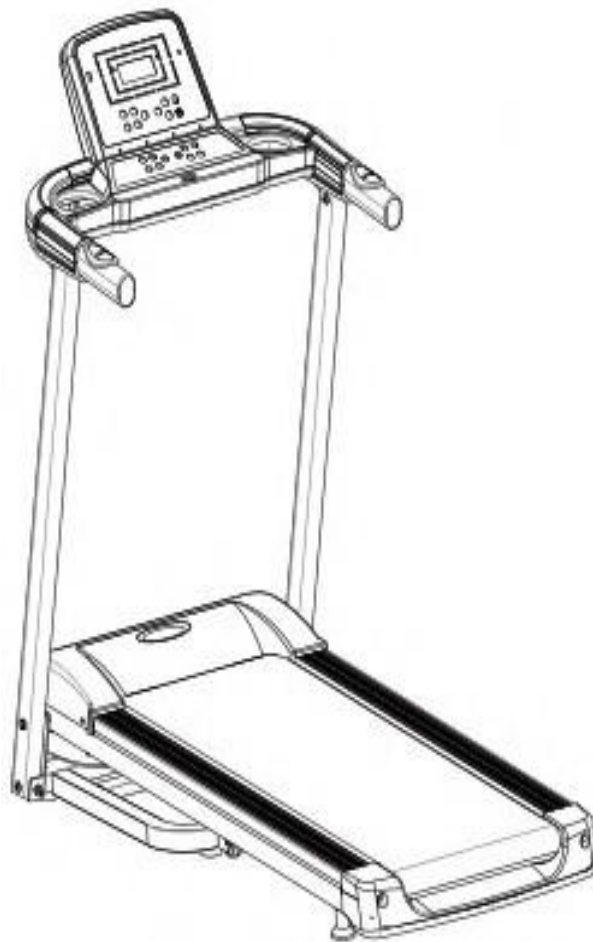


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# Treadmill Instruction

ITM Fitness - POWER TRACK 3000



**Please place the red magnet on console to start**

Translation of the original instructions

Thank you very much for purchasing this Treadmill from InTheMarket.ie. To be able to use the product, please read the manual carefully.

### **Treadmill Main Features**

1. Running Area: 1000\*390mm
2. Max User Weight: 120KG
3. Set up Size: (L\*W\*H)1410\*660\*1250mm
4. Folded Size: (L\*W\*H)520\*660\*1250mm
5. Speed: 1-12.8km/h
6. Mode: "Manual"; "Time countdown"; "Distance countdown"; "Calories countdown"; "Auto". Follow instructions on the Monitor
7. 12 sport modes can be set up.


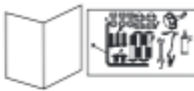

### **Safety**

- 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.

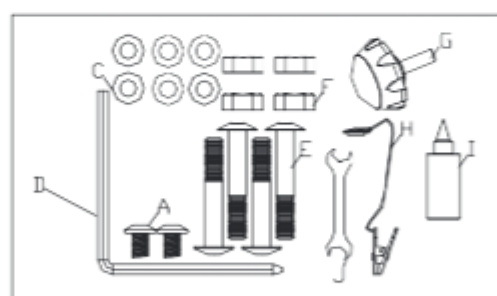
- A designated space of at least 2 meters in both length and width, immediately behind the treadmill, is essential for safety reasons. Additionally, there must be at least 0.6 meters more than the width of the treadmill base's footprint available in the direction from which the equipment is used. This 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 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 space such as the bathroom.
- Don't place machine in direct sunlight, or high temperature environments, such as near a stove or heating appliance.
- Don't use when the power cord is damaged, or 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 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.

## Contents of Box

Frame		Manual + Screw package	
		Transport wheel bracket	

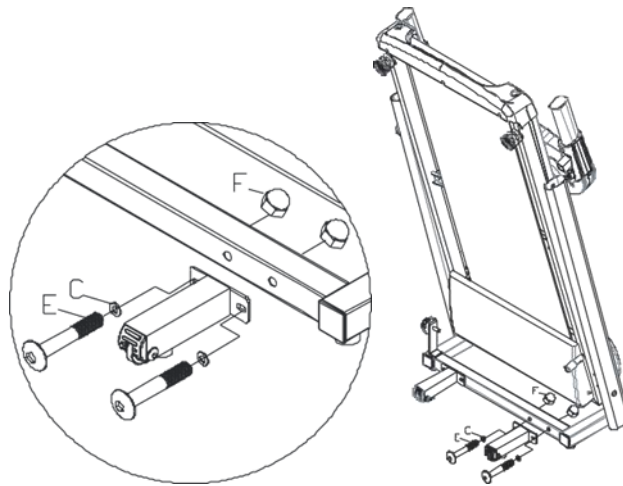
## Screw pack



## Assembly steps

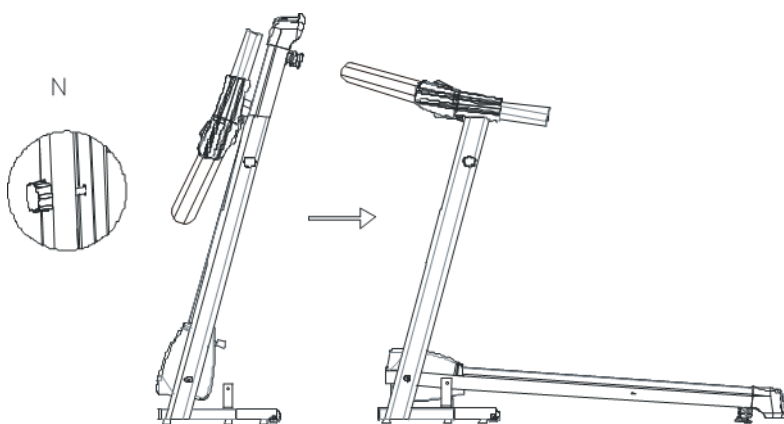
### First step: Base assembly

With screw E (4 pcs), washer C (4 pcs) and cap nut F(4 pcs) to carry round bracket fixed to the base.



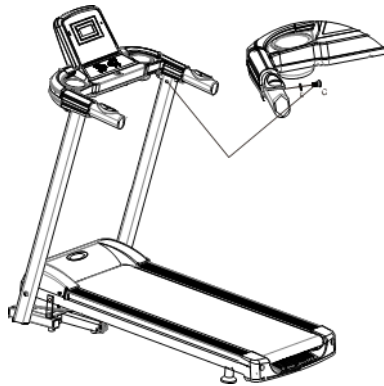
### Second step: Expand Frame

When expanded, first to pull the pin on the column N FIG pull out, the other hand supporting frame slowly on the ground, and the locking knob with M Fig target, to prevent movement when shaking.

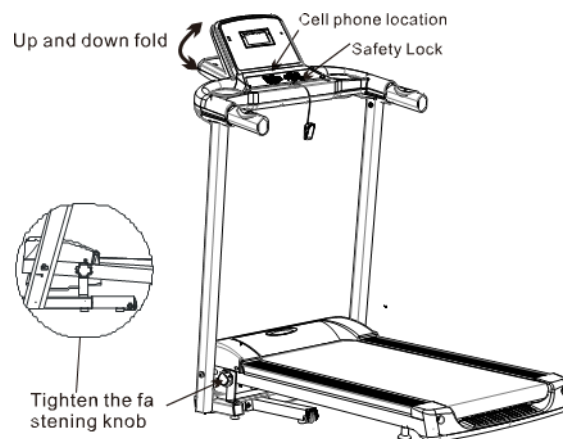


### Third step: Display assembly

First move the console in the direction of the arrow below and then screw A (2 pcs), washer C (2 pcs) to fix the Monitor to the Treadmill frame.



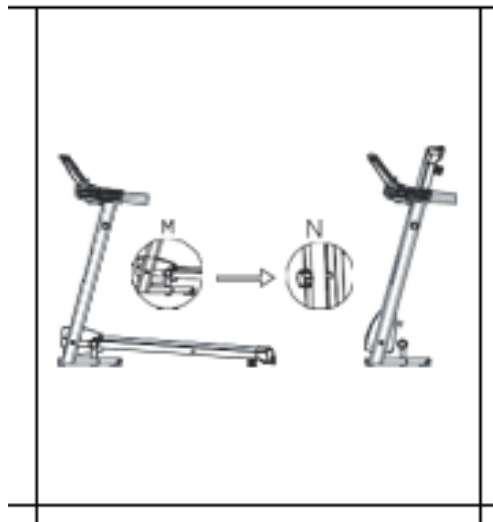
**Fourth step:** Adjust the instrument to the angle of use as shown below. Plug in the treadmill and switch the power switch to on. Remember to attach the red safety magnet



## Folding and unfolding

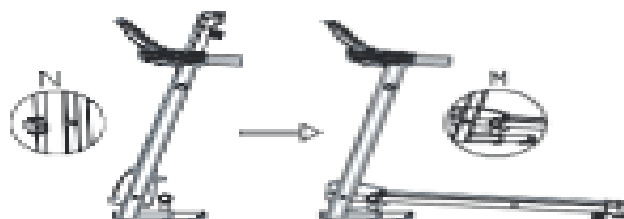
### Folding:

When folded, Figure M is the hole that the release knob goes into. Simply pull out the spring-loaded knob and fold up the base of the Treadmill until the holes M and N align and release the knob into the holes and tighten it to secure the base in a Folded position



### Unfolding

When the treadmill has the base up and is in the folded position, first to pull the pin on column N out. Use your other hand to support the frame slowly to the ground. Use the locking knob M and tighten to prevent any movement during usage



## 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

### Operating Instructions for the Console



### Description

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

Mode Parameters

- Minimum speed 1km/h
- Maximum speed 12.8km/h
- Maximum exercise: 45min under Time mode
- Minimum exercise: 5min 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: 5min under (P1-P12) Program mode
- Maximum: 45min under (P1-P12) Program mode

#### LCD display instruction

LCD 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

#### 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

## **Sports Mode**

### **A. Manual mode**

Enter manual mode: On the console, enter the initial standby mode, then press the Start button to enter the manual mode.

### **Countdown Mode**

1. Enter the time countdown mode: In the initial standby mode press selection time countdown mode, where the time window shows 10:00 minutes. Use the +/- keys to set the desired run time. Set the range between 5:00-45:00 minutes and press the Start button to enter countdown mode.
2. Enter distance countdown mode: In the initial standby mode, press the mode button to select the mode from the countdown. This time, on the monitor, 1.0 kilometres flashes. For the Distance, use the speed +/- key, set the desired setting range between 1.0 and 99.0 kilometres, and press the Start key to enter the distance countdown mode.
3. Enter calories countdown mode: In the initial standby mode, press the mode button to select the calorie countdown mode. Then, 50 calories flashes and displays in the window on the monitor. Adjust the amount using the +/- keys to set the required run-calorie, setting range from 20 to 990. Press the Start button to enter calorie countdown mode.

### **Auto Mode**

Enter auto mode: In the initial setting mode or standby state, press the key to enter the program's automatic program selection. At this time window 10:00 minutes flashes. Adjust +/- keys to set the desired run time. Set the range of between

5: 00 ~ and 45: 00 minutes. Press the Start button to enter the automatic program

### **Sleep Function**

When the treadmill is not being used for more than 10 minutes, it enters hibernation Mode. Press any key to reactivate the Treadmill and continue to use as normal.

### **Safety Lock Function**

After normal use, the Safety Key/Magnet must be placed on the treadmill; if you do not have the Key in the correct position, the Error, E07 will appear on your screen and your treadmill will beep.

### **Numerical Range**

	initial	Setinitial value	Settingrange	Display Range
Time(min:sec)	0:00	10:00	5:00~45:00	0~45:00
Speed(km/h)	0.0	N/A	N/A	1~12.8
Distance(km)	0.0	1.0	1.0-99.0	0.0-99.9
Pulse(sec/min)	P	N/A	N/A	40-199
Calories(Kcal)	0	50	20-990	0-999

### **P1-P12Program motion map**

Time period formula		Time set/10 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

## Error Messages and Meanings

### E01: Monitor Not Working

Solution	When communication line is blocked the base and the Monitor. Please check the connection and ensure that it is connected properly. The Circuit board may be damaged if this does not fix it. Contact InThemarket.ie for repair.
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### E02: No voltage being detected.

Solution	Restart your treadmill and you may need a new circuit board
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E03: When the motor is running, the speed is not being detected.

Solution	There may be dust on the motor, or the motor may require oiling.
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E03: No signal getting to the motor

Solution	Brushes on the motor may need to be replaced or the communication cable may need to be tightened or replaced.
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E07: Access issues

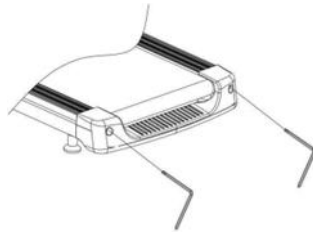
Solution	Circuit board needs to be replaced
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E07: The safety magnet is not on correctly or missing

Solution	Put the Safety Magnet on the Treadmill.
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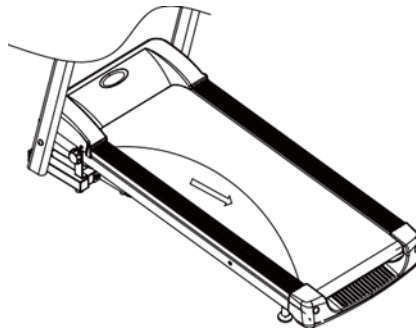
### **Running belt adjustment method**

1. When the running belt is going to the left, adjust the screws in the End Caps (located on the Right and Left of the base of the Treadmill clockwise with the Allan Key provided, 1-2 times. Then test it. Repeat if required to get it aligned to the centre of the runway.
2. If the running belt goes to the right, adjust the screw clockwise and then test and repeat as required.
3. When the running is too tight, tight it can damage the motor by putting it under too much strain. Please adjust both sides of the adjusting screw, once or twice and loosen the belt until the belt is moving smoothly with no gathering or jumping; You can adjust the belt if it is too loose also by tightening it just one turn at a time.



## Lubrication

End caps where you can use your Allan Key to adjust your belt is located at the base of your treadmill, left and right. When you need to Oil/Lubricate your belt, put three drops evenly under the belt where your feet touch the belt. You may need to loosen the belt to access it. Then run the belt on Level 1 for a few minutes and walk on it to spread the oil around.



## 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.**

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

We hope that you have many happy years with your new Power Track 3000. 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](https://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- T2702  
 UPC number: 616421693983  
 Commercial name: Power Track 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  
 Date: 04/08/2020      Function: MD  
    Signature: 



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