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Translation of the original instructions

Please read the entire manual carefully before assembly and use.

Product Brief

The treadmills have been rigorously tested and certified as safe and reliable for personal use. To maximize the effectiveness of your workouts, please read this manual thoroughly before using your treadmill. Keep the manual accessible for future reference.

- Maximum user weight: 90kgs
- 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 plug on your treadmill. **Do not use a plug adapter.**

Assembly Instructions

Open the packaging and take out the treadmill

The package should contain the following parts:



- | | |
|--------------------------|--------------------------------------|
| • Treadmill | • Allen key (2) |
| • Handrail/Control panel | • Safety strap (1) |
| • Locking screw (1) | • M6 mounting screw (1) |
| • Plastic cover (2) | • M5 mounting screw (4) |
| | • Fixed wrench for locking screw (1) |

How you assemble your treadmill, step by step.

1. Place the treadmill in an upright position. Stand behind the treadmill, use your left hand to pull out the locking pin on the left side in the middle of the treadmill (which secures the treadmill when folded), while at the same time holding the treadmill with the right hand. Use both hands when you open out the base onto the floor (as shown in picture 1).



2. Screw the locking screw into position (found in the accompanying bag) at the front of the belt on the left-hand side just below the base of the handrail to secure the treadmill.
3. Mounting the control panel – Align the control panel with the screw hole, screw in place with accompanying M6 screw



4. Mounting the handrail

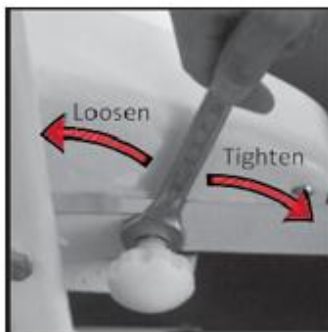
Mount the handrail on frame leg and tighten screw with accompanying Allen Key. Mount the modular contact to the outlet on the right frame leg. Flatten the plastic cover over the screws on the handrail.



Incline of belt/folding away

Changing the belt's incline

1. Loosen the locking screw one turn (see picture 1)
2. Move the pin to desired position (there are three choices)
Top hole (level position), middle hole (3.5% incline), bottom hole (7% incline)
Release the pin by pulling it straight out and secure the pin by pushing it straight in. (see picture 2)
3. Tighten the locking screw. (see picture 1)



Picture 1



Picture 2
Adjust the treadmills incline
with the help of the pin on
the adjustable feet



Folding away your treadmill.

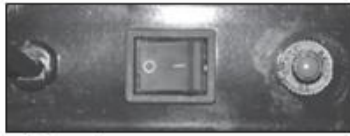
1. Turn off the treadmill, turn off the main power switch and pull out the plug.
2. Loosen the safety screw
3. Lift up the base, pull out and secure the pin on the left side of the frame.

Note. Store the safety screw in the container for locking screws.

NOTE. Check that the belt is centered. If it is not, adjust the belt so that it runs freely (see section on Regular Maintenance page 11).

Activating the treadmill.

Put the electrical plug in a grounded wall outlet and then turn on the power switch on the front right side of the treadmill (see picture 1) . As soon as the power is turned on a short sound is emitted that means the product is in stand-by mode. Attach the safety strap magnet (see picture 2) in the round hole on the front of the control panel. (The display shows "--" if you have not attached the safety strap on the front of the display).



Picture 1



Picture 2



THE DISPLAY SHOWS:
SPEED, TIME, DISTANCE AND PULSE.
(To view estimated calorie burn
press PULS/CAL once, press once
to return to pulse view)

When you feel ready and are standing on the treadmill:

Starting the belt

1. Press the start button,
The display counts down and beeps three times.
The belt starts at the lowest speed (0,8km/h),
the pre-set program time is 60 minutes.

Changing speed

There are several ways of changing speed.

1. Increase/decrease speed with the ▼/▲ on the control panel.
2. Increase speed with the +/- button on the handrail.
3. Go straight to 3, 5, 7km/h with the quick choice buttons on the control panel.

Changing program time before starting in manual control mode.

1. Press the Mode button once (the display shows 30 minutes).
2. Select desired program time (total minutes) with the t/s
3. Press the start button, the display counts down and beeps three times. The belt starts at the lowest speed (0,8km/h).
4. Select desired speed.
5. The display counts down from the selected time.

Choosing distance before start in manual control mode.

1. Press the Mode button twice (the display shows 1km)
2. Select distance (total km) with the ▼/▲
3. Press the start button, the display counts down and beeps three times. The belt starts at the lowest speed (0,8km/h).
4. Select desired speed.
5. The display counts down from the selected distance

Using the twelve automatic programs P01-P12

1. Press the PROG button until the desired program is shown in the display.
2. The pre-set time 30 minutes blinks in the display. Use the ▼/▲ to enter the desired time (5-60 minutes).
3. Press the start button. The automatic program starts after a three second countdown.

Regular exercise also gives a large number of health benefits:

- Stronger heart and better condition.
- Less risk of contracting cardiovascular diseases, high blood pressure and diabetes.
- Stronger muscles and increased joint mobility.
- Better balance and coordination.
- Less risk of osteoporosis.
- Lower blood cholesterol levels.
- Weight loss through increased energy expenditure.
- Less risk of type 2 diabetes.
- Less risk of bone fractures from osteoporosis.

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

Routine Maintenance

Warning: Before cleaning or maintaining products, ensure that the power plug of the treadmill is unplugged.

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 trainers to avoid carrying dirt on to the running board and belt. The treadmill belts should be cleaned with a damp cloth and soap. Ensure the electrical components do not get wet.

Warning: Make sure that the power is disconnected before removing the motor cover. Clean the motor at least once a year ensuring not to get it wet.

Cleaning

Make sure that the treadmill and the area around and under it is clean. It is especially important that the running belt, the side rails and also the floor under the belt are kept clean, so no dirt gets between the running belt and the sliding surface or under the motor cover. Dirt and dust can quickly result in increased wear, as well as damaging the machine. Vacuum the running belt and the sides of the belt as needed or at least once a week, the rest can be wiped with a slightly damp cloth (a mild soap solution is ok). To avoid getting water in electrical components, the treadmill should not be cleaned with a wet cloth, swab or mop.

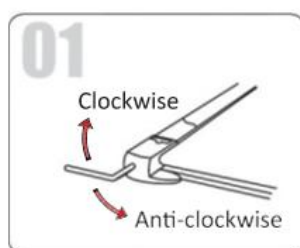
Lubricating with silicone oil: The treadmill comes lubricated when purchased. It should then be lubricated about every 30th time it is used (or once every other month). Turn off the power, lift up the rubber mat on the right side with one hand and spray silicone oil moderately along the whole sliding surface under the mat. Do the same on the left side. Turn on the belt at its lowest speed and walk for roughly three minutes so the silicone oil is evenly spread out.

Adjusting the running belt

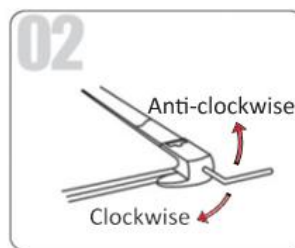
Check that the belt is centred. If it is not, adjust the belt so that it runs freely (see below).

Check that the running belt is correctly centred between the back tail covers every time before using the treadmill. Adjust the belt if needed, normally only a small adjustment is required. Screw half a turn clockwise on the side that the belt is too near to, then test for at least 15 seconds at 4km/h (check and adjust a further quarter or half turn until the belt is centred).

NOTE: the running belt should not be tightened too hard as this can cause noise and damage the machine.



Picture 01: Screwing clockwise moves the mat to the right. Screwing anti-clockwise moves the running belt to the left.



Picture 02: Screwing clockwise moves the mat to the left. Screwing anti-clockwise moves the running belt to the right.

Storage

Remember to store the treadmill in a dry place and not to pile things on top of it.

Pre-set programs

Twelve different pre-set programs can be used, P1 to P12, or you can decide speed and time yourself.

Autoprogram: Press the "PROG" button and select one of the twelve pre-set programs. When you have selected a program, press START.

The autoprogram has a pre-set time of 30 minutes and is divided into 20 segments of 1,5 minutes (each representing 5% of the selected time). If you wish to change the selected time, this can be done through the "▼" or "▲" buttons. (The pre-set time can be changed from 5 minutes up to a maximum of 60 minutes). When you train using the autoprogram, the timer starts on the time you wish to exercise and then counts down to zero.

Autoprogram P1-P12

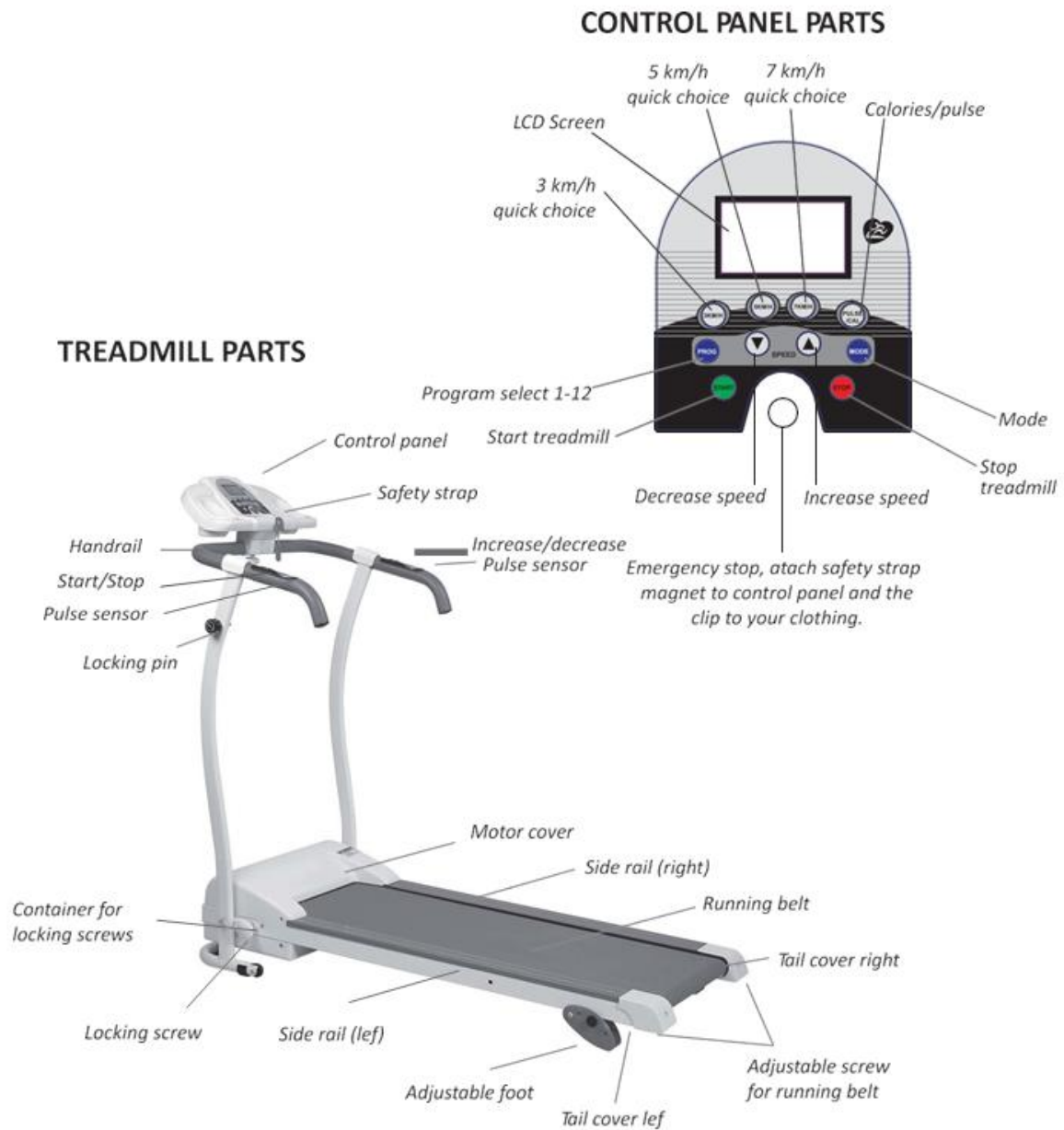
See the 20 pre-set speed segments (km/h) for the respective programs below:

Program	Speed (km/h) per segment																			
P1	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P2	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P3	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P4	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P5	2	4	4	5	6	7	7	5	6	7	8	8	5	4	4	6	5	5	4	2
P6	2	4	3	4	5	4	8	7	5	7	8	3	6	4	4	2	5	4	3	2
P7	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P8	2	3	3	6	7	7	4	6	7	4	4	4	6	7	4	4	4	2	3	2
P9	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	3	4	5	9	5	9	5	5	5	9	9	5	5	5	9	9	8	7	6	3
P12	2	5	8	10	7	7	10	10	7	7	10	10	6	6	7	7	5	5	4	3

Troubleshooting

Problem	Possible cause	Solution
Treadmill not working	Plug is not properly connected to the wall outlet.	Put the plug into the wall outlet.
Treadmill not working	Main power switch is turned off	Turn on main power switch located on front side of motor cover.
Treadmill not working	Wall outlet has no power.	Check that wall outlet has power.
Treadmill not working	Circuit breaker has tripped.	Press in the red reset button on the circuit breaker located on front side of motor cover.
Running belt off-centre and/or making unusual noise.	The running belt settings are affected by our weight, balance and the load distribution. The settings may need adjusting.	Adjust by tightening the screws at the back of the treadmill. See the section titled Regular maintenance on page 11 for more information.
Running belt slips, is too loose.	With time and load the running belt tension is affected. It then needs to be tightened.	Adjust by tightening the screws at the back of the treadmill anti-clockwise on both sides. See page 11.

Main parts of treadmill



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We appreciate your support.

We hope that you have many happy years with your new NRG 100. 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: Home electric treadmill
 Model: ES-A112A
 UPC number: 616421694058
 Commercial name: NRG 100 /Endeavour

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: 12/06/2017 Function: MD
 Signature: 



NRG 100/ ES-A112A 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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