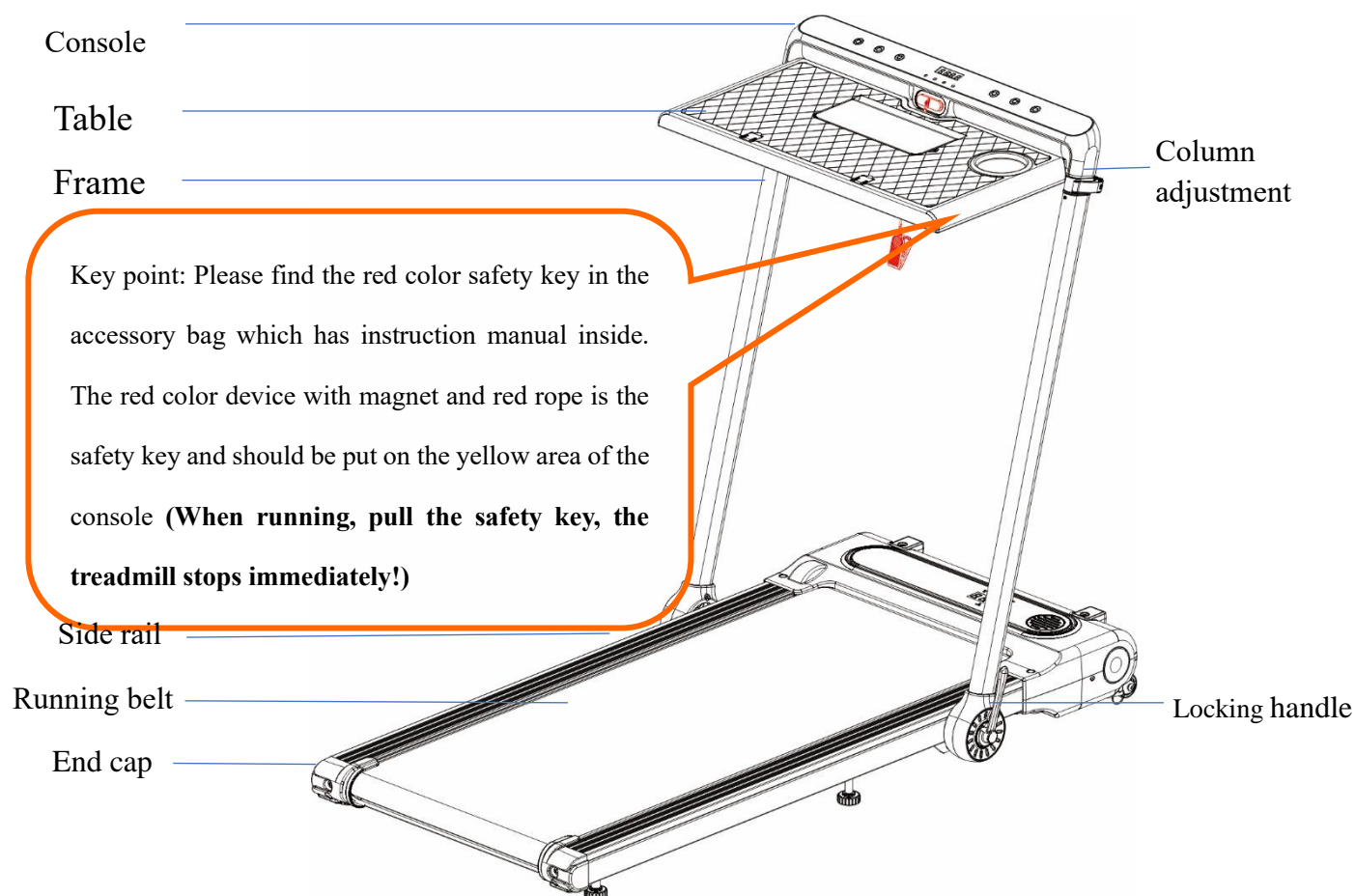


USER MANUAL - WorkOut 925



Translation of the original instructions



Main parameters and Parts list						
No.	Parameters Names	Description		No.	Parameters Names	Description
1	Input voltage	220-240V ~		5	Running surface	440*1050mm
2	Rated power	50-60Hz		6	Max user weight	100kg
3	Motor power	2.0HP		7	Assembly size	1295x690x1030mm

4	Speed	Running 1.0-12km/h Walking 1.0-6km/h		8	Function	Running mode Walking mode Working mode
Packing list						
No.	Name	Units	Qty	No.	Name	Units Qty
1	Complete machine	set	1	3	Accessories Bag	set 1
2	Table	set	1			1
Accessories Bag						
No.	Name	Units	Qty	No.	Name	Units Qty
1	Remote control	pcs	1	5	Silicon oil	pcs 1
2	Socket spanner	pcs	1	6	Safety key	pcs 1
3	6 mm Allen wrench	pcs	1	7	User's manual	pcs 1
4	4 mm Allen wrench	pcs	1			

Safety Precautions

Note

Please read the instructions carefully before use.

- ◆ Maximum user weight: 100kg/220lbs
- ◆ 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 plugs must be grounded, and the electric outlet should have a dedicated circuit. Do not share with other electrical equipment

- ◆ Keep children away from the machine to avoid accidents.
- ◆ After one hour of continuous use, the treadmill should be turned off for 10 minutes. It can then be used again.
- ◆ Keep dust off the treadmill as build up can damage the electronics
- ◆ Please unplug the electric power off after using.
- ◆ Please maintain good ventilation when running.
- ◆ Please secure the safety key to your clothing when using the treadmill
- ◆ If you do not feel very well when using this machine, please stop and consult a doctor.
- ◆ Silicone oil must be kept out of reach from children after use. Only silicone oil can be used to lubricate the treadmill.
- ◆ If the power cord is damaged, please contact our qualified maintenance personnel for service rather than disassemble it yourself
- ◆ Don't jump up and down when using the treadmill
- ◆ Don't keep the machine in or near humid spaces such as the bathroom.
- ◆ Don't place machines in direct sunlight, or high temperature environments, such as near a stove or heating appliance.
- ◆ Don't use it when the power cord is damaged, or the power plug pin is loose as this could lead to injury.
- ◆ Don't damage, bend by force or reverse the power cord. Don't place heavy objects on the machine and don't clamp the power line. This can lead to electric shock or injury.
- ◆ Don't use the machine with more than one person and don't get close to the machine when it is in use.
- ◆ People who are not in full control of their faculties, due to medication, alcohol use or for any other reason cannot use the treadmill
- ◆ Avoid consuming liquids when operating as it may cause damage to the electronics if there is a spillage
- ◆ People who are unfit shouldn't suddenly do intensive exercise
- ◆ Do not use the machine directly after consuming food or if you are tired
- ◆ Don't use it when you have hard or sharp objects on your person.
- ◆ When not in use, pull out the power plug from the socket.

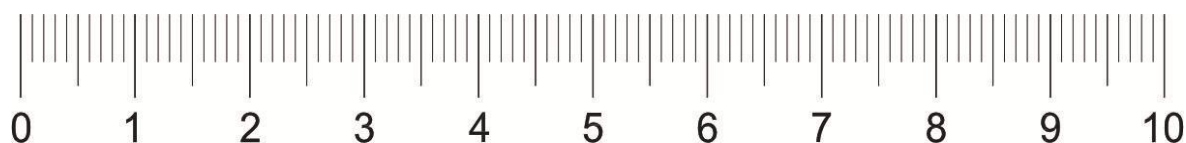
- ◆ This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.



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.**

Scale chart: When you start to assemble the treadmill, you can measure the length of the screw through the following scale, which is convenient for installation.



Assembly Instructions

Step 1. First, take the treadmill out of the box and place it on level ground. Then, unlock the locking handle below (Figure 1); Lift the column up straight and tighten the lock handle. (Figure 2)

Assemble with 2 people, ideally.

Note: If the treadmill needs to be folded or moved, ensure that the lock handle on the right side of the column is fixed and locked. Otherwise there is a danger of clamping your hand!

Lock handle clockwise to loosen:

Lock handle counterclockwise, tightens:

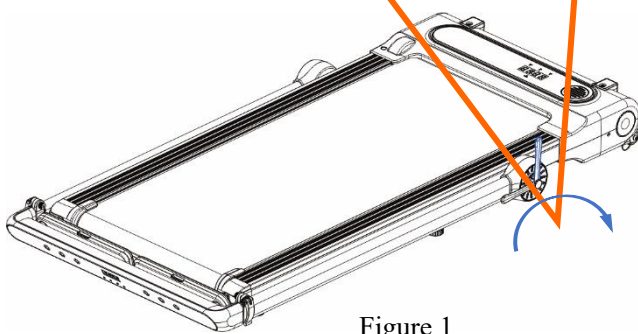


Figure 1

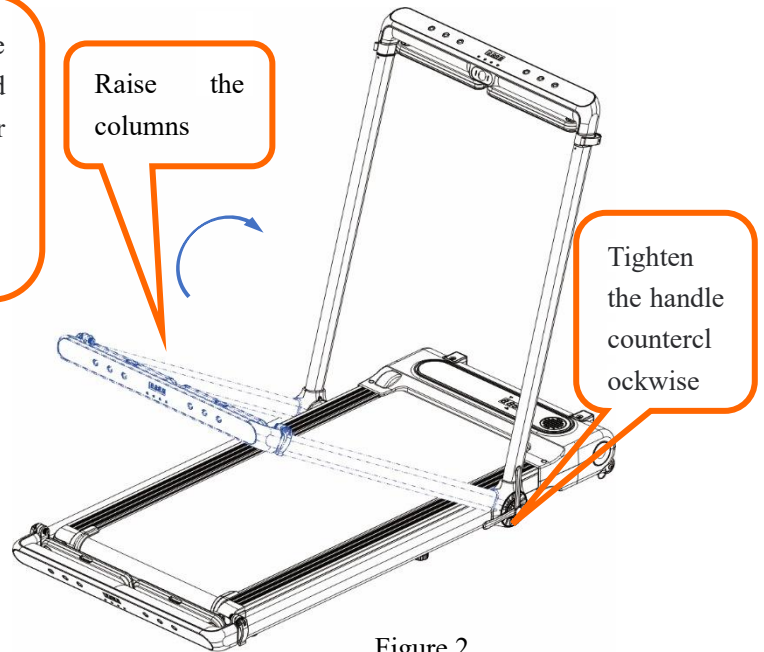
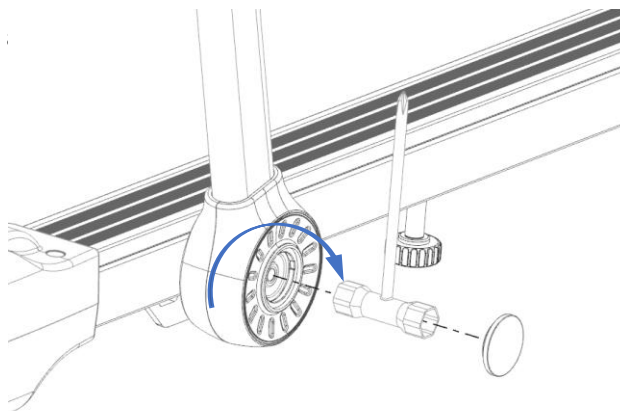


Figure 2

Lock handle adjustment

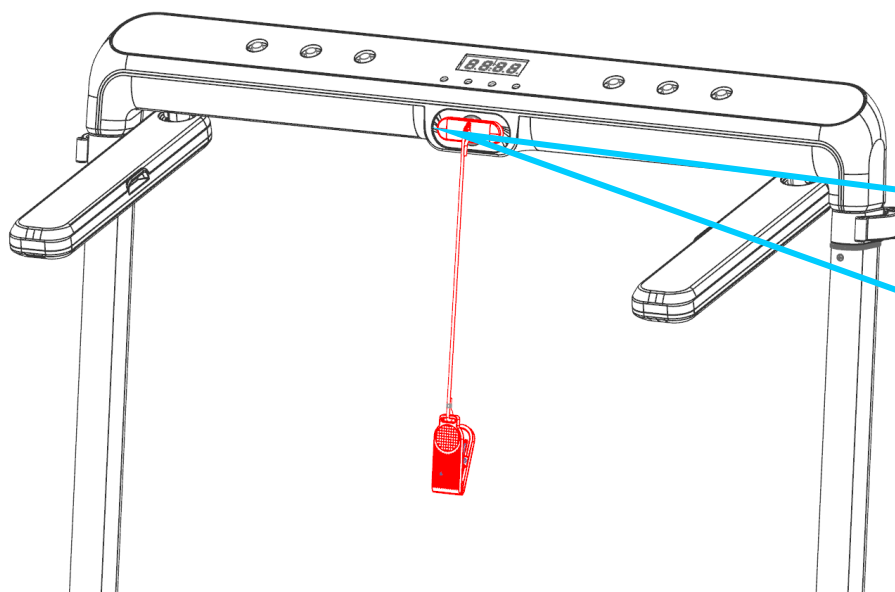
The locking handle has been adjusted to an appropriate position. You can adjust the locking handle appropriately to make the column tighter. The specific steps are shown:

- Pull out the soft round plug at the lower end of the left column.
- Insert the hexagonal end of the socket wrench, in the accessories bag, into the hole of the left column to fit with the hexagonal nut. Turn clockwise for locking and counterclockwise for loosening.
- Cover with a soft plug.



There are 4 adjustable foot pads at the bottom of this machine, which can be adjusted to make the machine level; Ensure that all foot pads are on the ground, shaking may occur during use.

Step 2. Put the safety key in the position as shown in the picture and press the Start button before the machine can begin working. (Note: The treadmill can only start properly if the safety lock is placed on the yellow label below the meter.)



Key point: The color of the safety key is red. Find the red safety key in the accessories bag. Place the magnet end on the yellow label of the panel and press the Start button to start the machine.

Please note: After confirming that all the installation has been completed, all screws should be uniformly locked, and the power can be switched on only after checking that there is no omission.

Step 3. If only using the **running or walking functions**, the device can be used after the above steps.

If you want to use the office function, please open the small handrail folded under the watch head, to the left or to the right. Then take out the desktop, set into the small armrest above the buckle on the desktop inserted into the corresponding position on the small armrest. (Figure 3 to Figure

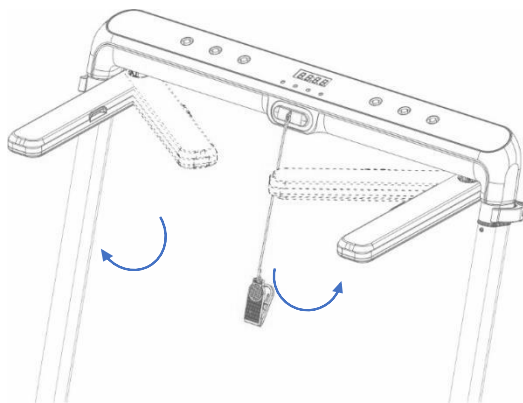


Figure 3

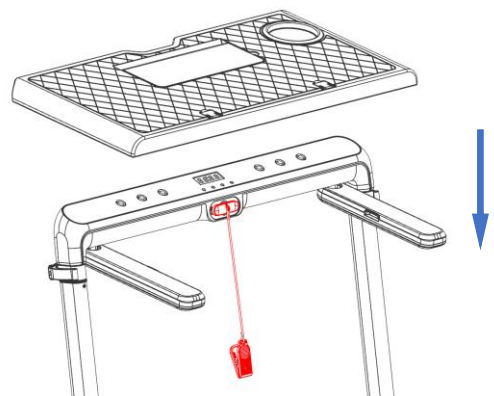


Figure 4

After the desktop is put into the small armrest, the desktop card pin is inserted into the left and right small armrest. (See the picture)

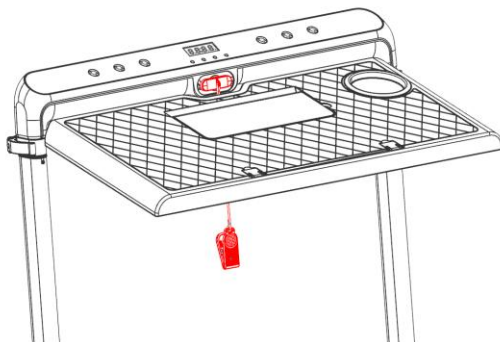


Figure 5

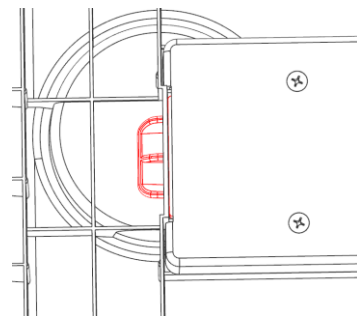
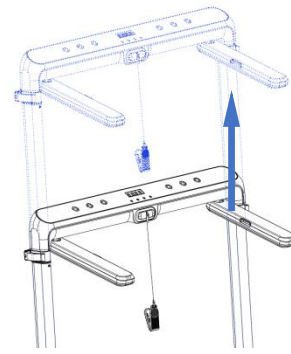
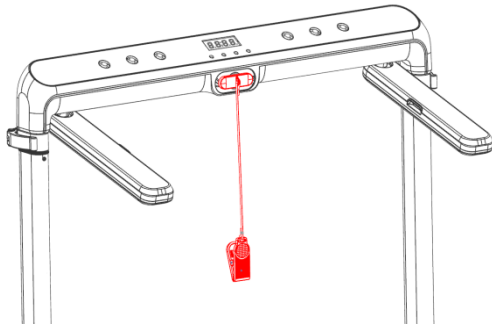


Figure 6



Column adjustment mode: The factory height of the product column is the lowest height. The adjustment height is divided into 4 sections. (See Figure 7, Figure 8)

Note: When adjusting the height, first open the adjustment handle of the upper end of the left and right columns, put the hand on the connection position of the small armrest at the bottom of the electronic watch frame, and then gently lift, adjust to a suitable height and then put the handle in the original state. (When not using products, please store small handrails; if beginners need to use small handrails, be careful not to let the handrails roll inward to avoid injury.) Small armrests should be stored with the palm of the hand, not pushed hard. (See Figure 9, Figure 10)

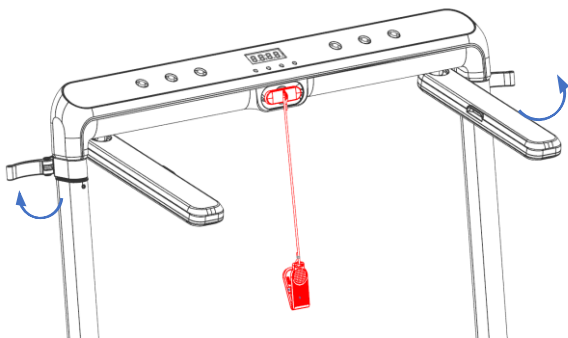


Figure 9

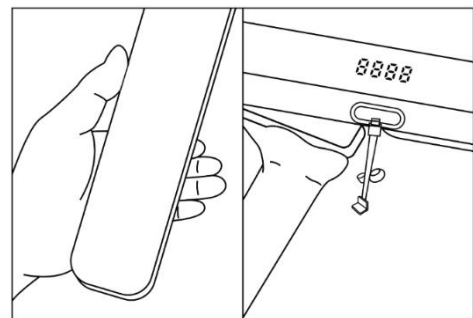
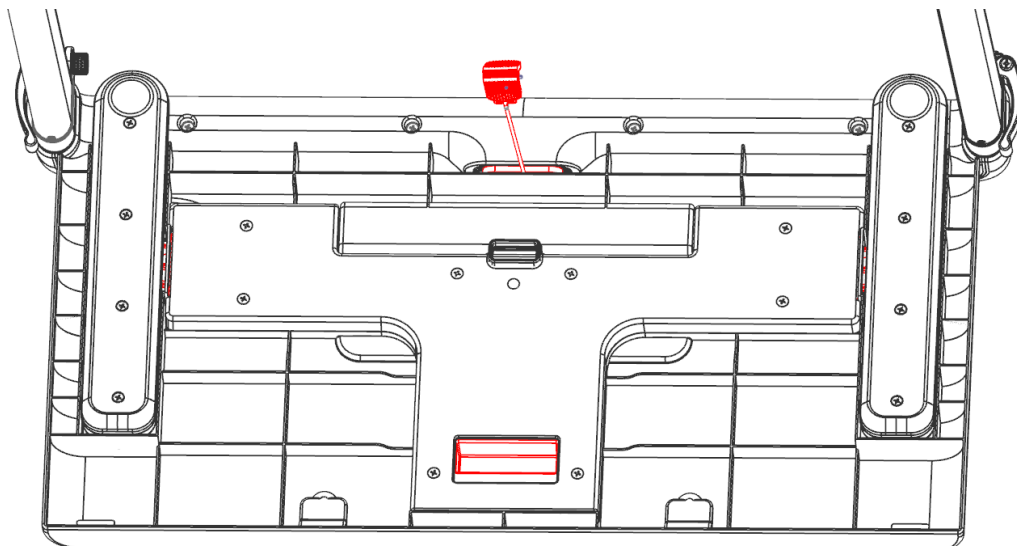
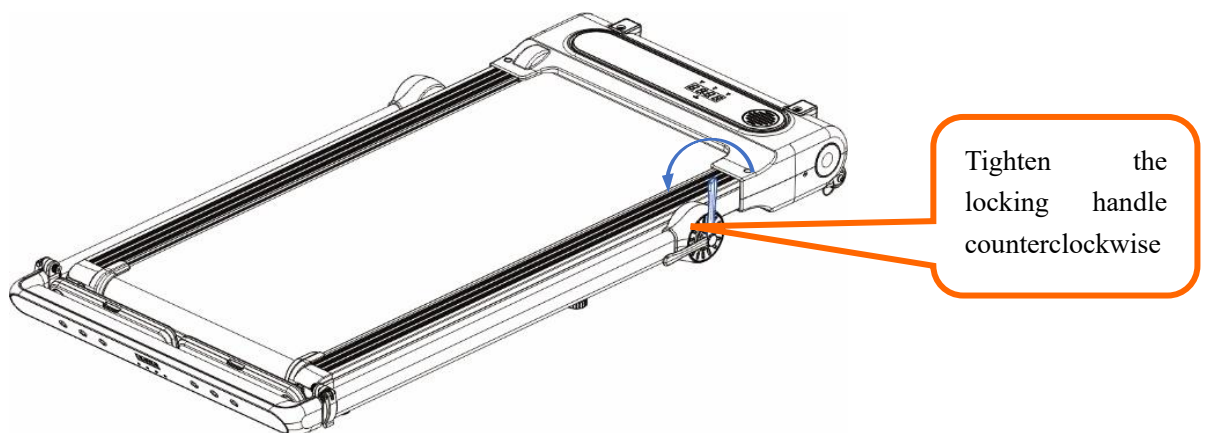


Figure 10

Walking mode/Folding the Treadmill down: If you need to use the walking mode, please turn off the power first, pin the card under the desktop and then pull. Remove the desktop group and then release the handle (as shown in Figure 11)

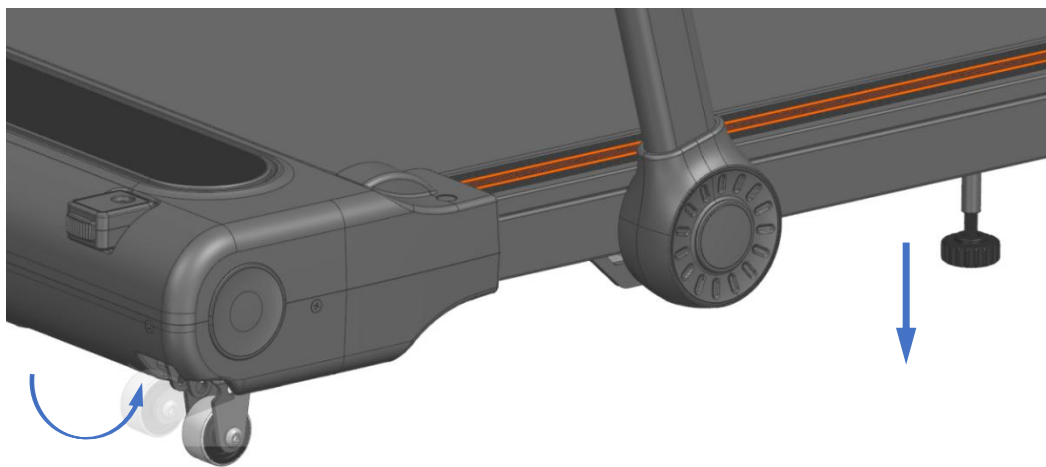


1.2 Connect the upper action and fold the left and right small handrails under the watch head. Remove the safety lock and keep it, then fold the column and tighten the handle (as shown in the figure below). Finally, turn on the power, the motor cover panel lights up. Start the walking mode and use the hand remote control to manage it.



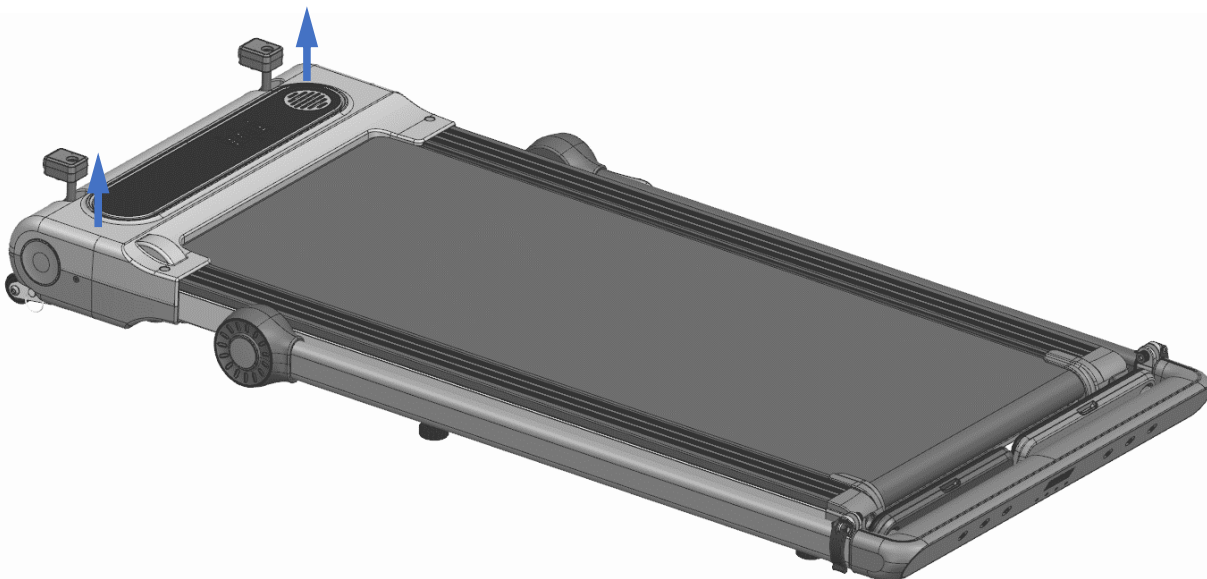
Incline adjustment: when using, if you want to increase the speed, you can use uphill exercise to increase your amount of resistance.

You can adjust how level the treadmill is if you are putting it on an uneven floor/surface. Just adjust using the widgets, one on each side, as shown in the diagram below.



Standing upright against the wall:

This product can be stored in an upright position; if you are not using the treadmill for a long period of time or if you don't have enough space to store it in the horizontal position, you can gently pull up the left and right support frames at the front end of the main frame. (as illustrated in following figure)

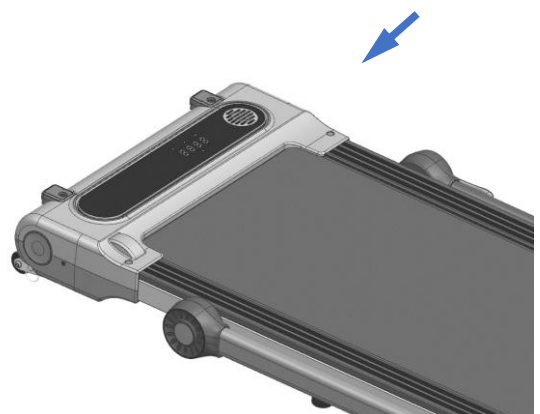
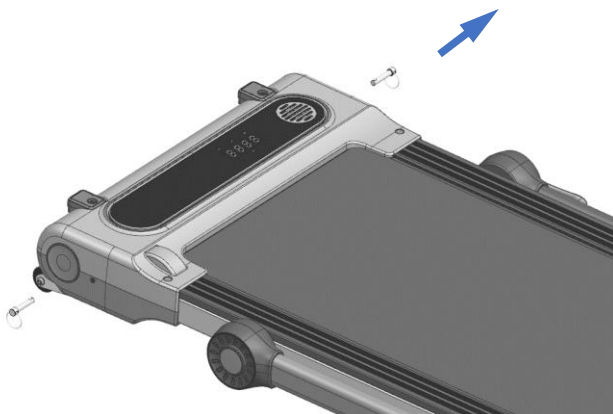


Lift the product up against the wall, stand it in a safe position. (as illustrated in following figure)

(Note: when the product is in an upright position, ensure not to let children near the item as it could fall)



Tip: Before using the product, please remove the belt ring bolt at the front end of the treadmill, keep the product upright, and replace the belt ring bolt for safety reasons.



4.Sports Advice and Guidelines

Warming up

A successful exercise program consists of three parts: Warming up, cardio exercise and warming down. Warming up is a very important part of exercise. Warming up must be carried out before every exercise. Warming up can preheat the body, stretch the muscles, and let the body adapt to more intense exercise. Repeating the Warming up exercise at the end of the exercise can help relieve muscle soreness.

You can use the instructions below for warming up:

Head movement

Stretch the head towards the right shoulder first, straighten the neck and turn it clockwise and backwards once; Stretch the head to the left shoulder and rotate it counterclockwise once. Repeat.



Shoulder lifting exercise

Lift the left shoulder and turn back one circle, repeating 5 times; Then lift the right shoulder back and repeat 5 times, alternating like this.



Stretching movement

Raise your hands straight above your head, then grab your right wrist with your left hand and stretch upwards until you feel your right wrist fully straightened. Do this for 5 seconds before switching to your right hand.



Quadriceps stretching exercise

Hold the wall with your right hand to maintain balance, lift your left foot backwards with your left hand, keeping the heel of your left foot as close to your hips as possible, for 15 seconds, and switch to the other foot.



Thigh inner stretch

Sitting on the ground, with both feet and soles together, grip both feet with both hands and pull them inward to bring them as close as possible to the body. Slowly press down on the heels of both feet and hold this position for 15 seconds.



Foot tendon stretching

Sit down, straighten the right leg, bend the left leg, hold the ankle with the left hand and push it inward to make the left foot as close to the body as possible and the sole of the foot close to the inner side of the right thigh. Then press down on the body, extend left and right forward to touch the toe, the greater the pressure, the better. Hold this position for 15 seconds, and switch to the left leg.



Calf stretching

Support the wall with both hands, place your body at a 45-degree angle to the ground, and alternately extend your left and right feet backwards to perform walking movements.



Usage 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

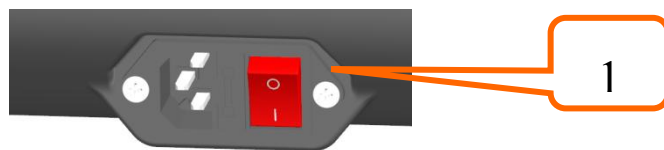


Figure 2



Figure 3

1. Use the treadmill: Plug in the power, turn on the switch (red) (1), this will light up, then you will hear a "beep". The screen then lights up.



2. Safety lock: The treadmill will only run when the safety lock is completely placed on the yellow area of the console; Clip the safety lock on your clothing when using the product. In case of an accident, pull off the safety lock and this can stop the motor from running, immediately; Put the safety lock back if you wish to continue using the treadmill.

3.Remote control: After turning on the power, long press the remote control "start" for about 7 seconds. One-to-one pairing connection (the buzzer goes continuously to show the pairing is successful, if the buzzer does not sound continuously, the pairing is not successful). After a successful pairing, the remote control on the treadmill can be used to "start / stop", "speed +", "speed-".



4.Console operation instructions

Button Function

Start/Stop: In the treadmill stop state, press the Start / Stop key, and the treadmill starts. When running, press the Start / Stop key, and the treadmill stops.

Program: In the standby state, press this key to select the cycle from manual mode to automatic program; manual mode is the default operating mode.

Mode: In the standby state, press this key to cycle through 3 different countdown operation modes.

Speed shortcut: After the treadmill is started, press this key to adjust the speed; when the button is pressed, the treadmill speed cycles at 3, 6 and 9

Speed+/Speed-: After the treadmill starts, press this key to adjust the speed, press the "+" key to speed up, press the "-" key to speed down.

Display function

Time: When the time indicator light is on, display the running time in manual mode or the countdown of running time in mode and program.

Speed: When the speed indicator light is on, this displays the current running speed value.

Distance: When the indicator light of mileage is on, it will display the accumulated distance in manual

and program mode, or the distance in program mode.

Calories: When the calorie indicator light is on, display the calorie value for manual and program, mode movement, or value for movement during program, mode operation.

Automatic program

Time Program		Setting / 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

Translation of Error codes

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 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: When working, the 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 burning smell while the motor is running, if yes, replace the motor; check if the controller has a burning 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 burning 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 in the correct position

Routine maintenance

Warning: Before cleaning or maintaining products, please be sure the power plug of the treadmill is pulled out.

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 running board and belt. Treadmill belts shall be cleaned by a damp cloth with soap. And please pay attention to avoid wetting the electrical components and running belt.

Warning: Make sure power plug disconnect before moving motor cover away, 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 life and the performance of the electric treadmill, therefore regular application of lubricant is needed. We advise you to check the board regularly. If the board's surface is damaged, please contact our customer service team.

We advise using lubricant between the running belt and running board using the below as a guide:

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

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

1.To maintain your treadmill correctly and to extend the life of the machine, it is suggested that after continued use of one hour, turn off the machine and let it rest for 10 minutes before using it again.

2.If the treadmill belt is too loose, there will be skipping of the belt while running; if it's too tight, it may reduce motor performance and increase the abrasion of the rollers and the running belt. You can

lift both sides of the running belt for 50-75mm.

Running with adjusted alignment and tightness

The belt may need to be aligned over time if you move the treadmill, often.

Running Belt alignment

- Put the treadmill flat on the ground.
- Make the treadmill run at a speed of about 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 counter-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 counter-clockwise. (Picture B)



Picture A



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.

Step 1: 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 the belt and 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

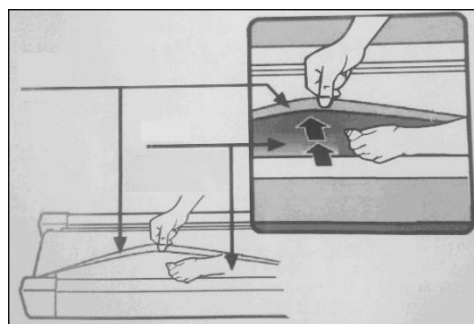
Step 2: Use a wrench to adjust the screws on the motor base according to the condition. Meanwhile, gently flip the belt between the motor shaft and the front roller. If it is too loose, you can flip the belt by 100%; if it is too tight, the degree for you to flip the belt is very limited. It is appropriate to flip the multi-wedge 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.

Method of adding lubricating oil:

Step 1: First, lift the walking machine belt upwards.

Step 2: Open the lubricating oil bottle and squeeze in lubricating oil above the walking board, as shown in the right figure.



Treadmill life extension tips:

1. In order to better maintain your treadmill and extend the life of the machine, it is recommended that you turn off the power of the treadmill after continuing to use it for 1 hour and let the machine rest for 10 minutes before using it again.
2. Running belt tightness should be appropriate. If the running belt is too loose, it will slip when running; if too tight, the tightness may reduce the motor performance and wear the drum and running

belt.

Thank You for Buying from InTheMarket.ie!

We appreciate your support.

We hope that you have many happy years with your new Workout 925. 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 would love to hear about other people's experiences, so it would mean a lot if you could take a few minutes to leave a review about our products and service on www.TrustPilot.com. Just search for Inthemarket.ie. Thanks again.



inthe market

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: 8300
 Commercial name: WorkOut 925

Compliance

The manufacturer declares that the above mentioned machinery fulfils 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: *02/02/24* Function: *MD*
 Signature: *Liam Ryan*



Workout925/8300 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.

Registered Company: Bunanstua Ltd., t/a InTheMarket.

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