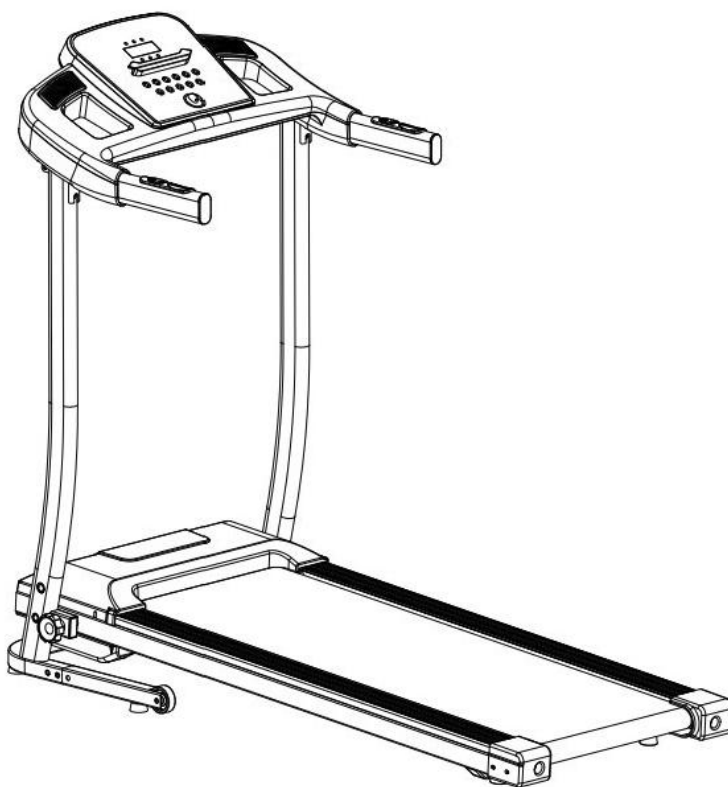


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# ITM Fitness - POWER TRACK 1000

## USER MANUAL



This is a HIGH-POWER item; please DO NOT USE THE SAME ELECTRICAL SOCKET WITH ANY OTHER HIGH-POWER HOUSEHOLD APPLIANCE.

Please choose an outlet exclusively for the machine and make sure that the fuse is 10Amp

**Please place the red safety magnet on the console to start the treadmill.**

# Safety Precautions and Warnings

- Maximum user weight: 100kgs
- 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 Allen 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 plug 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.



### **Earthing**

- ◆ This product must be earthed.
- ◆ This product is equipped with a 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 plug on your treadmill. **Do not use a plug adapter.**

1. The treadmill is capable of high speeds. Adjust the speed in small

increments to avoid sudden jumps in speed.

2. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and

switch the reset/off circuit breaker to the off position when the treadmill is not in use.

3. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. You must

be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

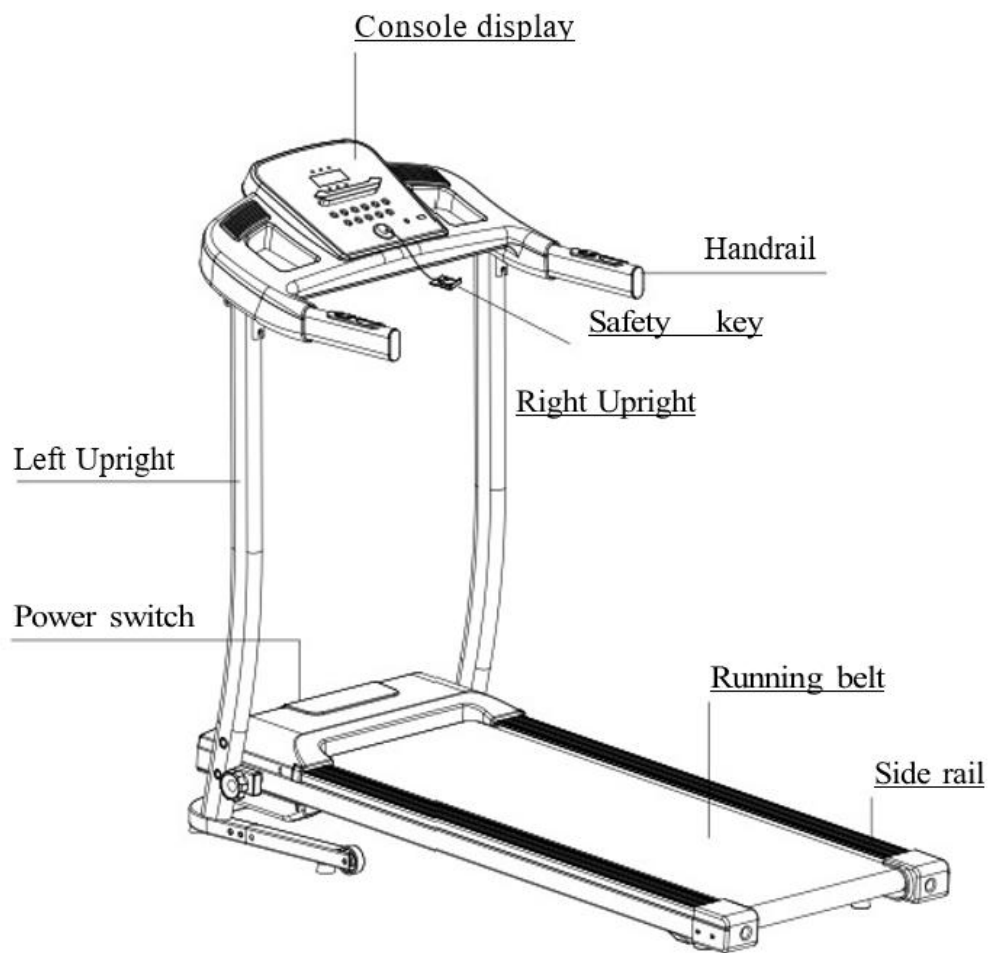
3. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.
4. Do not change the incline of the treadmill by placing objects under the treadmill.
5. Inspect and properly tighten all parts of the treadmill regularly.
6. **Warning!** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorised service representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.
7. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

## Brief Description

This motorised treadmill can help complete your goal of keeping fit. Together with the unique, elegant and dignified shape, it takes up a little space when folded.

Speed range: 1.0-14km/h

Programs: 15pcs pre-set programs (P1-P15)



## Operating Instructions

### 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.



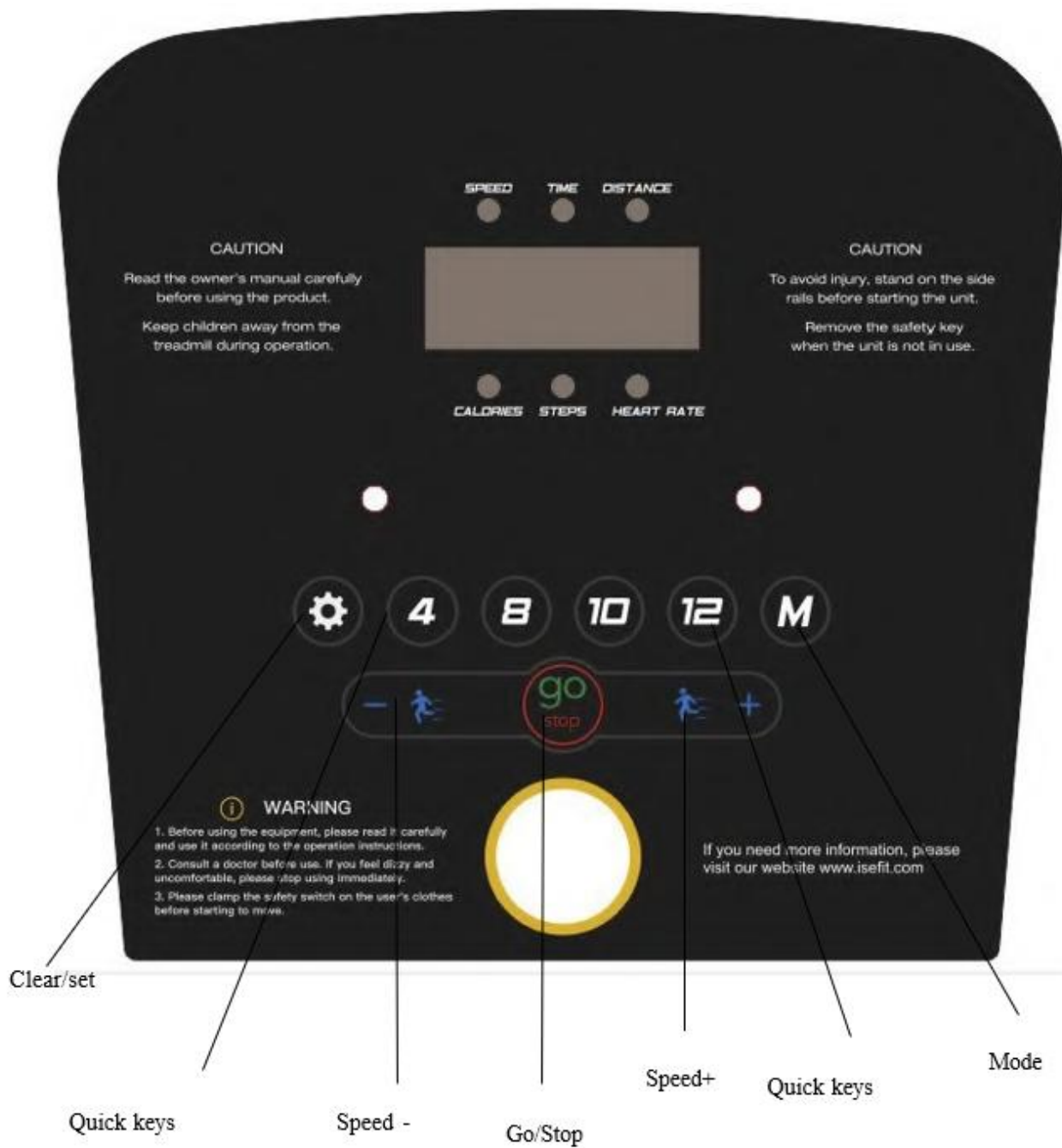
Figure 1



Figure 2



Figure 3



(1)  **MODE**

Power on the machine, press it to choose pre-set programs P1-P15. Press CLEAR/SET to exit.

(2) **GO/STOP**



Power on the machine, press it to start running. When running, press it to stop and record the running. Press CLEAR/SET to clear up the record.

(3)  CLEAR/SET

Power on the machine, press it to choose time, distance, calorie count-down training. When running, clears time, distance and calorie.

(4) SPEED +

When running, press it to increase speed by 0.1km/h. Hold it down, speed is increased continuously.

(5) SPEED -

When running, press it to decrease speed by 0.1km/h. Hold it down, speed is decreased continuously.

(6) QUICK SPEED

Speed 4,6,8,10,12, when running, press it to choose speed.

(7) SPEED + in the handrail

When running, press it to increase speed by 0.1km/h. Hold it down, speed is increased continuously.

(8) SPEED - in the handrail

When running, press it to decrease speed by 0.1km/h. Hold it down, speed is decreased continuously.

(9) Left hand bar "START", it's the same function as "START" key.

(10) Right hand bar "STOP", it's the same function as "STOP" key.


(11) Left hand bar "SPEED+", it's the same function as "SPEED +" key.


(12) Right hand bar "SPEED -", it's the same function as "SPEED-" key.

## User Mode Operation

Count-down training: power on the machine, press  to enter TIME count-down training, press it again to enter DISTANCE count-down training, press it once more to enter CALORIE count-down training.

Finally press MODE to exit.

TIME count-down training: power on the machine, press , TIME figure flashing, showing 30:00. Press SPEED+,- to choose the time between 5-99minutes. Press go/stop to start at speed of 1.0km/h. Speed can be adjusted by pressing SPEED+,-. The machine stops when time shows 00:00.

DISTANCE count-down training: power on the machine, press  two times, distance figure

glittering, showing 1.0km. Press SPEED+,- to choose the distance between 1.0-9.0km. Press GO/STOP to start at speed of 1.0km/h. Speed can be adjusted by pressing SPEED+,-. The machine stops when distance shows 0.00.

CALORIE count-down training: Power on the machine, press CLEAR/SET three times, calorie figure glittering, showing 50 sCAL. Press SPEED+,- to choose calorie between 10-990CAL. Press START/STOP to start at speed of 1.0km/h. Speed can be adjusted by pressing SPEED+,-. The machine stops when calorie shows 0.

### Getting Started

Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill, below the motor shield. Ensure that the safety key is installed, as the treadmill will not power on without it. When the power is turned on, the display is ready for operation.

### Quick-Start Operation

Press and release the GO/STOP to begin belt movement, at 1.0 Km/h, then adjust to the desired speed using the '+' or '-'. You may also use the quick speed keys (4,6,8,10 and 12) to adjust the speed. You can also use 'speed +' or 'speed -' to adjust the speed on handrail.

• To slow the treadmill down, press and hold the 'speed -' key to desired speed. You may also press the rapid speed adjust keys: 4,6,8,10, 10 and 12.

• In a state of running, single press GO/STOP, the walking belt will gradually slow down.

• In the state of running, single press  will reset time, distance, calorie.

### Pulse Grip Feature

Hold on both stainless steel pulse sensors in the handrails, the Pulse (Heart Rate) console window will display your current heart rate during the workout, within 15 seconds. Note: You must use both stainless steel sensors to display your pulse.

### Calorie Display

Displays the cumulative calories burned at any given time during your workout.

Note: This is only a rough guide used for comparison of different exercise

sessions, which cannot be used for medical purposes.


## Transport

Carefully lift the treadmill at the rear roller area, grasping the two side end caps, and roll the treadmill away.

## Programmable Operations

Each preset program has a maximum speed level that is displayed when a desired workout is chosen. The speed that the program will achieve will be displayed in the Speed window. Each program has various speed changes throughout.

## To Select a Program

Power on the machine, press  'MODE' to choose desired program, then press and release 'GO/STOP' to begin the program with default values.

The speed window will now be showing the preset speed of the selected program.

After every one-minute speed can be altered automatically according to the programs and can be altered manually. 3 Seconds before the end of program a buzzer will sound three times, then the running belt will come to a stop.

## Programs

## 1.Walking and jogging programs

### P1 PRIMARY

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	1	2	2	2	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2	2	2	1	1	STOP

### P2 PRIMARY

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	1	3	3	3	3	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	2	2	2	1	1	STOP

### P3 WALKING

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	1	3	3	3	3	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	5	5	5	5	5	3	3	3	3	3	STOP

### P4 JOGGING

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	1	4	4	4	4	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	3	3	3	2	2	STOP

### P5 Runner1(AGE45-50)

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	2	6	6	6	6	6	6	6	4	4	4	4	4	4	4	5	5	5	5	5	5	5	3	3	3	3	3	3	3	1	STOP

### P6 Runner2(AGE40-45)

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	2	6	6	6	6	6	6	6	5	5	5	5	5	5	5	6	6	6	6	6	6	6	3	3	3	3	3	3	3	1	STOP

### P7 Runner3 (AGE35-40)

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	3	6	6	6	6	6	6	6	7	7	7	7	7	7	7	6	6	6	6	6	6	6	3	3	3	3	3	3	3	1	STOP

### P8 Runner4(AGE30-35)

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	3	6	6	6	6	6	6	6	7	7	7	7	7	7	7	6	6	6	6	6	6	6	6	8	8	8	8	8	8	3	STOP

P9 Runner5(AGE25-30)

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	3	6	6	6	6	6	6	6	6	6	6	6	6	6	9	9	9	9	9	9	9	9	4	4	4	4	4	4	4	1	STOP

### 3.SPORT-distance runner

P10 Runner1(AGE18-25)

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	2	4	4	4	4	4	4	4	7	7	7	7	7	7	9	9	9	9	9	9	9	9	12	12	12	12	12	12	3	3	STOP

P11 Runner2(AGE18-25)

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	3	5	5	5	5	5	5	5	8	8	8	8	8	8	8	10	10	10	10	10	10	10	13	13	13	13	13	13	3	3	STOP

### 4.Lady exerciser

P13 Runner1(AGE55-60)

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	2	4	4	4	4	4	4	4	5	5	5	5	5	5	5	5	5	5	5	5	5	5	4	4	4	4	4	4	2	2	STOP

P12 Runner3(AGE18-25)

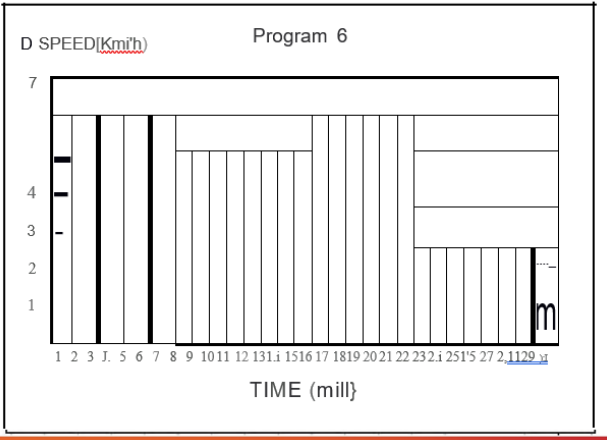
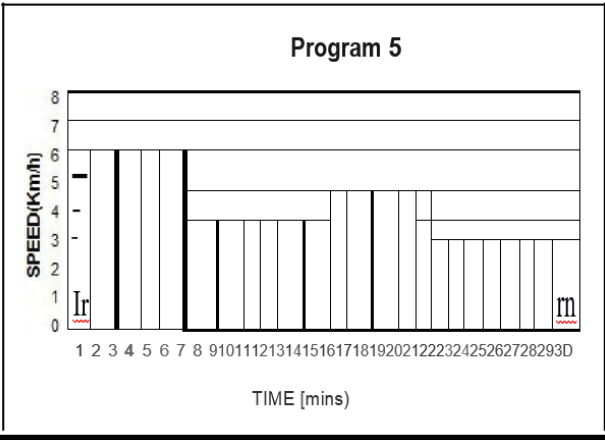
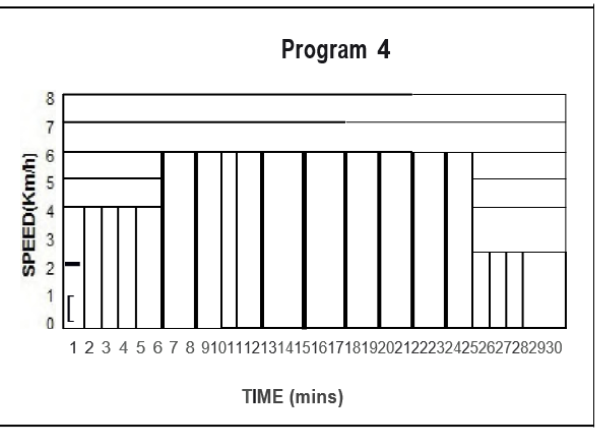
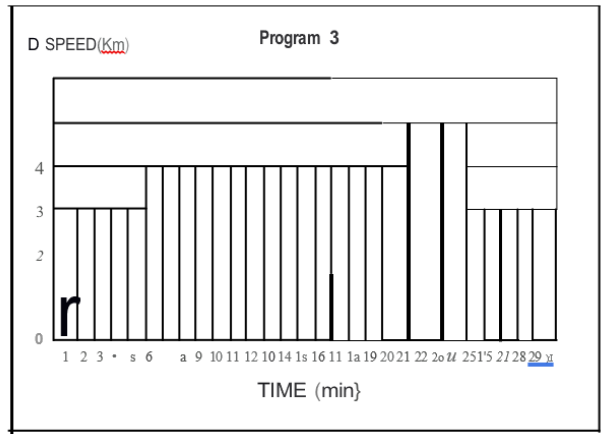
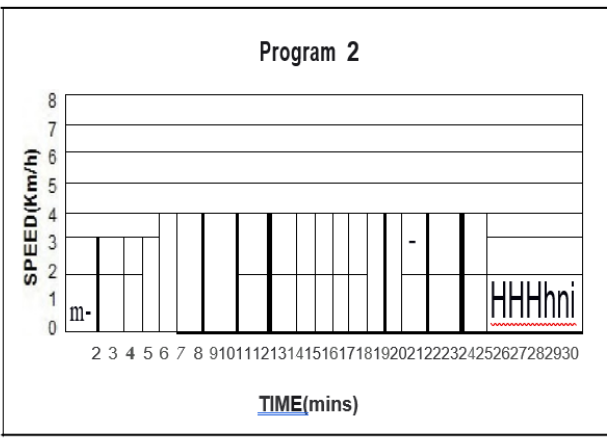
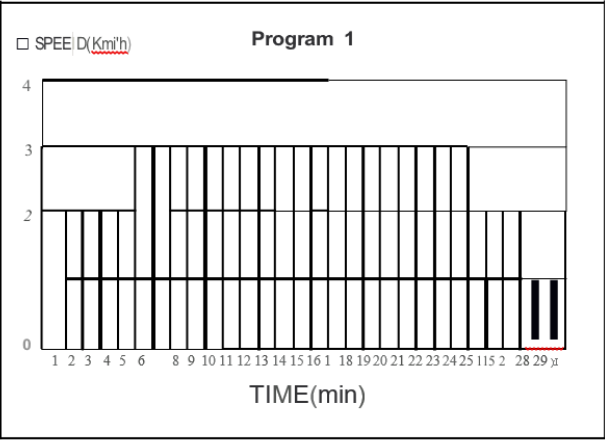
12 Numbers (PG21-22)																															
TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	3	4	4	4	4	4	4	4	7	7	7	7	7	7	7	12	12	12	12	12	12	12	12	12	12	12	12	4	4	STOP	

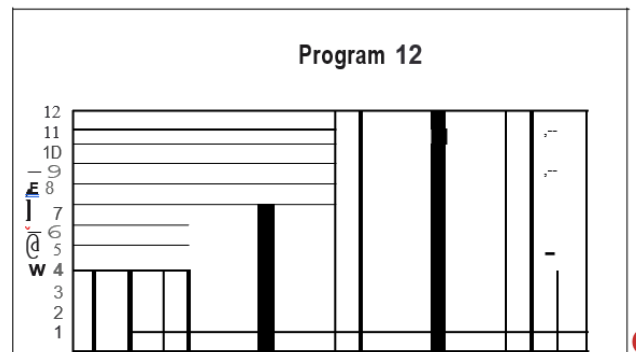
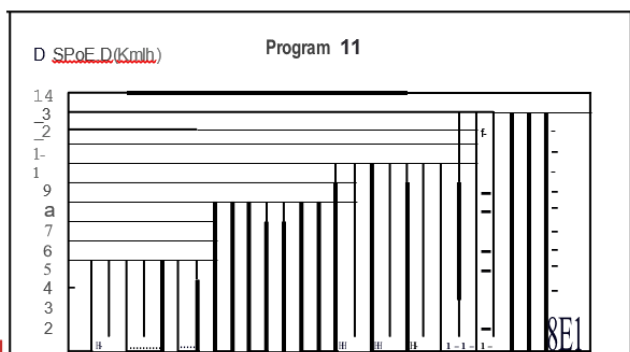
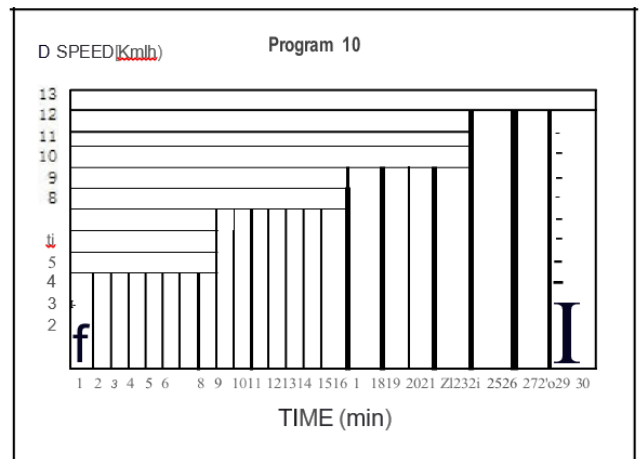
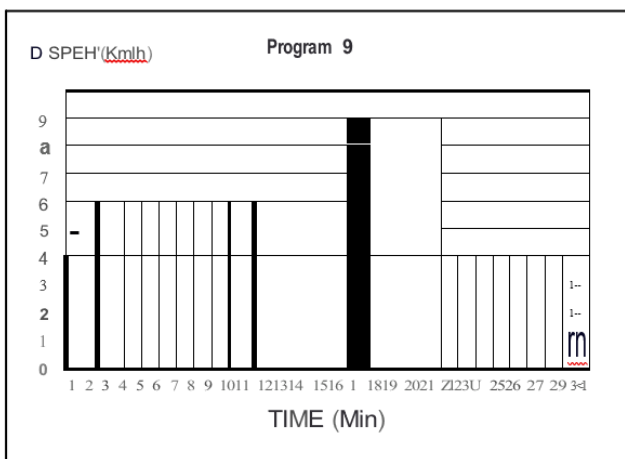
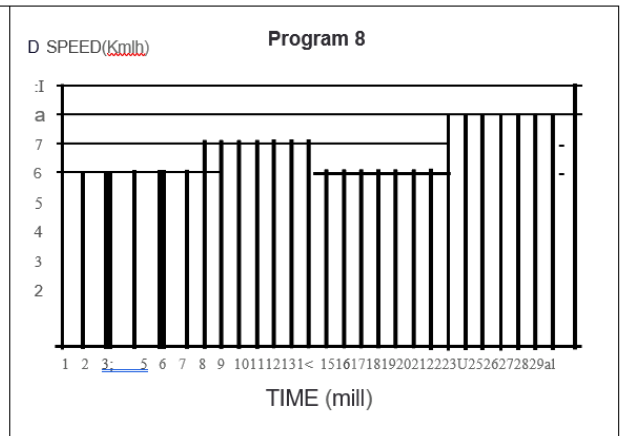
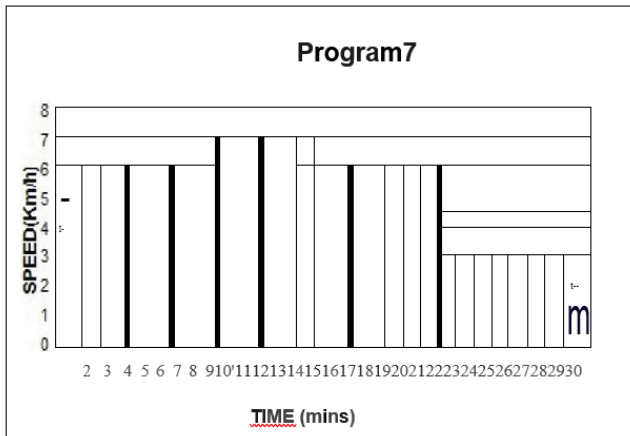
P14 Runner2(AGE50-55)

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	2	3	3	3	3	3	3	3	4	4	4	4	4	4	4	5	5	5	5	5	5	5	6	6	6	6	6	6	7	7	STOP

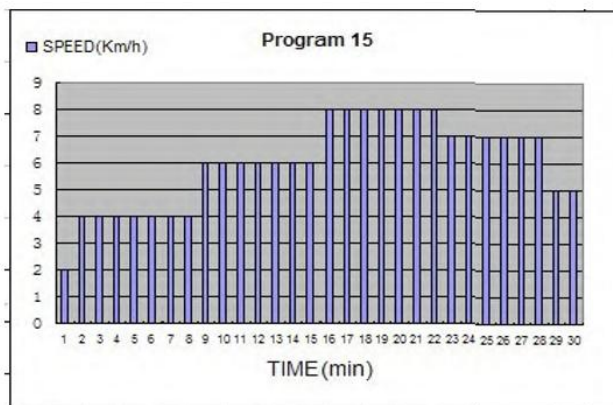
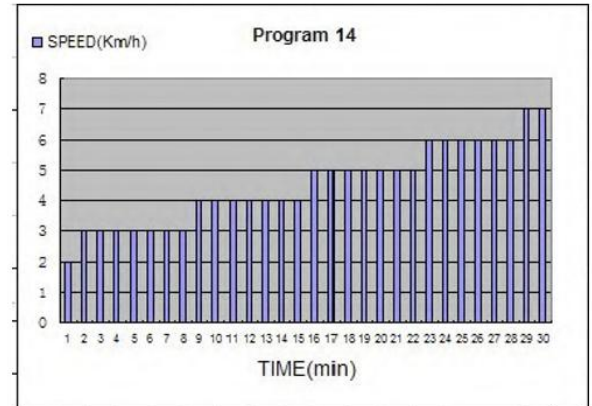
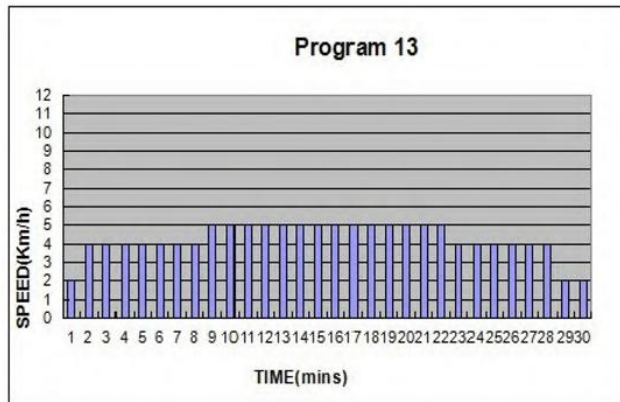
P15 Runner3(AGE45-50)

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	2	4	4	4	4	4	4	4	6	6	6	6	6	6	6	8	8	8	8	8	8	8	8	7	7	7	7	7	5	5	STOP









## Routine Maintenance

**Warning:** Before cleaning or maintaining your treadmill, please unplug it from the mains socket.

Cleaning: Comprehensive cleaning will extend the life of the electric treadmill.

Remove dust periodically to keep the parts clean. Be sure to clean the running belt with both sides of the exposed portion, which will reduce the accumulation of dust. Make that your trainers are clean when using the machine. Treadmill belts should be cleaned with a damp cloth and soap. Keep water away from the electrical components when doing so.

**Warning:** Always unplug the treadmill before removing the motor casing. Clean the motor at least once a year.

### Running Belt Lubricant

This electric treadmill's running board and running belt have been lubricated in the factory. Friction between the running belt and running board affects the life of the treadmill so regular application of lubricant is needed. We advise you to check the board regularly. Please board's surface is damaged, please contact our customer service centre. **Only SILICONE OIL can be used.**

We advise using lubricant between the running belt and the running board with following guide regarding frequency:

Lightweight user (use less than 3 hours a week), once every 6 months.

Heavyweight use (use more than 7 hours a week), once every 3 months.



1. To better safeguard your electric treadmill and extend the life of the machine, it is recommended that after your continuous use of one hour, turn off the machine and let it rest for 10 minutes before using again.
2. If the treadmill belt is too loose, the belt may crumple, if it's too tight, it may reduce motor performance and increase the abrasion of the roller and the running belt. You can lift both sides of the running belt for 50-75mm until it is the correct tightness.

### **Running with adjusted alignment and tightness**

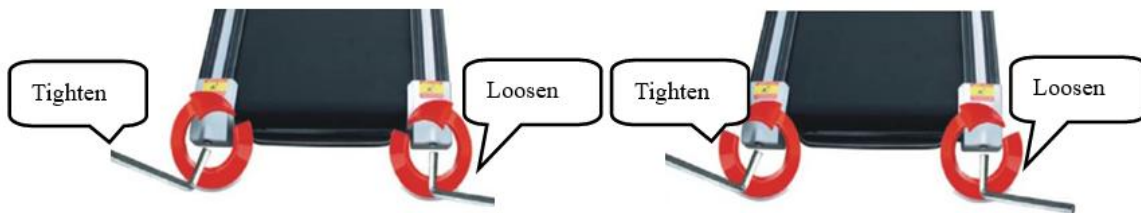
If the treadmill has been moved or if you have just oiled or cleaned under the belt perhaps, you may need to adjust it.

### **Running Belt Alignment**

Put the treadmill flat on the ground. Make the treadmill run at a speed of 6-8km/hour.

**If the running belt is closer to the left:** rotate the left adjusting bolt with 1/2 turn clockwise, then rotate the right adjusting bolt with 1/2 turn anti clockwise. (Picture A)

**If the running belt is closer to the right:** rotate the right adjusting bolt with 1/2 turn clockwise, then rotate the left adjusting bolt with 1/2 turn anti clockwise. (Picture B)



**Picture A: Belt closer to left**

**Picture B: Belt closer to right**

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.

**C.** 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%.

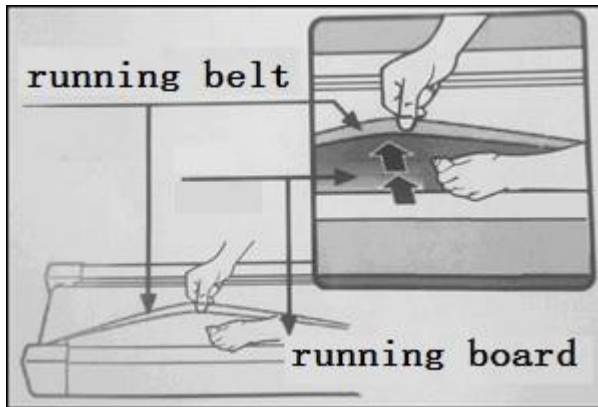
**Step 3:** Finally lock the motor base and put back on the casing.

### **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.



## Error Message Meanings

This treadmill is designed in such a way that in the event of an electrical fault, the machine will turn off automatically to prevent any injuries to the user and to prevent damage to the machine (i.e. motor).

When the treadmill behaves erratically, simply reset the treadmill by turning the power switch off, waiting for 1 minute then turning the power button back on.

### Alarm signals

#### **E02** Over voltage protection of motor

1. Make the machine self-checking again
2. Change the controller

#### **E03** Over current protection

1. Clean the dust between running board and belt, then put some oil
2. If the running belt wear is very bad, please change the running belt

**E04** Motor open circuit

1. Check the check the connect wire of motor, if the connect wire loose, please connect it again.
2. The motor carbon brush wear, replace carbon brush or motor

**E05** EEPROM damage or access problems change the controller board**E06** Communication error

1. Check the connect wire between computer and controller board, if it loose or broken, please connect it again or change it
2. change the incline motor

**E09** short-circuit protection change the controller board “

”safety key not connected

insert the safety key

**No Power**

1. Check fuses (They are located on the controller under the motor cover)
2. Check power outlet (Plug something else into the power outlet to ensure that the power outlet is working correctly).
3. Check Power Cable (You may need to take it to an electrician or Inthemarket.ie if in warranty).

## Exercise Guide

PLEASE NOTE: Before beginning any exercise program, consult your physician. This is important especially if you are over someone with pre-existing health problems.

Pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercising is a great way to control your weight, improve your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your

Muscles are an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So, as you can see, the fitter you are, the healthier and greater you will feel.

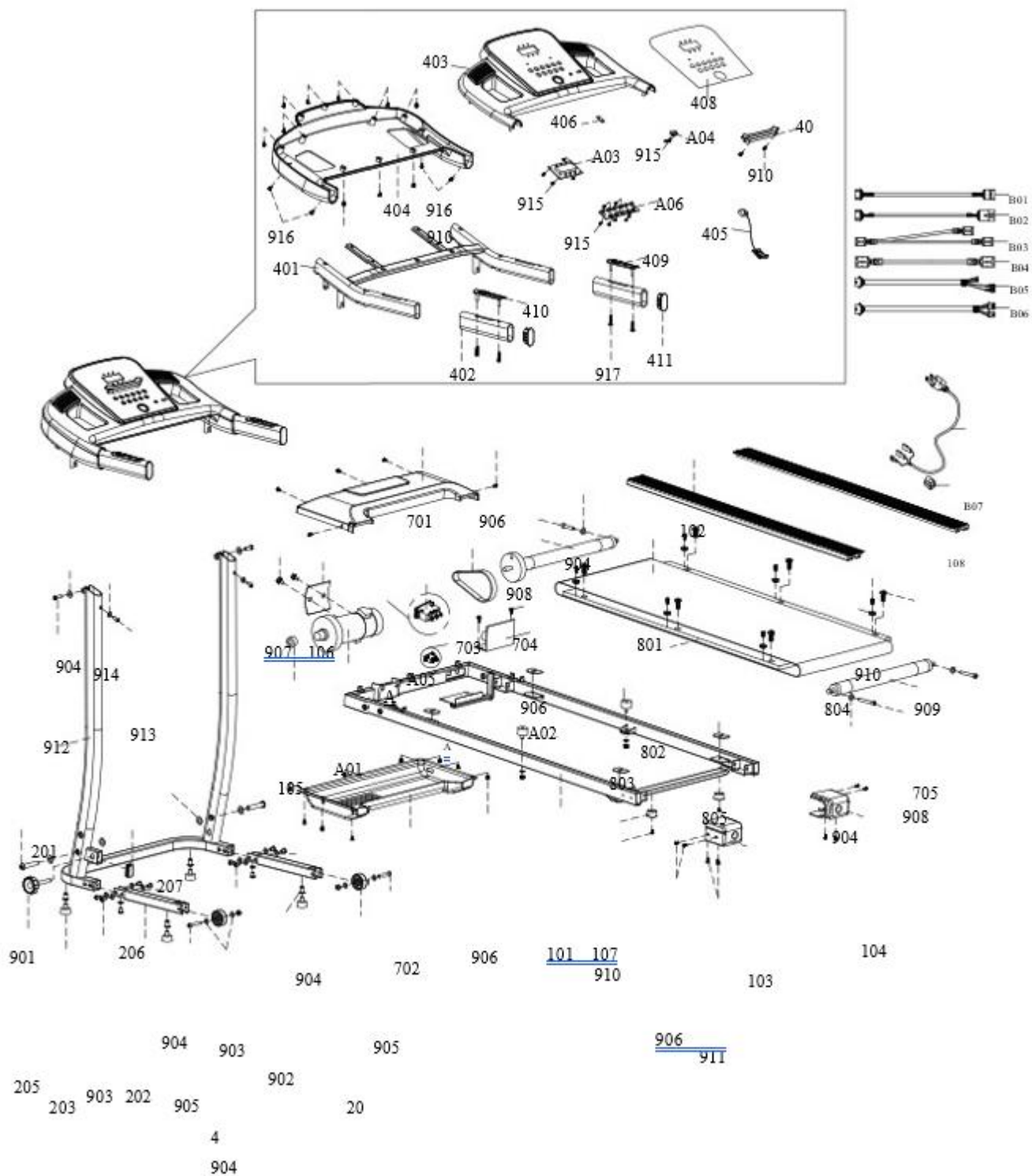
## Parts List and Exploded Diagram

NO.	Description	Qty
101	Frame	1
102	Side rail	2
103	Left end cap	1
104	Right end cap	1
105	Magnetic ring	1
106	motor cushion	1
107	rubber stopper	2
108	Power cord buckle	1
201	base frame set	1
202	base connection tube set	2
202	adjust foot pat	4
203	moving wheel	2
205	knob M10	1
206	Square tube	1
207	Plastic gasket	2
401	console set	1
402	Rubber plastic handle cover	2
403	console upper cover	1
404	console lower cover	1
405	safety key	1
406	Safety locking plate	1
407	PAD holder	1
408	console sticker	1
409	SPEED Shortcut	1
410	START/STOP Shortcut key	1
411	Oval tube	2

NO.	Description	Qty
803	spring pad	2
804	Decoration of siderail	6
805	running deck cushion	4
901	Hexagon socket head screw	2
902	Screw M10	4
903	Hexagon socket head screw	10
904	Plain washer - grade C	19
905	Hexagon socket head screw	2
906	Cross large flat head tapping screw	20
907	Hexagon lock bolt	3
908	Hexagon socket head cap screw	16
909	Cross groove countersunk head screw	6
910	Cross grooved pan head tapping screw	20
911	Cross grooved large flat head tapping screws	4
912	Hexagon socket head screw	2
913	Hexagon socket head screw	2
914	Saddle washer	2
915	Cross grooved round head tapping screw	13
916	Cross grooved pan head tapping screw	4
917	Cross groove pan head tapping screw	4
A01	motor	1
A02	controller board	1
A03	console board	1
A04	Safety switch sensor	1
A05	Rocker switch	1
A06	key board	1

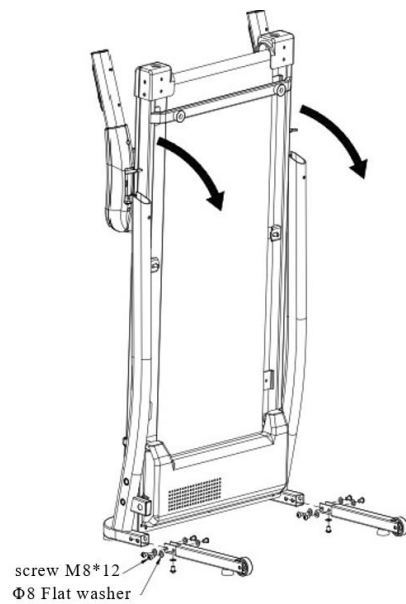
701	motor upper cover	1
702	motor lower cover	1
703	Drive belt	1
704	Front roller	1
705	Rear roller	1
801	Running belt	1
802	Running deck	1

B01	console connect wire	1
B02	Upright connect wire	1
B03	AC input wire(black)	1
B04	AC output line (red)	1
B05	Left shortcut key lower section	2
B06	Left shortcut key upper section	2
B07	power cord	1

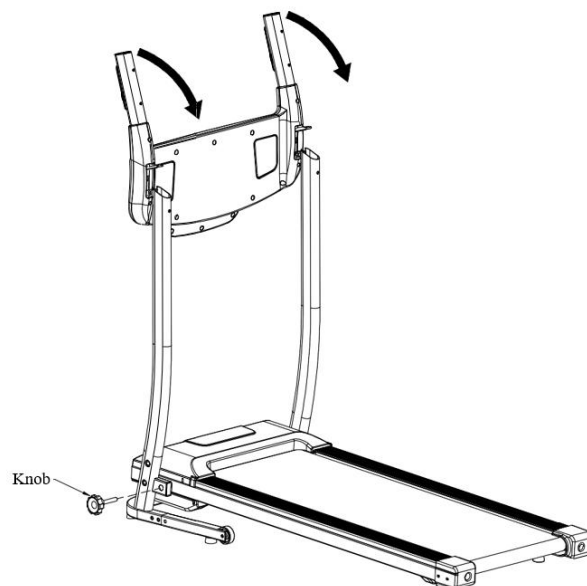


# Assembly Guide

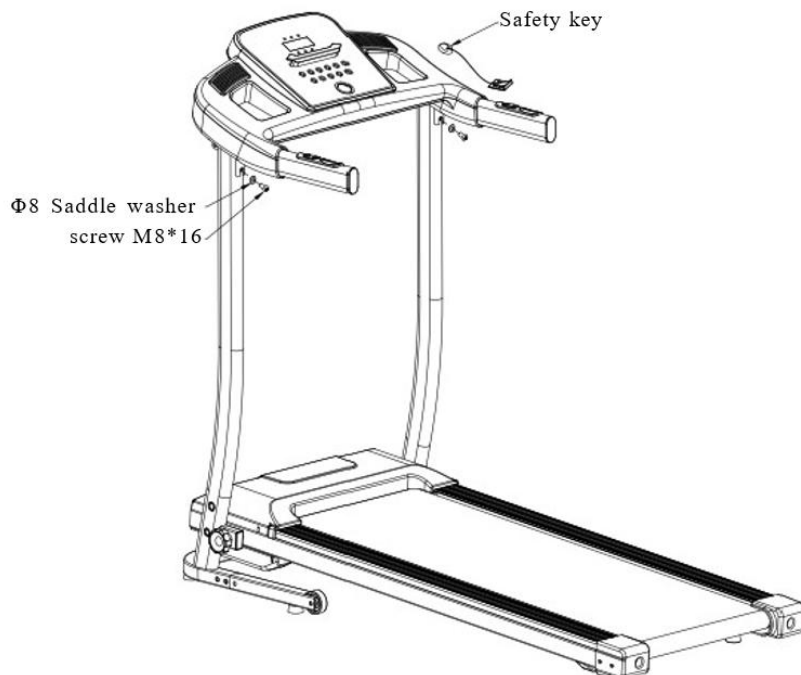
Step1:



Step 2:



Step 3:



**Thank You for Buying from InTheMarket.ie!**

We hope that you have many happy years with your new Power Track 1000 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](http://www.TrustPilot.com). Just search for Inthemarket.ie.



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@inthemarket99







## 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-T2802  
 UPC number: 616421693976  
 Commercial name: Power Track 1000

**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  
 Date: 05/10/2020      Function: MD  
 Signature: 



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 Call Customer Service on 0214389345, email [info@inthemarket.ie](mailto:info@inthemarket.ie)  
 or write to us at the above address.

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