition they should consult a doctor before use.

## Parts List

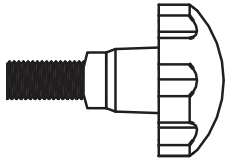


## Technical Specifications

Product Name	TMILL-360-BK-R01
Voltage Rate	220-240V
Rated Frequency	50/60HZ
Rated Power	1.0HP
Maximum User Weight	120KG

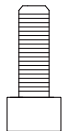
# Accessories

①



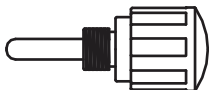
M12x50 Locking pin(Lower)

②



Screw

③



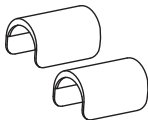
Spring Bolt

④



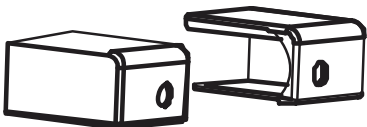
Red emergency stop magnet

⑤



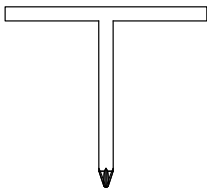
Handrail screw covers

⑥



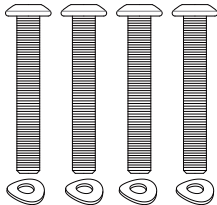
Toe Cap

⑦



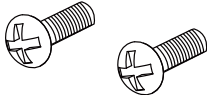
Hex Key

⑧



M8 X 50 screws and gasket

⑨




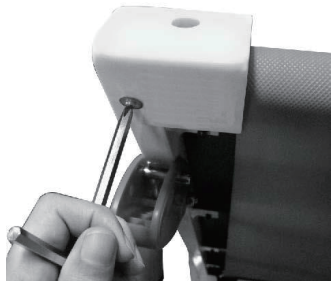
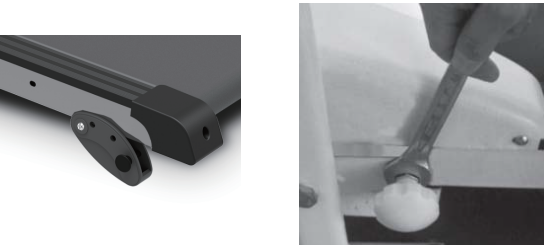

Big flat head screw

⑩



Hex Key

## Assembly Instructions

	<p>Remove the plastic from the Confidence Power Trac Treadmill.</p>
	<p>Mounting the plastic Toe cap Align the plastic Toe cap with the screw hole, screw in place with accompanying M5x12 Screw with small gasket.</p>
	<p>Screw the nut and locking screw into the Position. 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.</p>
	<p>Screw the locking pin into position(found in the accompanying bag)</p>



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



Mount the handrail on frame leg and tighten  
screw with accompanying Allen key, Fasten the  
Handrail decorative cover over the screws on the  
handrail

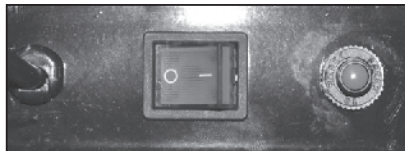


Mount the modular contact in the outlet on the  
right frame leg.

# 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. 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 ▼/▲
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.

# Pre-set programs

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

**Autoprogram:** In stand-by mode 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 99 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	9	9	5	5	4	3

# Warm-Up Exercise

Warm up exercise is important in preparing the muscles for activity whilst minimising the risk of injury. You may choose to warm up with a light/brisk walking pace for 5-10 minutes before stopping and performing some simple stretches. (As shown in the pictures below)



**1. Hamstring Stretch (Standing)**- Keep your knees slightly bent and slowly lean forward, back and shoulders relaxed, reaching towards your toes. You should feel the tension and slight discomfort in your hamstring muscles. Hold for 15 - 20 seconds. Repeat 2-3 times.

**2. Hamstrings Stretches (Seated)** - Sitting on the floor preferably on a mat, put one leg straight, the other inward and close to the inside of the straight leg. Lean forward from the hips, reaching towards your toes. Hold for 10-15 seconds, and relax. Repeat 3 times for each leg (See picture 2).

**3. Calf Stretches**- Standing with two hands on the wall or tree, one leg behind. Keeping your legs straight and the heel on the ground, lean forward towards the wall or tree. Hold for 10 -15 seconds, and relax. Repeat 3 times for each leg (See picture 3).

**4. Quadriceps Stretches** - Keeping your balance with your left hand holding onto a wall or stationery fixture, grasp your right foot with your right hand and stretch your right heel toward your buttocks slowly, until you feel the stretch in the front of your thigh. Hold for 10 - 15 seconds, and relax. Repeat 3 times for each leg (See picture 4).

**5. Sartorius (Inner Muscles of the Thigh) Muscle Stretches**- Sitting down with the soles of your feet or shoes together and your knees positioned outward. Pull your feet towards your groin until you can feel the stretch. Hold for 10 -15 seconds, and relax. Repeat 3 times (See picture 5).

# Maintenance Instructions

## WARNING:

Before cleaning or carrying out any maintenance on your treadmill, ensure the power is turned off and the power cord removed from the plug socket.

At least once a year, the motor cover on your treadmill should be removed and any dust or debris vacuumed up to maintain the smooth operation of the motor and drive system.

## CLEANING:

General cleaning the unit will greatly prolong the treadmills working life.

Keep the treadmill clean by dusting regularly. Be sure to clean the exposed parts of the deck surface on both side of the walking belt and also the side rails. Make sure the soles of your shoes are clean, this reduces the build up of foreign material underneath the running belt. The top of the belt can be cleaned with a slightly damp cloth. Be careful to keep liquid away from the electrical components and underneath the running belt.

The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

We recommend lubrication of the deck according to the following timetable

- Light user (less than 3 hours/ week) annually
- Medium user (3-5 hours/ week) every six months
- Heavy user (more than 5 hours/ week) every three months

Treadmill lubricating oil can be purchased from your nearest Fitness store or our Service Department.

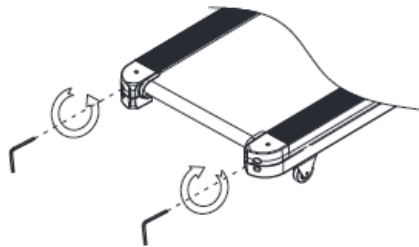
1. In order to maintain and prolong the working life of your treadmill, we suggest you power off the treadmill for 10 minutes after every 2 hours of running use.
2. A loose running belt may slip when you are running and may require a small adjustment; if the running belt is over tightened it can affect the performance of the motor and add extra wear to the rollers. For ideal tension, the running belt can be lifted 50-75mm from the central part of the running deck.

## Maintenance

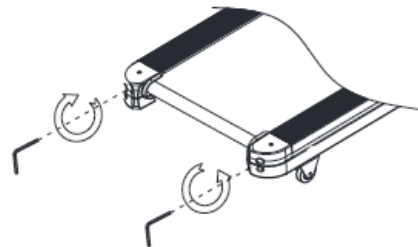
1. Before moving or cleaning your Power Electric Treadmill unplug it from the main power supply.
2. Always clean the Power Electric Treadmill with a damp cloth avoiding the control panel. DO NOT USE ROUGH CLEANING AGENTS.
3. Clean the power switch and control panel with a soft dry cloth. DO NOT USE A WET CLOTH IN THESE AREAS.
4. Do not use your treadmill in wet, damp conditions or high dust areas as this can cause damage to the Power Electric Treadmill.

## Adjusting the Running Belt

1. The running belt on the Confidence Power Electric Treadmill will shift slightly after continuous use. This is normal for all treadmills.
2. To straighten/adjust the running belt turn the adjusting bolt on either side of the base, see figure C and D.



PICTURE C



PICTURE D

3. Do not allow for the running belt to catch the sides of the Confidence Power Electric Treadmill as this will tear the belt.