

T-40 User Manual



Note: There may be small design differences between what you see in this manual and your actual treadmill. Your treadmill will match the one advertised on ITM.

Translation of the original instructions

Product Brief



Main parameters and parts list								
No.	Parameters	Description						
1	Input power voltage	220-240V						
2	Motor power	2.5HP						
3	Speed	1-16km/h						
4	Running area	470*1200mm						
5	Max user weight	110kg						
6	Expand dimensions	1575*750*1313mm						
7	Functions	Running						
Packing list								
No.	Name	Unit	QTY		No.	Name	Unit	QTY
1	Complete machine	pcs	1		3	Accessory Bag	set	1
2	Side cover	pcs	2					
Accessory bag list								
No.	Name	Qty			No.	Name	Qty	
1	Screw M8*25	2			4	Safety key	1	
2	Inner hexagon spanner 6mm	1			5	User’s manual	1	
3	Power line	1			6	Silicone oil	1	

Safety Precautions and Warnings

Tips: Before folding the treadmill, make sure that the incline gradient is "zero".

Please read the instructions carefully before use

- ◆ Maximum user weight: 110kgs
- ◆ 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.



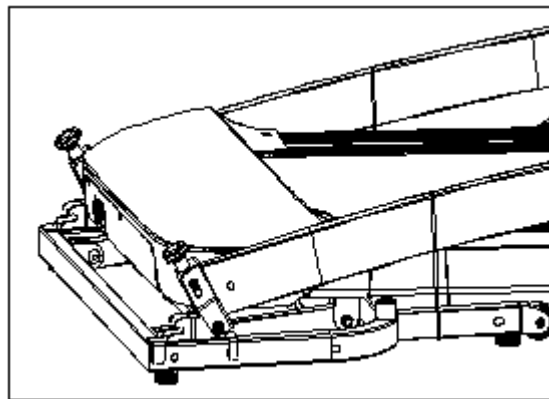
Earthing

- ◆ 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.**

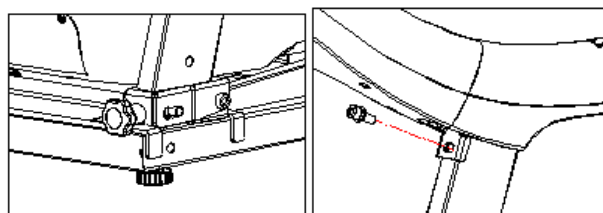
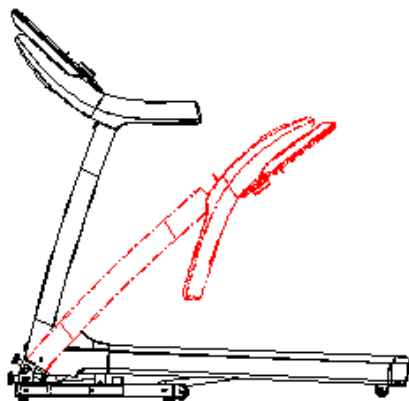
Installation Instructions

When assembling, lightly fix all screws first, then tighten screws fully when the assembly of the frame is fully complete

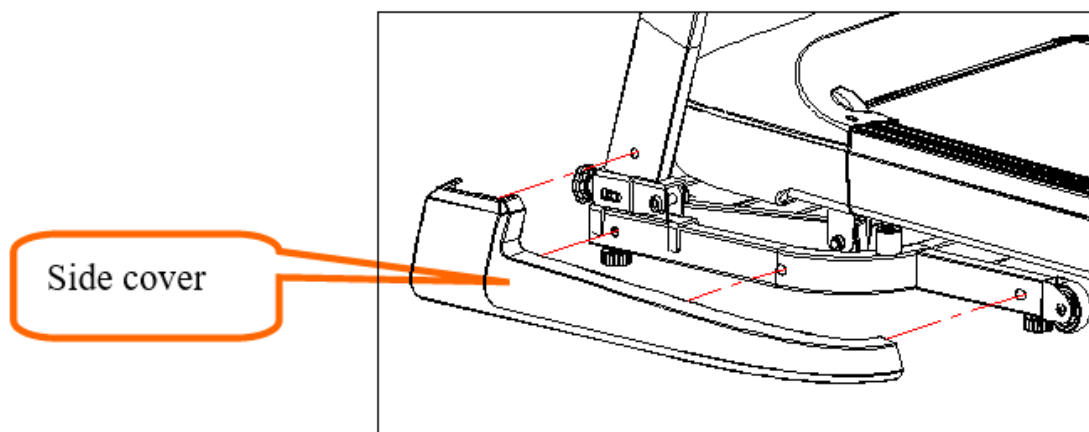
1. Carefully lift the machine out of the carton, lay it flat on the ground, and remove the nylon cable tie on the left and right sides of the main frame and bottom frame.



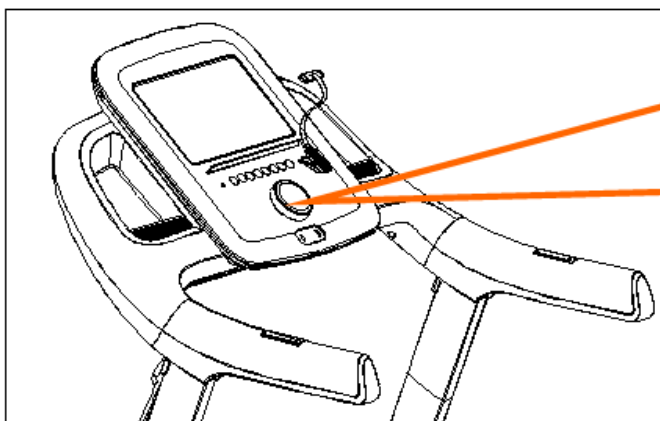
2. Rotate and lift the upright column and console anti clockwise according to the direction shown in the figure (the column will be locked automatically). Turn the column fixing knob clockwise to secure the column, and then use a 6 # wrench to lock and fix the console onto the column with screw M8 * 25.



3. Align the fixing buckle on the side cover with the fixing hole on the frame and the column (Note: the side cover is divided into left and right), and tap it in.



4. Put the safety key on the yellow area of the console to use the treadmill.



Note: The safety key is red in colour. It is in a plastic bag together with the screws and tools. You must place it on the yellow area of the console to start the treadmill.

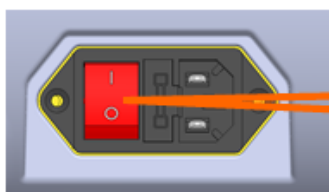
NOTE: please check that all screws are locked uniformly after installation, and check that no part is left out before plugging the item in.

Usage Instructions

Using treadmill

1) Insert the power plug properly and turn on the switch (in red color)

When the light is on, there will be a beeping sound, and then the screen will be lit up.



1

2) Keep the safety key out of reach of children when not using the treadmill.

3) Safety key instruction

The treadmill can only start when the safety key is put on the yellow area of the console. Clip the safety key on clothes when using the treadmill to prevent accidents.

4) Folding Instructions

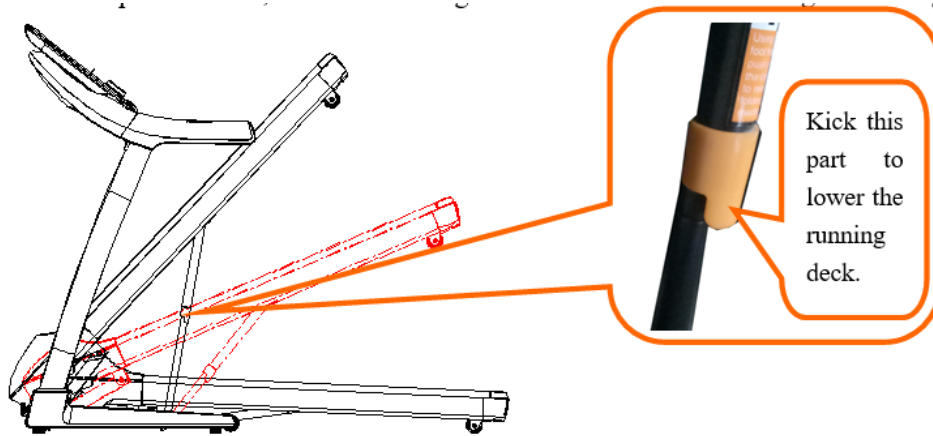
Fold the treadmill:

It will save space when the treadmill is folded.

Please turn off the switch and pull out the power plug before folding. Lift the running deck until it is held.

Unfold the treadmill:

Kick the pressure rod, hold the running deck and then let the running deck fall gradually



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

Console Functions

Start

The treadmill starts after pressing the start button.

Amount of programs

24 automatic programs and 3 modes.

Safety Key function

Disconnect the security key, "E7" shows on the screen and the treadmill stops immediately. Put the safety key back, all the data will be cleared in 2 seconds.

1. Knob

As Display

- ① When adjusting the speed, the knob display window displays the current speed.
- ② When adjusting the pressure, the knob display window displays the pressure value.
- ③ When not adjusting speed or pressure, the knob display window cycle displays the current speed and current pressure value in every 5 seconds.

As Key

- ① Start: when the treadmill is stopped, press down the knob, and the knob displays 3-2-1. The treadmill starts to run.
- ② Pause: When in running state, press down the knob, the treadmill will enter the pause state, and the treadmill will stop slowly. In this state, press the knob again, the knob will display 3-2-1. and the treadmill starts to run again, and the running data will accumulate from the data before pausing.
- ③ Stop: When the treadmill is in running state and pausing state, press the knob for 5 seconds, the treadmill will enter the stop state, and all data will be cleared.
- ④ Speed adjustment: in the running state of the treadmill, rotate the knob clockwise to increase the speed by 0.1km/h, and anti-clockwise to decrease the speed by 0.1km/h.
- ⑤ During the deceleration and shutdown of the treadmill, short press of the knob is invalid, and long press for 5 seconds will enter the shutdown state.

2. Incline+/Incline -

In running mode, press these buttons to set the incline value.

3. Program button

In standby mode, press this key to cycle from manual mode to automatic program; Manual mode is the default operation mode of the system

4. Shock absorption key:

Press the "shock absorption +" key to increase the hardness of the running deck; Press the "shock absorption" - "key to reduce the hardness of the running deck.

5. Mode button

In standby mode, pressing this key can cycle the options of 3 different countdown running mode: time countdown running mode, distance countdown running mode and calorie countdown running mode. When choosing each mode, pressing the speed button can adjust the related values, and press the start button to start the treadmill after setting.

6. Volume + / - key:

When the machine is playing music, press the volume "+" key to increase the sound; Press the volume "-" key to reduce the sound.

Display Function

1. Speed display

Display the current value of speed

2. Time display

Display the time under manual mode and the countdown mode.

3. Distance display

Display the distance under manual mode and program and the countdown distance under countdown mode.

4. Calorie display

Display the calories under manual mode and program and the countdown calories under countdown

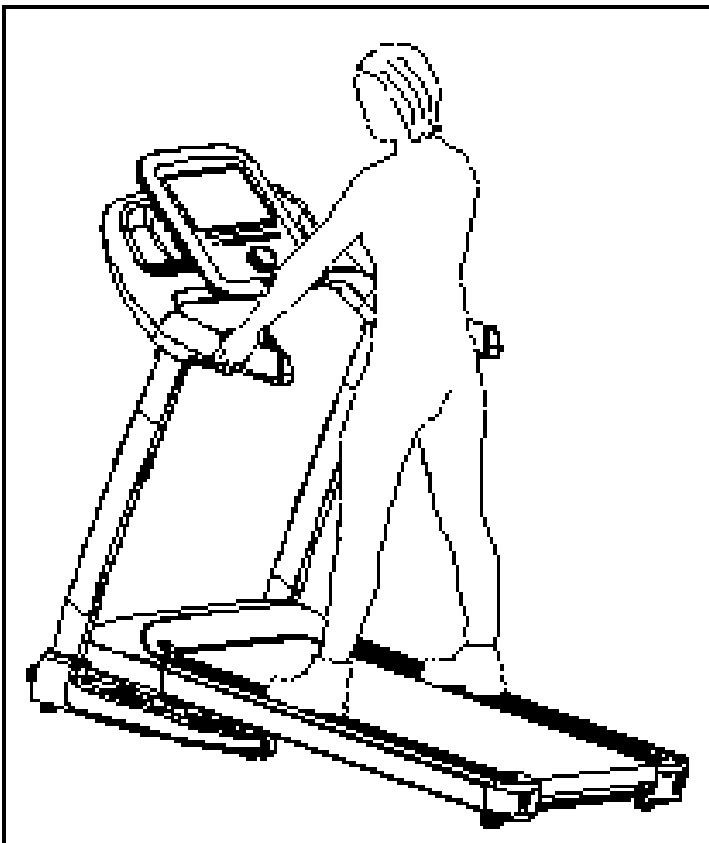
mode.

5. Heart Rate Measure Function

When the treadmill is energized, hold the heart rate sensor for a while and the heart rate number will show on the screen. **(This number is for reference only. It cannot be considered as medical data.)**

Intelligent Shock Absorption Function

Turn on the power of the Treadmill. When the Treadmill is in standby mode, please do not stand on the treadmill, pull out the safety key and put it in back again, wait for 5-8 seconds and then stand on the side rails and hold the handrails on both sides of the Treadmill (as shown in the figure below.) After starting the treadmill, wait for a few seconds for the treadmill to give the shock reducing pressure number according to the user's weight. The intelligent shock absorption air pressure value is now completed, and users can adjust the functions according to their own needs. The hardness of the running deck can be also adjusted manually according to the users' own preferences by using the "Shock absorption+" and "Shock absorption -" buttons. Note: When pressing the knob pause button, the user should leave the treadmill for more than 5 seconds, and then stand on the treadmill side rail again, when pressing the knob again to enter the re-weighing mode, wait for a few seconds after the knob displays a fixed air pressure value. At this time the weighing mode is completed, and the user can adjust other functions or continue running.



Automatic program

Program		Time	Time set / 10 = Running time of each period									
			1	2	3	4	5	6	7	8	9	10
P1	SPEED		3	4	5	5	5	5	5	5	5	3
	INCLINE		2	2	2	2	2	2	2	2	2	0
P2	SPEED		4	5	6	6	6	6	6	6	6	4
	INCLINE		2	2	2	2	2	2	2	2	2	0
P3	SPEED		5	6	7	7	7	7	7	7	7	5
	INCLINE		2	2	2	2	2	2	2	2	2	0
P4	SPEED		5.5	6.5	7.5	7.5	7.5	7.5	7.5	7.5	7.5	5.5
	INCLINE		2	2	2	2	2	2	2	2	2	0
P5	SPEED		6	8	9	8	9	8	9	8	9	3
	INCLINE		2	4	4	4	4	4	4	4	4	0
P6	SPEED		7	9	10	9	10	9	10	9	10	4
	INCLINE		2	4	4	4	4	4	4	4	4	0
P7	SPEED		9	11	12	11	12	11	12	11	12	6
	INCLINE		2	4	4	4	4	4	4	4	4	0
P8	SPEED		10	12	13	12	13	12	13	12	13	7
	INCLINE		2	4	4	4	4	4	4	4	4	0
P9	SPEED		4	7	5	7	5	7	5	7	5	3
	INCLINE		4	6	6	6	6	6	6	6	6	0
P10	SPEED		5	8	6	8	6	8	6	8	6	4
	INCLINE		4	6	6	6	6	6	6	6	6	0
P11	SPEED		6	9	7	9	7	9	7	9	7	5
	INCLINE		6	9	7	9	7	9	7	9	7	5
P12	SPEED		6.5	9.5	7.5	9.5	7.5	9.5	7.5	9.5	7.5	5.5
	INCLINE		4	6	6	6	6	6	6	6	6	0
P13	SPEED		3	7	7	7	7	7	7	7	6	3
	INCLINE		2	2	2	2	2	2	2	2	2	2
P14	SPEED		4	8	8	8	8	8	8	8	7	4
	INCLINE		2	2	2	2	2	2	2	2	2	2
P15	SPEED		6	10	10	10	10	10	10	10	8	5
	INCLINE		2	2	2	2	2	2	2	2	2	2
P16	SPEED		8	12	12	12	12	12	12	12	11	8
	INCLINE		2	2	2	2	2	2	2	2	2	2
P17	SPEED		5	7	6	7	6	7	6	7	6	4
	INCLINE		3	4	5	4	5	4	5	4	5	2
P18	SPEED		5	7	6	7	6	7	6	7	6	4
	INCLINE		4	5	6	5	6	5	6	5	6	3
P19	SPEED		5	7	6	7	6	7	6	7	6	4
	INCLINE		6	7	8	7	8	7	8	7	8	5
P20	SPEED		5	7	6	7	6	7	6	7	6	4
	INCLINE		8	9	10	9	10	9	10	9	10	7
P21	SPEED		8	12	10	12	10	12	10	12	10	5
	INCLINE		3	6	3	6	3	6	3	6	3	0
P22	SPEED		9	13	11	13	11	13	11	13	11	6
	INCLINE		4	7	4	7	4	7	4	7	4	1
P23	SPEED		11	15	13	15	13	15	13	15	13	8
	INCLINE		6	9	6	9	6	9	6	9	6	3
P24	SPEED		12	16	14	16	14	16	14	16	14	9

Error Code Meaning

Fault code	Failure Description	Fault handling
E1	Communication Abnormal: when the power is on, the connection between lower controller and the console is abnormal.	Possible Cause: the communication between the lower controller and console is blocked, check each joints between the controller and console, ensure that each core is fully plugged in. Check the connection line, replace it if it's damaged.
E2	No signal from motor.	Possible Cause: Check the motor cable to see whether it is connected well or not, if not, connect the motor wire again. Check the motor cable to see whether it is damaged or has a burnt smell, if yes, replace the motor. Check the speed sensor to see whether it is correctly installed or damaged
E5	Over current protection: In working , the lower controller detects the current to be over 6A for more than 3 seconds.	Possible Cause: Overloading leads to excessive current, and the system stops out of self-protection, or some part is stuck, causing the motor to stop. Adjust the treadmill and restart it. Check if there is liquid or burnt smell while the motor is running, if yes, replace the motor; check if the controller has a burned smell, if yes, replace the controller; check the power supply voltage, if it does not match the specifications, change into correct voltage and test the machine again.
E6	Explosion-proof impact protection: the abnormal voltage or motor cause the faulty of circuit that drive the motor.	Possible Cause: Check if the power supply voltage is 50% lower than normal voltage , use the correct voltage and test the machine again; check if the controller has a burnt smell and replace the controller; Check if the motor cable is connected and connect the motor wire again.
E7	Without putting the safety Key	Put the safety key on the right place.

Routine Maintenance

Warning: Before cleaning or maintaining products, please be sure the power plug of the treadmill is pulled out of the electrical 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 impurities. Make sure to wear clean athletic shoes to avoid carrying dirty matters into the running board and belt. Treadmill belts should be cleaned with a damp cloth with soap. And please pay attention to avoid wetting the electrical components and running belt.

Warning: Make sure the power plug disconnected before moving the motor cover away and clean the motor at least once a year.

Running belt specialised lubricant

This electric treadmill's running board and running belt have been lubricated in the factory. Friction between the running belt and running board has a great influence on the use of life and the performance of the electric treadmill, therefore regular applying of lubricant is needed. We advise you to check the board regularly. If the board's surface is damaged, please contact our customer

service center.

We advise using lubricant between running belt and running board with following schedule:

Lightweight user (use less than 3 hours a week) once per month.

Heavyweight use (use more than 7 hours a week) once every half month.

1.To better safeguard your electric treadmill and extend the life of the machine, it is recommended that after your continued 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, there will be skid phenomenon's while running; if it's too tight, it may reduce motor performance and harden the abrasion of roller and the running belt. You can lift two sides of the running belt for 50-75mm when the tightness is appropriate.

Running with adjusted alignment and tightness

To better use the treadmill and make the treadmill functions work better, it is necessary for you to adjust the running belt into the best condition.

Running Belt alignment

- Put electric treadmill on the flat ground.
- Make the electric treadmill run at a speed of about 6-8km/h.
- 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 A)
- 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 B)



Belt Tension Adjusting

When you use the treadmill for a long time, the belt becomes loose because of the abrasion, then you must do some appropriate adjustment to facilitate safe use.

Judgment: the feeling of running with the occasional pause phenomenon, which indicates that the treadmill belt is a little loose and further adjustments need to be made.

Method of judging which part is loose: Remove the four screws on protective cover, make the treadmill run at a speed of 1 km/h, and then stand on the running belt, grip the armrests, and tread the treadmill belt slightly. (we advise treading the treadmill belts with the user's own weight)

A. The instantaneous step cannot stop the belt, the tightness is appropriate.

B. If your instantaneous step stops the running belt, but former roller is still running, it indicates that the running belt is loose and appropriate adjustments must be made to facilitate the safe use

C. If you observe that the instantaneous step makes the treadmill belt stop, but the motor is still running, it indicates that the belt is loose and appropriate adjustments must be made to facilitate the safe use

Step 2: Use a wrench to adjust the screws on the motor base according to the condition. 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 multi-wedge belt into the state that it could be flipped by 80%.

Step 3: Finally lock the motor base and install the front cover.

Lubrication of Running Belt

The friction between the running belt and the running board has a significant impact on the service life and performance of the electric treadmill. The running belt of this treadmill adopts advanced automatic refueling technology, allowing you to release your hands and no longer worry about adding lubricating oil to the running belt too often.

The treadmill is pre lubricated when leaving the factory, and with the automatic refueling technology, we suggest adding lubrication oil according to the schedule below:

Lightweight users (using <3 hours per week) once every 10 months.

Heavyweight users (using >7 hours per week) once every 5 months.

Tips for extending the lifespan of a treadmill

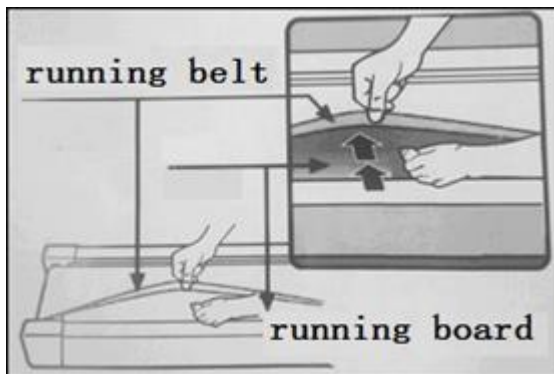
To better maintain your treadmill and extend its lifespan, it is recommended that you turn off the power of the treadmill after continuous use for 1 hour and let the machine rest for 10 minutes before using again.

3. The tightness of the running belt should be appropriate. If the running belt is too loose, there may be slipping during running; If it is too tight, it may reduce the performance of the motor and exacerbate the wear of the roller and running belt.

Applying silicone oil

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:



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We appreciate your support.

We hope that you have many happy years with your new T-40 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.

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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:	Folding treadmill for walking and running
Model:	8573S
Commercial name:	T-40

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 60335-1:2012+A15:2021; EN 62233:2008; EN IEC 55014-1:2021; EN IEC 55014-2:2021; EN IEC 61000-3-2:2019+A2:2021; EN IEC 61000-3-3:2013+A2:2021

Place: Cork	Name: Liam Ryan
Date: 14/01/24	Function: MD
	Signature: Liam Ryan



T-40/8573S Identical Models. Manufactured By Bunanstua Ltd.
 t/a Inthemarket, Woodstock, Carrigtwohill, Co. Cork, T45T327, Ireland.
 Call Customer Service on 0214389345, email info@inthemarket.ie
 or write to us at the above address.

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