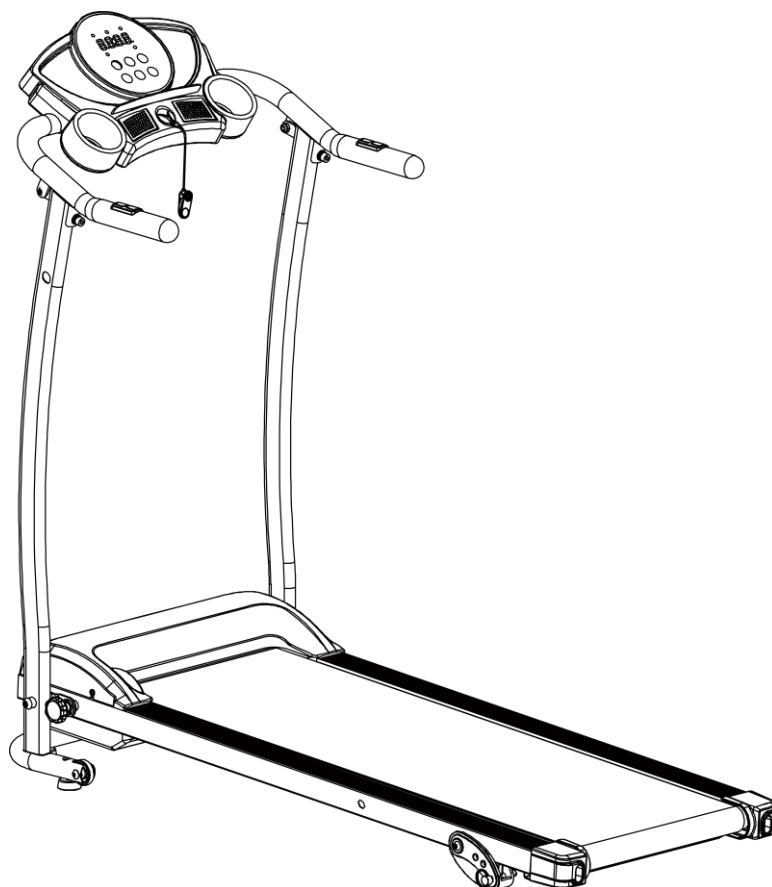
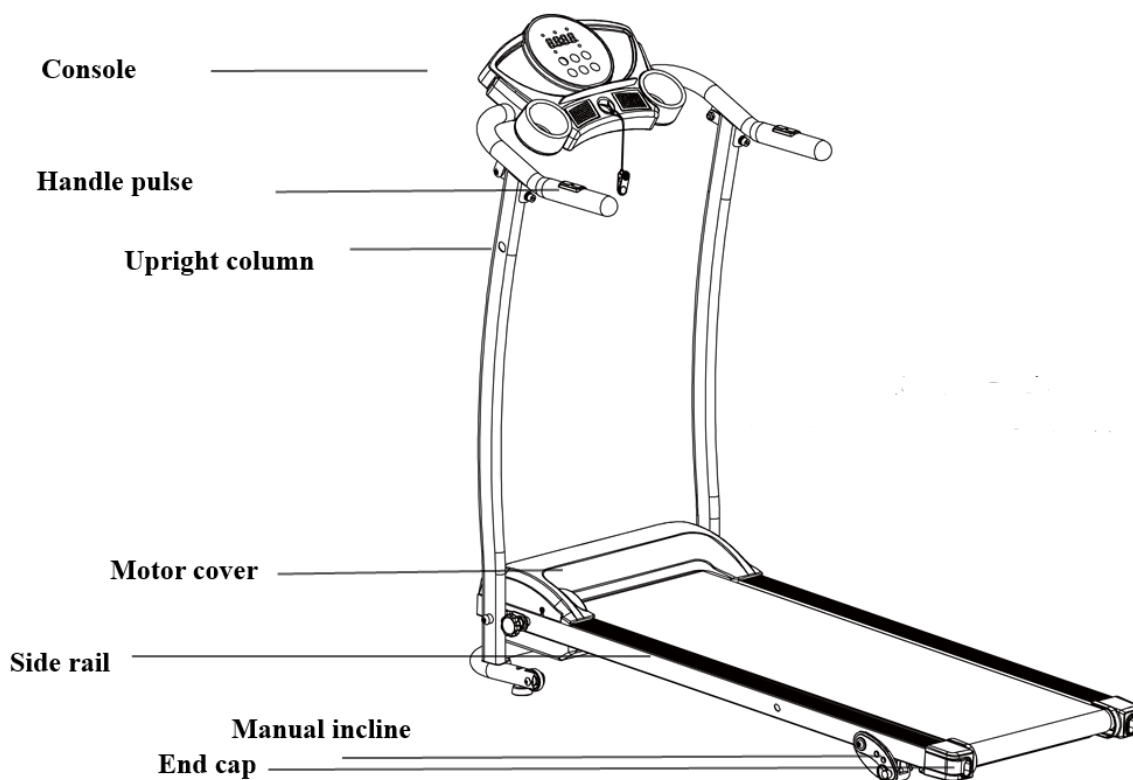


C-1 USER MANUAL



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



Main parameters and parts list				
No.	Parameters Names	Description		
1	Input power voltage	220-240V~50/60Hz		
2	Motor power	1.5HP		
3	Speed	1.0-10 Km/h		
4	Running surface	350*1000mm		
5	Max user weight	90KG		
6	Expand dimensions	1300*590*1125mm		
7	Functions	Running		
Packing list				
No.	Name	units	Qty	
1	Complete machine	set	1	
2	Accessory Bag	pc	1	

Accessory bag list					
NO.	Name	QTY	NO.	Name	QTY
1	Inner hexagon spanner 5mm	1	5	User manual	1
2	Inner hexagon spanner 6mm	1	6	Plum knob	1
3	Screw M8*25	2	7	Safety key	1
4	Silicone oil	1			

Safety Precautions and Warnings

- ◆ Maximum user weight: 90kg
- ◆ 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 two or more pieces of 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 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.

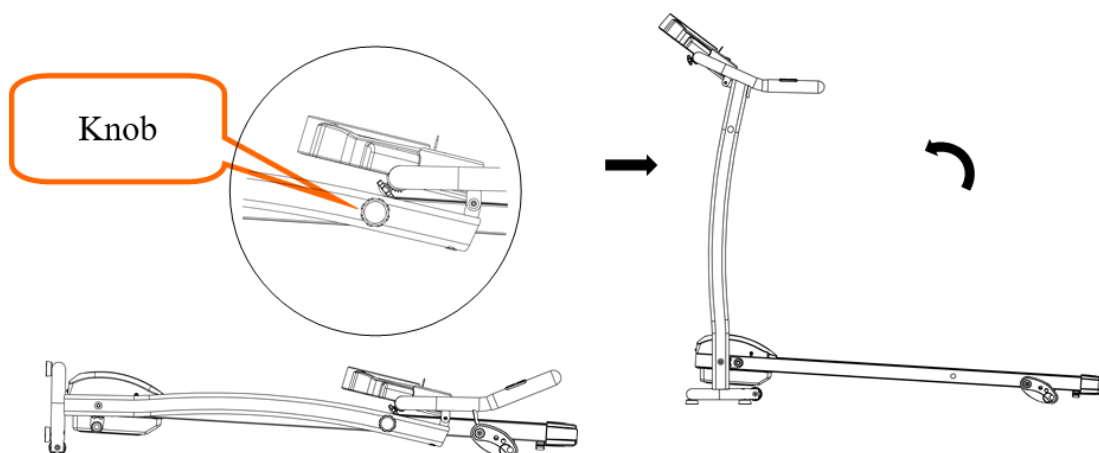
- ◆ Please use the socket which has the same shape as the plug on your treadmill.

Do not use a plug adapter.

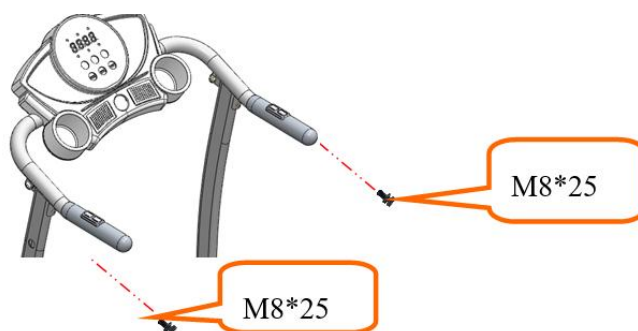
Assembly Instructions

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

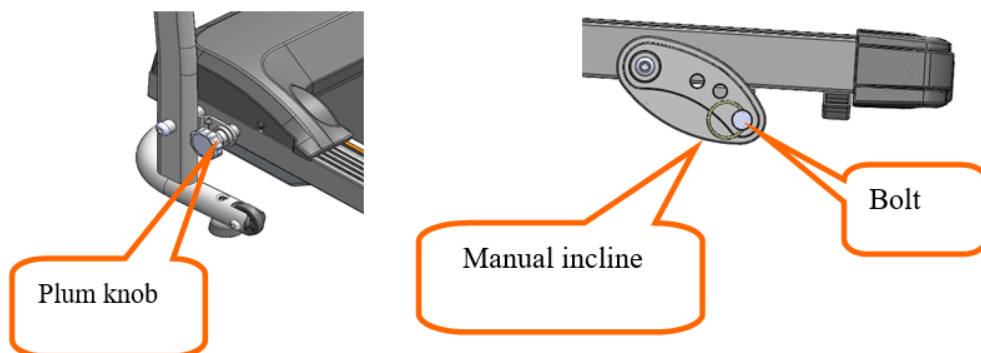
Step 1. Put the machine flat on the ground. Then loosen the knob as shown in the picture below. Then lift the upright column with the direction shown in the picture below. (It should be installed by 2 or more people)



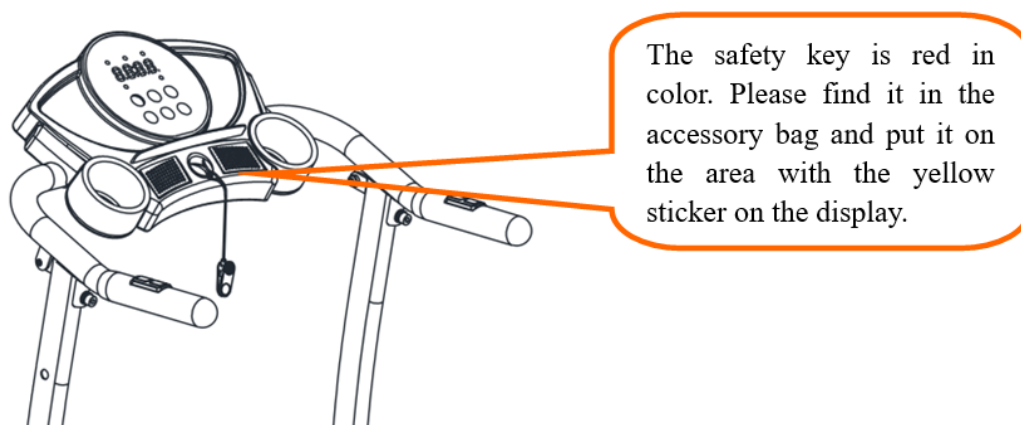
Use screws M8*25 with 6# inner hexagon wrench to fix the console onto the upright column (one screw on each side).



Fix and tighten the upright column and the main frame with the plum knob provided in the accessory bag (Rotate the knob clockwise to tighten and anti-clockwise to loosen). Insert the bolt into the 3 holes at the end to achieve the 3 levels manual incline (Please note that the bolts on the left and right sides need to be inserted into the same set of holes at either side).



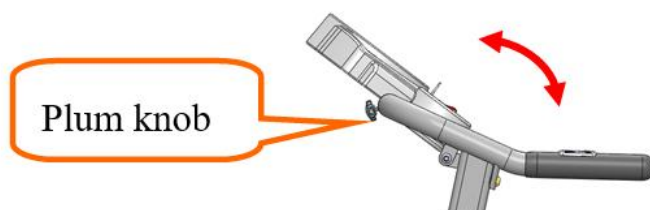
Put the safety key on the yellow area of the console, in the middle of the drink's holders, then press the Start button to start the treadmill. (Note: The treadmill can only start when the safety key is put on the yellow area of the console.)



NOTE: please confirm that all screws are locked uniformly after installation and check that no part is left out before plugging into the electricity.

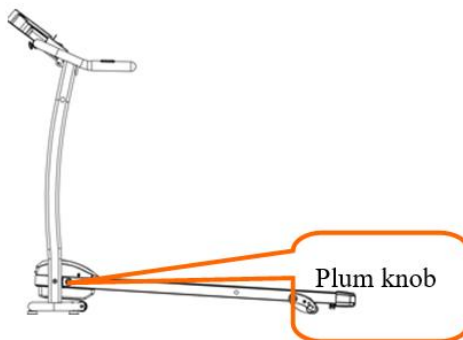
Angle Adjustment of the Console

The angle of the console can be adjusted. After adjusting the angle to your satisfaction, please tighten the plum knob at the back of the console as shown in the picture below.

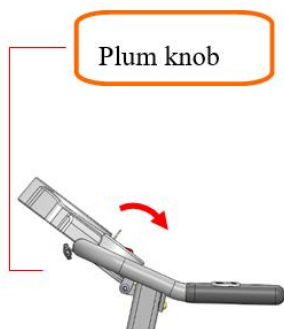


Folding instructions

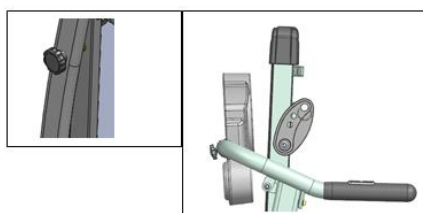
1. Remove the plum knob. (Figure 1)
2. Loosen the plum knob on the console and turn the console clockwise by around 45 degrees.
(Figure 2)
3. Lift the running deck and put the plum knob through the base to fix it. (Figure 3)
4. After folding, place it against the wall to ensure that it is not a safety hazard.



(Figure 1)



(Figure 2)

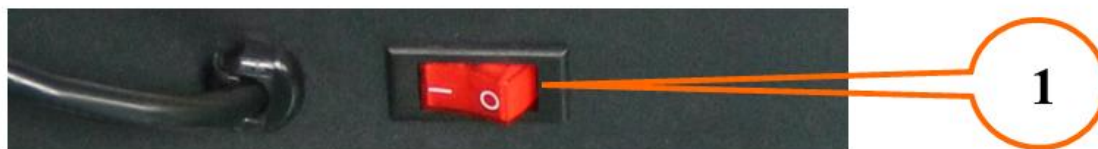


(Figure 3)

Usage Instructions

Using the treadmill

Insert the power plug properly and turn on the switch (in red color) (1). When the light is on, you will hear a beeping sound, and then the screen will light up.



Safety key Introduction

The treadmill can only start when the safety key is put on the yellow area of the console. Clip the safety key on your clothing when using the treadmill to prevent accidents. Removing the safety key from the console will stop the treadmill immediately. Simply put it back in place to continue using the treadmill.

Console Instructions

Safety Key function

Disconnect the safety key and error "E7" shows on the screen. The treadmill stops immediately, and a beep sound is let out. Put the safety key back, all the data will be cleared in 2 seconds.

Key function

Start button, Stop button

When the power is on, press the start button to start the treadmill. Stop key: when the treadmill is in the running state, press the stop button. All data will be cleared, and the treadmill gradually comes to a complete stop and returns to the manual mode.

Program key

In standby mode, pressing this key can cycle the options from manual mode to P1 to P12 automatic programs. Manual mode is the system default running mode.

Mode key

In standby mode, pressing this key can cycle the options of 3 different countdown running modes.

Speed + - key

Use these keys to adjust the speed of the treadmill. Press + to increase the speed and press - to decrease the speed.

Display Function

Speed Display

Displays the current running speed value.

Time Display

Display the time of manual mode and the countdown time under automatic modes and programs.

Distance display

Display cumulative distance under manual mode and programs. Display the distance countdown in automatic mode.

Calorie display

Display cumulative calories under manual mode and programs. Displays the calorie countdown in automatic mode.

Heart rate display

Heart rate signal will be detected and the heart-shaped symbol flashes.

Heart rate measurement

In the case that the treadmill is turned on, hold the heartbeat sensors for 5 seconds and the heart rate will be shown on the screen. The heart-shaped mark flashes while testing.

This data is for reference only. This is not a medical machine

Automatic program

Time Programs		Set time / 10 = running time of each 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

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

Error Code Meanings

Error code	Description	Solution
E1	Communication Issue: when the power is on, the connection the treadmill and the console is not right	Check the cable connection between the console and the control border to ensure that it is fully plugged in. Replace the connection cable if it is damaged.
E2	Motor not working	Possible Cause: Check the motor cable to see whether it is connected well or not. If not, connect the motor cable again. Check the motor cable and replace it if it is damaged or has a burnt smell coming from it.
E5	Electrical Current Issue: When turned on, the electrical board detects the current to be over 6A for more than 3 seconds.	Possible Cause: Overloading leads to excessive current and the system stops as a default to protect the system. Alternatively, a part may be stuck, causing the motor to stop. Adjust the treadmill and restart it. Check if there is liquid or a burnt smell while the motor is running. If yes, replace the motor; check if the controller has a burnt 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	Electrical Surge Protection: a voltage surge or faulty motor can cause this.	Possible Cause: Check if the power supply voltage is 50% lower than the normal voltage. Use the correct voltage and test the machine again; check if the controller has a burning smell and replace the circuit board Check if the motor cable is connected and connect the motor cable again.
E7	No safety key	Put the safety key in the right place.

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

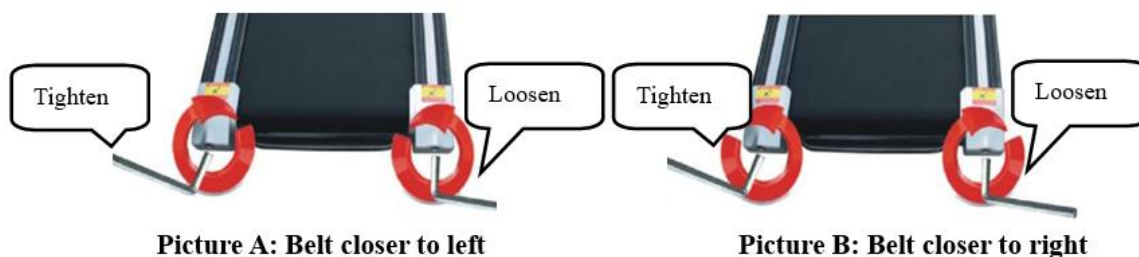
If the treadmill has been moved or if you have just oiled or cleaned under the belt perhaps, you may need to adjust it.

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)



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%.

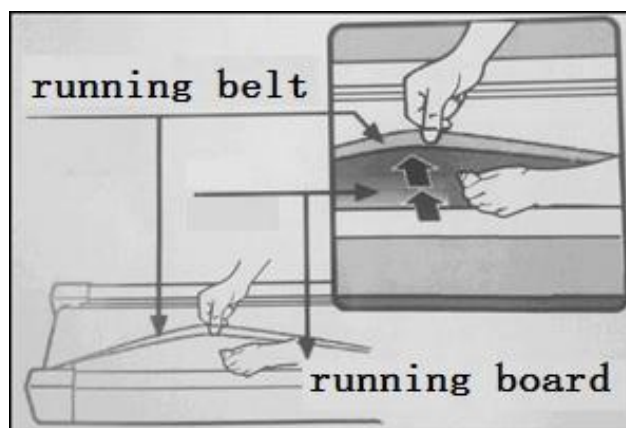
Step 3: Finally lock the motor base and put back on the casing.

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.



Thank You for Buying from InTheMarket.ie

We appreciate your support.

We hope that you have many happy years with your new C-1. 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 light running
 Model: G3530
 Commercial name: C-1

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: *M.D.*
 Signature: *[Signature]*



C-1/G3530 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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