Treadmill Instruction Manual
GT-PRO 3000
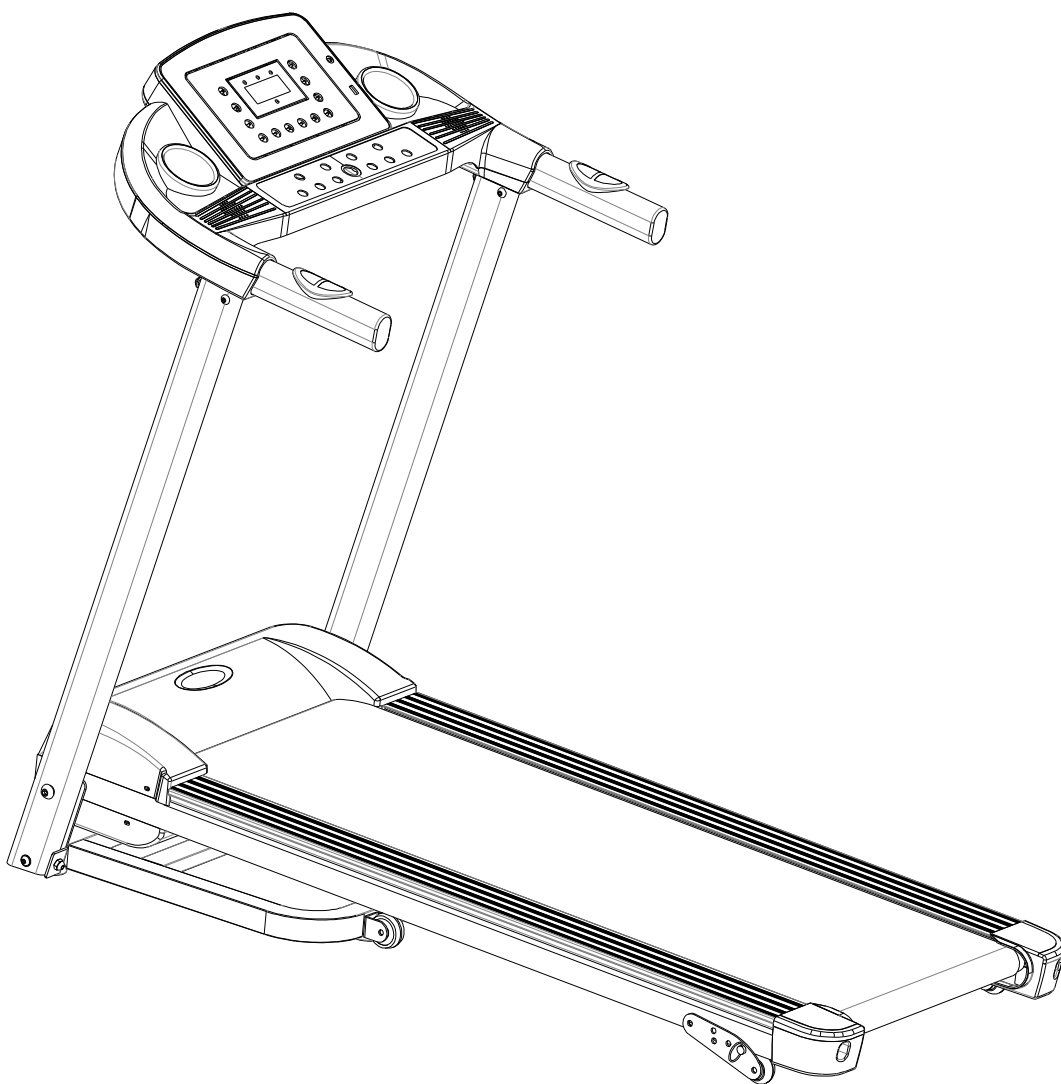
Please place the red magnet on the console to start treadmill.
Translation of the original instructions

1. Running Area: 1150*420mm
2. Set up Size: (L*W*H)1430*700*1200mm
3. Folding Size: (L*W*H)600*700*1140mm
4. Speed: 1-14km/h
5. Mode: "Manual"; "Time countdown"; "Distance countdown"; "Calories countdown"; "Auto". In accordance with Monitor instruction.
6. 12 sport modes can be set up by own needs.

Safety Precautions and Warnings

Warning!

- Maximum user weight: 120KGS
- 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 plugs 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 spaces such as the bathroom.
- Don't place machines in direct sunlight, or high temperature environments, such as near a stove or heating appliance.
- Don't use it when the power cord is damaged, or the 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 it 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.

Treadmill Common Error Messages Prompt Description

E01: communication blocked between electronic and controller.

Solution	When communication line is blocked between electronic and under controller	Please connect again or change communication line
	When Electronic without signal	Change Electronic to repair
	When under controller without signal	Change under controller to repair

E02: The controller does not detect the voltage of the motor line.

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

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

Solution	Motor cable is not connected	Check connection
	Under controller with abnormal signal	Change under controller to repair

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

Solution	Treadmill motor load exceeds the rated current	Recommend within the rated current of the motor
	Treadmill motor assembly structure problems, causing the motor blocked or resistance	Check the structure of treadmill
	By limiting control system failure	Change under controller to repair

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

Solution	Safety Magnet off	Please set magnet safety lock correctly
	Electronic Safety lock system malfunction	Change electronic to repair

9. Each numerical display range：

	Initial	Set initial value	Setting range	Display Range
Time(min:sec)	0:00	45:00	1:00-45:00	0:00~45:00
Speed(km/h)	0.0	N/A	N/A	1-14
Distance(km)	0.0	1.0	1.0-99.0	0.0-99.9
Pulse(sec/min)	P	N/A	N/A	N/A
Calories(Kcal)	0	50	20-990	0-999

Schedule 1:   P1-P12 Program motion map

Time period formula		Time set/20 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

Packing Details

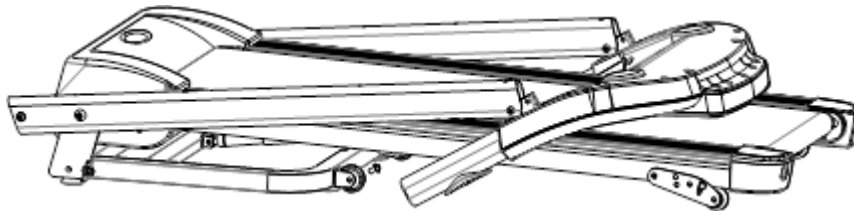|	
Frame	
Manual + Screw package	

Screw package(monofunctional)
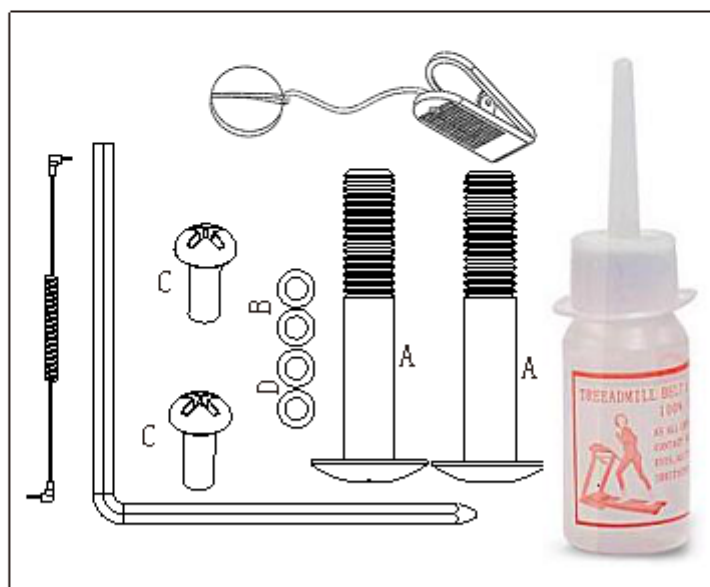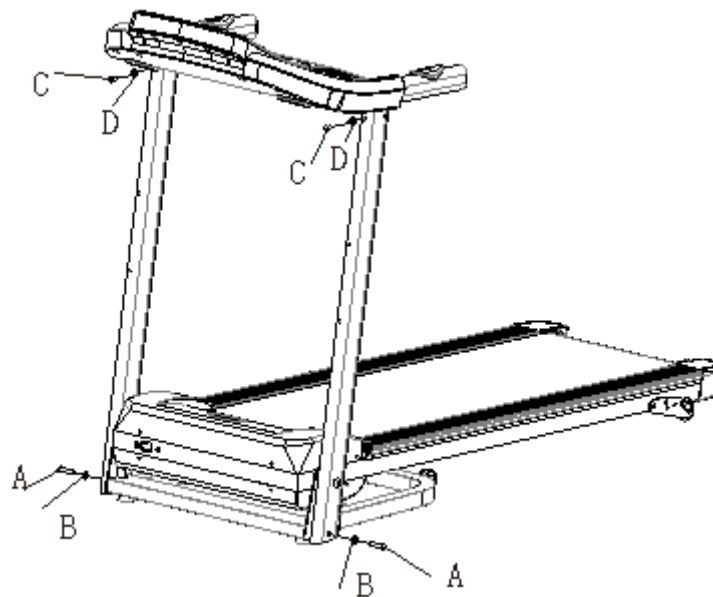
Treadmill Assembly

Step 1: Extending the framework
1. Take the treadmill out of the box and lay it flat on the ground.


Step 2. Assembly mode

1. The handlebar column is connected to the base: The left and right columns and the base holes are connected as shown in the figure below. A.M8 * 40 and B. flat pads are respectively tightened in the tool kit M5 wrench.

2. The electronic monitor and handlebar column connection: as shown in the figure below, the B.M8 * 16 and C flat pads are respectively assembled into the left and right columns and electronic Monitor holes and tightened with the Toolkit M5 wrench.
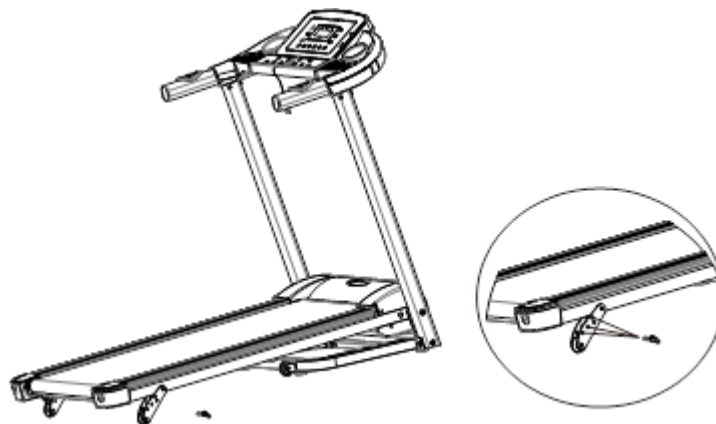
Step 3. All screws fixed

After fixing all the screws in step 2, screw the screws into place as shown in the figure below.
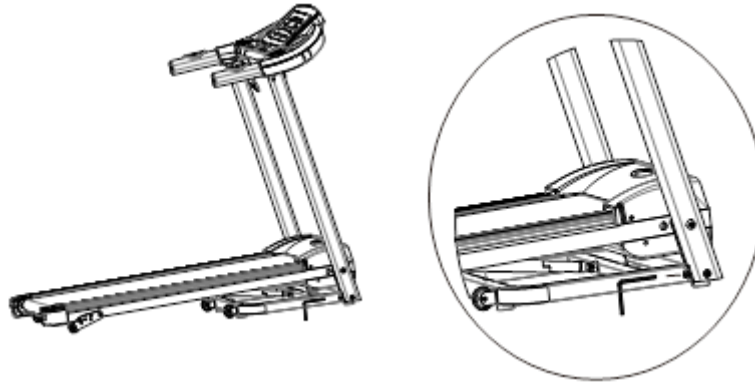
Single function assembly, put the red safety switch in the instrument with a yellow mark to start the treadmill can be used, this model with MP3 function. Plug MP3 cable into the meter display MP3 hole connected mobile phone can listen to music running. The machine also has a manual 3 anti-lift adjustment function as shown in the figure below

Folding and unfolding

Folding Mode		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.
How to expand		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

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

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1. Description

Treadmill parameter; Sport parameter; Sport mode; Manual mode; Mode; Program mode.

2. Test heart function, USB with MP 3 amplifier function.

3. Parameter instruction

- Minimum speed 1km/h
- Maximum speed 14km/h
- Maximum exercise time: 45min under Time mode
- Minimum exercise time: 8min under Time mode
- Maximum exercise distance: 99km under Distance mode
- 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

LCD display instruction

Screen shows: Speed, Time, Distance, Calories.

Button function

Function button: Speed Shortcuts 4 (3, 6, 9, 12)

"Start" button   "Stop" button

"Program" button   "Mode" button

"Speed+" button   "Speed-" button

5. Button function and operation

  "Start" button - Start the motor

  "Stop" button - Stop the motor

  "Program" button - Auto program selection

  "Mode" button - Countdown mode selection

  "Speed+/-" button - Adjust speed when running, adjust parameter value when setting

  "Speed Shortcuts" - Directly select speed value when running

Earthing
• This product must be earthed.
• This product is equipped with 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 grounding plug. **Do not use a plug adapter.**

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 picture2).

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).

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 running belt is biased to the left, rotate the left adjusting bolt with 1/2 turn clockwise, using the Allan Key provided. Then rotate the right adjusting bolt with 1/2 turn, anti-clockwise. See the pictures below. You know that the belt has the correct tension when you can lift it up 50-75mm on each side.

Picture A   Picture B
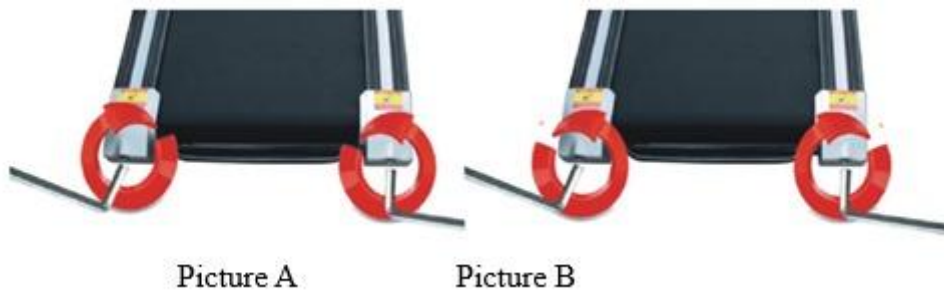
When you use the treadmill for a prolonged period, the belt becomes loose because of the abrasion. It is then necessary to adjust it.

Judgment: if you feel like the belt is skipping when using it or there are any crumples on the belt, it needs to be adjusted.

Method of judging which part is loose: Remove the four screws on the protective cover. Make the treadmill run at a speed of 1 km/h, and then stand on the running belt, grip the armrests, and walk lightly on the treadmill belt.

A. If the belt runs smoothly, the tightness is appropriate.

B. If your steps stop the running belt, but the belt and roller are still running, it indicates that the running belt is loose and appropriate adjustments must be made to facilitate safe usage. If you observe that using the treadmill causes the belt to stop, but the motor is still running, it indicates that the belt is loose and appropriate adjustments must be made to facilitate safe usage of your treadmill.

Step 2: Use a wrench to adjust the screws on the motor base. Meanwhile, gently flip the belt between the motor shaft and the front roller. If it is too loose, you can flip the belt by 100%; if it is too tight, the degree for you to flip the belt is very limited. It is appropriate to flip the belt by 80% after adjustment. Please adjust the tightness of the belt so that it can be flipped by 80%.
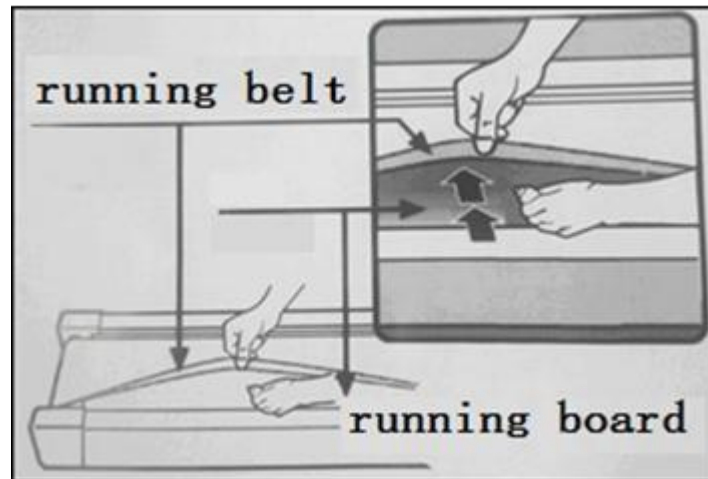
Step 3: Finally lock the motor base and put back on the casing.

Applying silicone oil

The lubricating oil method is as follows:
Step 1: Lift the running belt slightly.
Step 2: Open the silicone oil bottle, squeeze the silicone oil on the sides of running board, as shown in the following picture: Please note that only 2/3 drops of oil is needed to lubricate the item.

Thank You for Buying from InTheMarket.ie!

We hope that you have many happy years with your new GT PRO 3000 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. Just search for Inthemarket.ie.

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EC DECLARATION OF CONFORMITY

This Declaration of Conformity is issued under the sole responsibility of the manufacturer

Manufacturer

Company name:	Bunanstua Ltd. t/a Inthemarket
Full address:	Woodstock, Carrigtwohill
Postal code:	T45T327
Place:	Cork
Country:	Ireland
Person responsible for compiling the technical file:	Liam Ryan

Description and Identification of the machinery

Generic name:	Treadmill
Function:	Home electric treadmill
Model:	ES- T2705
UPC number:	616421693754
Commercial name:	GT PRO 3000

Compliance

The manufacturer declares that the above mentioned machinery fulfills all relevant provisions of

Machinery Directive 2006/42/EG
EMC Directive 2014/30/EU
RoHS Directive 2011/65/EU & Delegated Directive 2015/863/EU .

In conjunction with the following harmonised standards and where appropriate other technical standards and specifications

EN ISO 12100:2010; EN IEC 63000:2018; EN ISO 20957-1:2013;
EN 957-6:2010/A1:2014; EN 62233:2008; EN IEC 55014-1:2021:
EN IEC 55014-2:2021; EN IEC 61000-3-2:2019+A2:2021; EN 63000:2018
EN IEC 61000-3-3:2013+A2:2021; EN 60335-1:2012/A11:2014/A13:2017

Place:	Cork	Name:	Liam Ryan
		Function:	MD
Date:	28/11/2019	Signature:	*Liam Ryan*

GT PRO 3000/ ES- T2705 Identical Models. Manufactured By Bunanstua Ltd.
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or write to us at the above address.