YOUR MOVE

SAFETY INFORMATION

MOTORIZED ELECTRIC
TREADMILL

Before installation and operation, please read this operation manual carefully and save this manual for future reference.



IMPORTANT
One of the greatest ways to damage the motor is to use the machine at low or extra-low speed!
Like all motors, the electrical motor has a peak torque curve, which is very low at low rotation speeds. This means that at low speeds, the power input to the motor needs to be very high to produce the necessary torque; this causes rapid overheating at low speeds, which is not compensated by the ventilation that, at low revolutions is extremely reduced.

Minimum user speed should be above 2.5 km/h. At this speed, in fact, the motor always has a good torque level and sufficient ventilation.

Correct treadmill adjustment and lubrication are also very important. If the belt is too taut and/or not lubricated, it will need more power. As a result, the motor consumes more and is less durable, increasing the risk of dangerous overheating and breakage.



TO EXTEND THE USEFUL LIFE OF THE MOTOR AND PREVENT SEIZURES OR PREMATURE WEAR TO INTERNAL PARTS, LEAVE THE MOTOR TO COOL AFTER 45 MINUTES OF USE.

Every treadmill consists of an electric motor and moving parts, and therefore, it is normal for there to be a slight noise and some vibration.

The more the speed is increased, the higher the noise from the treadmill, due to the inevitable friction between its parts (belt, rollers, deck) and the motor.
The passage of the belt joint over the rollers (a dull, cyclical noise that increases in frequency as the speed of the treadmill increases) is a completely normal noise.

The sound and vibrations are caused by the user, but the sound of feet on the belt while running. The faster you run, and the heavier you are, the greater the noise from the impact will be.
Even the size of the treadmill affects comfort during use and fluidity while running. Larger and sturdier treadmills have greater the stability and running comfort.

Another noise may come from the support tubes, and from the joints or screws, which may have become loose during use. In this case, it is sufficient to secure them correctly, identifying the nut/bolt that is causing the noise, then proceeding to tighten them correctly (without tightening excessively) and also using the pins in the front of the instrument.
Next check the side rails and the opening/closing pins and lubricate these parts in order to eliminate any annoying noises coming from the structure.
In some cases, the excessive noise can also be the result of incorrect calibration of the running belt (too tight).

To reduce the noise from running on the belt, the best and universally acknowledged solution is to place a soundproofing floor mat under the treadmill. These mats are usually made in a “sound-insulating” compound and can be purchased in all sports stores or from a fitness equipment maintenance service.

SAFETY INFORMATION

1. Please make sure you read the manual before installing or using the treadmill.
2. The electric treadmill must be placed on a clean, solid and flat surface. If the floor is not perfectly level, add a shim in the part where the treadmill does not perfectly touch the ground.
3. The electric treadmill has been designed exclusively for indoor use. It must not be used outdoors.
4. Never place the treadmill on a thick carpet; air needs to circulate under the machine.
5. Always wear the correct clothing when using your electric treadmill. Never wear long clothing or items that can become caught up or tangled in the treadmill's moving parts. Long hair should be tied back. Keep clothes or towels well away from moving parts.
6. **Always make sure to wear suitable footwear**. Running barefoot on a hard surface, as well as being harmful, could also damage the running surface under the belt, making running much noisier and less comfortable.
7. **Never stand on the running belt on the platform before starting the treadmill. Place your feet on the side rails of the treadmill, press the start button and only get onto the belt once it has reached its minimum speed.** Now it is possible to increase the speed gradually to the required level. Never get onto the running surface when the treadmill is set to high speed.
8. Before getting onto the running belt, make sure that the emergency cord is connected. If the emergency magnet comes away from the control panel, the treadmill will stop.
9. Do not allow children or pets to approach the treadmill while the running surface is moving.
10. Children or elderly people should only use the treadmill under adult supervision.
11. To reduce the risk of electric shock, always disconnect the treadmill from the mains power when it is not in use.
12. Clean the treadmill regularly after use. Remove all dust and sweat from the hand grips and the adjustment belt. Use a mix of mild soap and water to clean the running belt. NEVER use aggressive detergents.
13. If the treadmill is not going to be used for long periods, close it and store it in a clean, dry place.
14. Do not use the treadmill if any part of the power cord or plug should become worn or damaged. Contact a qualified electrician to solve the problem.
15. Never use the equipment if it is not operating correctly, if it has fallen or become damaged, or if it has fallen in water. In this case, please contact our assistance center.
16. The electrical system must be compliant with the regulations and standards in the country of use.
17. This equipment must be used exclusively for its intended purpose, as stated in the user's manual. Only perform the exercises envisaged for this type of equipment, in the way and under the conditions stated in the manual. All other use is considered improper and therefore, dangerous.
18. The electric treadmill is not a toy and must not be used by people (including children) with physical or mental problems. The treadmill must not be used by people who have not read and understood the manual.
19. Set the training according to your physical characteristics and health, starting out gently.
20. Do not become overtired or work yourself into exhaustion. Bad or excessive training can cause serious physical injury or even death. In case of pain or unusual symptoms, stop exercising immediately and seek medical advice.
21. If you are over 45, have health or medical problems and/or this is the first time you are exercising in the last 12 months, please seek medical advice before using the treadmill.
22. If you experience any of the following symptoms, including: headache, tightness in the chest area, irregular heartbeat, shortness of breath, dizziness, nausea, or any sharp pain in muscles or joints, stop exercise immediately and seek medical attention.
23. In any case, we always recommend consulting your physician before use.
24. Keep these instructions in a safe place for future use.

DO NOTS

- Use of this equipment in medical centers or gyms is prohibited.
- Never use this equipment for tests or for treatment or rehabilitation purposes.
- No walking or running backwards.
- Use of this equipment by more than one person at a time is prohibited.
- Children or pets cannot remain in the vicinity of this item while it is operating.
- Containers of liquid cannot be left near or on the equipment.
- The use of aggressive chemicals, brushes or abrasive sponges to clean the equipment is prohibited.
- No parts of the equipment may be removed unless expressly stated in the user's manual.
- Never use the product in case of failure or incorrect operation. In case of malfunction, switch off the equipment and do not tamper with it. Contact our assistance service for repairs.
- It is prohibited to wear clothing in synthetic or woolen blend materials while training. Wearing unsuitable clothing may cause problems of hygiene as well as the possibility of dangerous static electricity.
- This treadmill is designed for home use and not for intensive or prolonged use. For this reason we advise against using it for more than one hour at a time and not to use it alone.
- **It is also not recommended to use the treadmill as a walking simulator (pedometer at a speed below 2.5 km/h). This could cause the motor to overheat and break.**

WARRANTY

The product warranty and dealer's responsibility will be null and void in the following cases:

- improper use of the product, not compliant with the specifications in the user's manual;
- failure to comply with the intervals and simple maintenance tasks (belt lubrication, motor compartment cleaning, etc.);
- tampering with the product;
- use of non-original spares;
- use of the product in dirty environments
- **failure to comply with the safety warnings in the user's manual.**

"Veneta Brand Group" cannot be held responsible for any damage from failures or damage caused by: unauthorised maintenance; improper use; accidents; negligence; incorrect assembly and installation; detritus from any construction activities in the area in which the product is located; oxidation or corrosion caused by the position of the product; changes or adaptation without the written permission of "Veneta Brand Group", or by user's failure to abide by the instructions in the user's manual in terms of use, operation and maintenance.



IF THE PRODUCT TO BE REPLACED IS <u>WITHOUT ITS ORIGINAL PACKAGING OR ACCESSORIES</u>, OR IN CASE IT IS ESTABLISHED THAT THE PRODUCT HAS UNDERGONE INTERVENTIONS OR BEEN SUBJECT TO DISPROPORTIONATE MECHANICAL OR ELECTRICAL STRESSES THAT HAVE CAUSED INCORRECT OPERATION, "VENETA BRAND GROUP" MAY REFUSE TO REPLACE, REPAIR AND/OR MAKE PARTIAL REFUNDS.



CORRECT DISPOSAL OF THIS PRODUCT (WASTE ELECTRICAL & ELECTRONIC EQUIPMENT)



This marking on the product, accessories or literature indicates that the product and its electronic accessories (e.g. charger, headset, USB cable) should not be disposed of with other household waste at the end of their working life. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate these items from other types of waste and recycle them responsibly to promote the sustainable reuse of material resources.
Household users should contact either the retailer where they purchase d this product, or their local government office, for details of where and how they can take these items for environmentally safe recycling.
Business users should contact their supplier and check the terms and conditions of the purchase contract. This product and its electronic accessories should not be mixed with other commercial wastes for disposal.

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