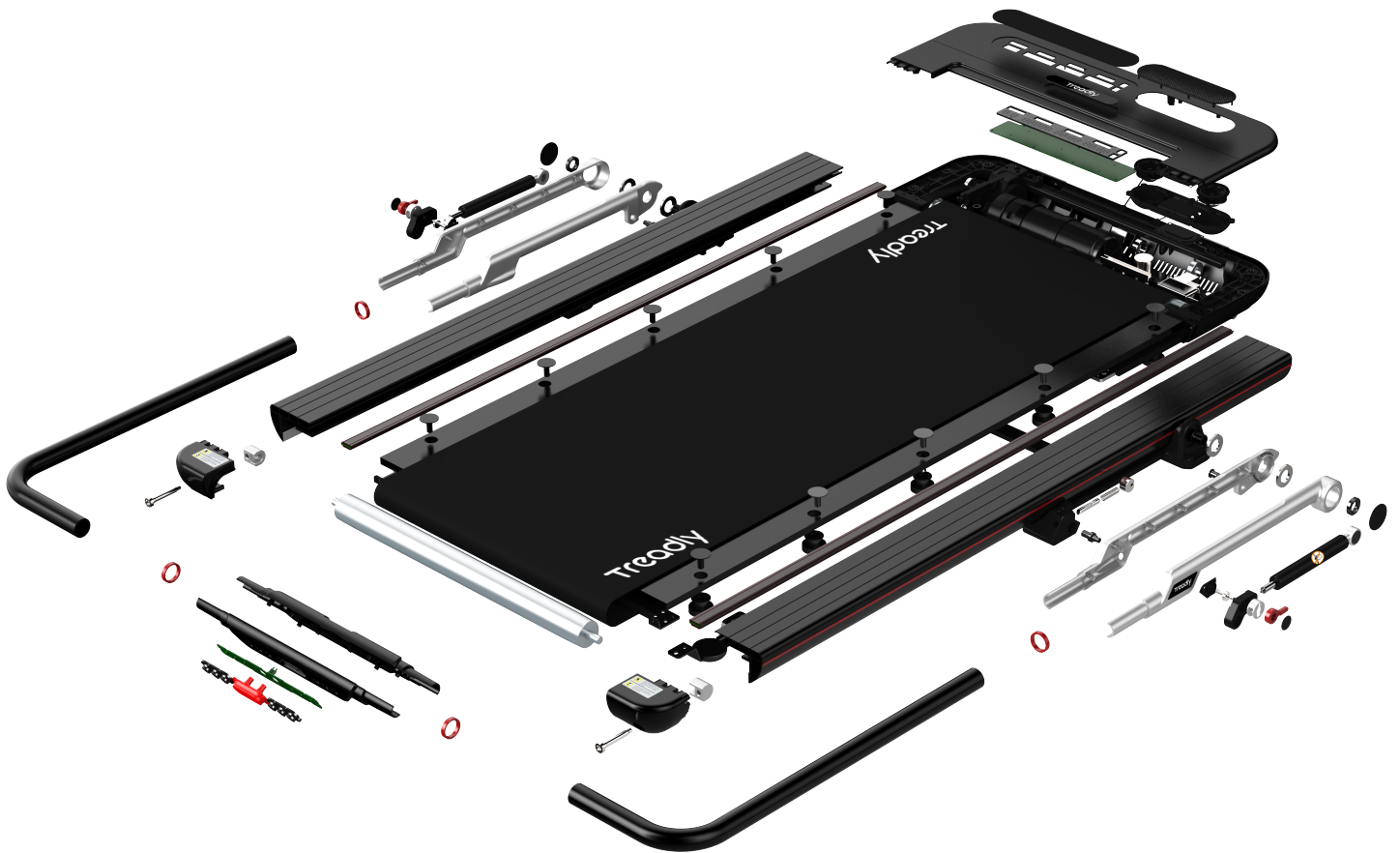


Treadly

TREADLY 2

USER MANUAL



Safety Information

Before you begin, please make sure to read the user manual carefully before using your new Treadly 2. This manual provides information that is necessary for the safety of not only you but of your new Treadly machine too.



This symbol represents a safety alert. You must read and follow the directions carefully for the safety of you and others, as well as to avoid causing any damage to the machine.



This symbol represents precautions that you must take and follow carefully in order to achieve more accurate operation and an overall better Treadly experience.

Read all safety information before using your Treadly. It is the owner's responsibility to ensure that users are aware of all warnings and precautions.

Consult a physician before beginning a new fitness plan. Incorrect or excessive training can result in serious injury.

If you experience faintness, chest pain, or shortness of breath, stop exercising immediately and consult a physician.

Children under the age of 14 and persons with reduced physical, sensory, and mental capabilities that impair the safe use of the Treadly must not use the Treadly. Keep children and animals away from the Treadly at all times, even when powered 'off'.

The Treadly's low-profile design was intended for use in the home or office setting and is able to be stored underneath couches, beds, or desks.

Inspect the Treadly for loose, worn, damaged or incorrect parts before using the Treadly. Do not use the Treadly before those parts are replaced, repaired or tightened.

Treadly 2 must be used with the specified voltage power supply and the power socket must remain grounded.

Place the Treadly on a flat surface, do not place it on a soft mat or an excessively thick carpet, and make sure that the Treadly has a safe amount of room around the sides. It is recommended to leave at least 1.6' of space on both sides and in front of the Treadly, and 6.5' space behind the Treadly.

Do not use the Treadly if it is not working as described in the manual.

It is not recommended to use spare parts on your Treadly. Only Treadly professionals should fix electrical components on the Treadly.

OPERATIONAL SAFETY

This product is not suitable for the following individuals:

Individuals whose doctors do not recommend daily exercise, in order to avoid accidents or physical discomforts such as thrombosis, severe aneurysm, acute venous tumors, various dermatitis, skin infections and so forth.

It is not recommended to use the Treadly with the following cardiac medical devices which include: implantable cardioverter defibrillators (or ICDs), pacemakers, implanted heart rhythm monitors, and loop recorders.



WARNING! Excessive exercise can cause serious injury or even death. If you feel dizzy, stop exercising immediately.

Environmental Safety / Disclaimer

Do not use this product with a room temperature above 104 F/40C.

Keep all conductive devices away from any liquids.

Do not place any items on the Treadly walking belt.

Do not wear clothes that can get caught in the Treadly. It is recommended to keep loose clothing, shoelaces and accessories away from the belt of the Treadly.

Do not allow the ventilation port on the motor cover to be blocked by debris while the machine is operating.

Regularly check the locks of the handrails, and do not put your hands on rotatable joints.

To avoid damage, do not put your fingers or any foreign objects in the gap of the belt.

Do not touch the power cord and power switch with wet hands.

When the Treadly is on and in walking mode, do not attempt to turn around.

Keep your position facing front at all times. Under no circumstances is it recommended to have two or more people on the Treadly at the same time.

In case of emergency, press the emergency stop button and the Treadly will quickly come to a halt.

In case of emergency, and the handrail is unfolded, hold the handrail with both hands, and straddle the non-slip side strips with your feet, in order to avoid losing balance.

Do not place the Treadly outdoors or near a water source.

Do not place the Treadly near electric heaters, stoves, or areas with direct sunlight.

DISCLAIMERS

To avoid possible injury, read all instructions and warning labels on the Treadly before using it. Treadly does not assume any responsibility for personal injury or property damage caused by improper use of this product.

Consult a medical provider or fitness specialist before starting any exercise. This is especially important for individuals over the age of 35 or individuals with health problems.

Treadly is meant for indoor use only, or areas with temperature control. Do not use in areas without air conditioners, such as garages, walkways, swimming pools, bathrooms, parking lots, or outdoors areas. Do not place your Treadly in a cooler environment or in a high humidity environment. Failure to follow these precautions can directly damage the electronics of the Treadly. If you fail to use the Treadly in accordance with the precautions listed above, your warranty will be null and void.

Do not remove the dashboard of the Treadly (unless directed by your local dealer). This product can be repaired by an authorized service technician. We will not provide warranty service if any violation of the warnings/disclaimers occur.

Light.
Smart.
Compact.

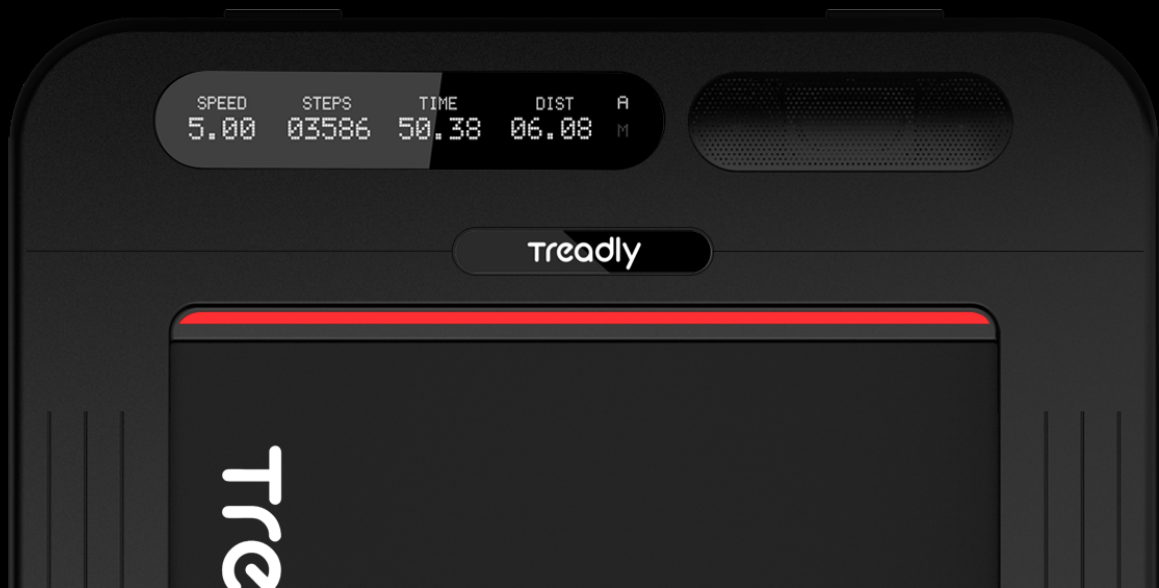


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Support

Your satisfactions is our top concern. It you need assistance or encounter issues with your Treadly, please contact our customer support service for assistance:

877-273-2701

contact@treadly.co

www.treadly.co

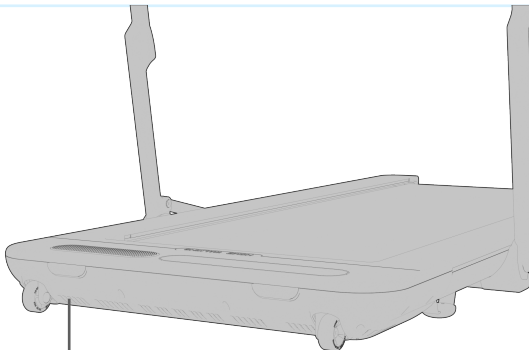
When you contact the Customer Support Service Center, please have the following information available:

- 1 Treadly serial number
- 2 Purchase date
- 3 Order number or the email address associated with your Treadly 2 purchase

Record the serial number

Locate the Treadly serial number located next to the power switch and write it down in the box below. Please ensure you save this user manual.

SERIAL NUMBER



treadly

Model : TR-200B

Voltage : 110V / 50-60 Hz

Grade : HC

Power : 450 Watts

Maximum load : 120 Kg

Executive standards : ISO 20957-1 : 2013,

Serial Number : EN 957-6 : 2010 + A1:2014

Specifications

Handrail Open Dimensions	56.3" L x 28.9" W x 40.5" H
Handrail Folded Dimensions	58.1" L x 28.9" W x 3.7" H
Belt Size	47.2" x 18.1"
Speed (Handrail folded)	0-4 mph
Speed (Handrail Unfolded)	0-5 mph
Maximum Load	265 lb
Engine Power	750W 1HP
Power Requirements	110V 50Hz-60Hz
Net Weight	77.2 lb
Aplicable Ages	12 - 60
Lifting Slope	% Fixed
Display	White Matrix Digital

Familiarize yourself with all warnings on the Treadly 2 before use. If a warning label is damaged or lost, contact our support for a replacement immediately.



Please do not insert your finger into the end cap and rear roller when using the product.

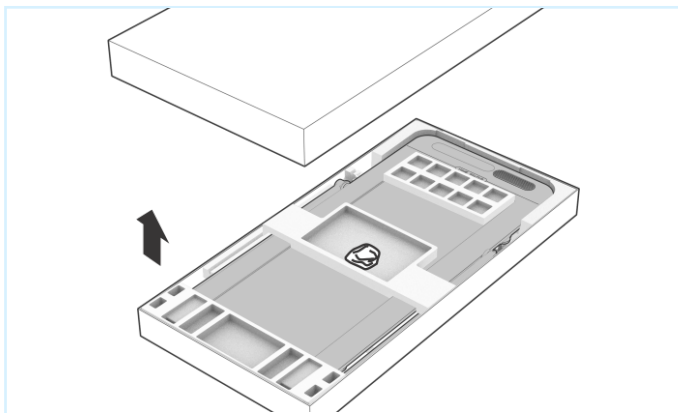


Do not tread on this part! For your safety, please wear sports shoes.

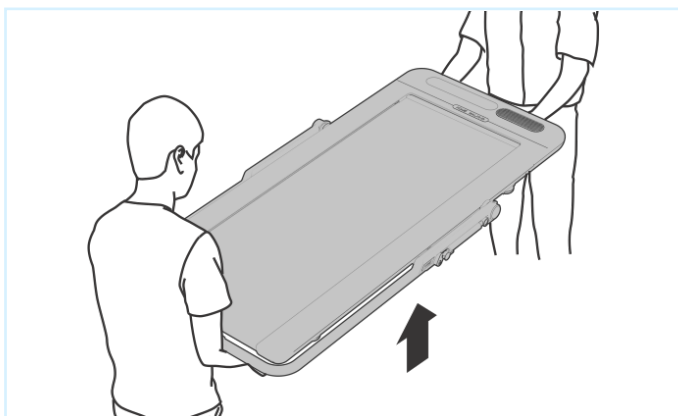
Unpacking

Place the Treadly 2 box on a flat, level, stable surface. Apply caution while carrying the box. Never unpack from the sides.

Make sure the top cover of the box is facing up (printed side), before opening the cover.



Get two people to remove Treadly 2 from the box.

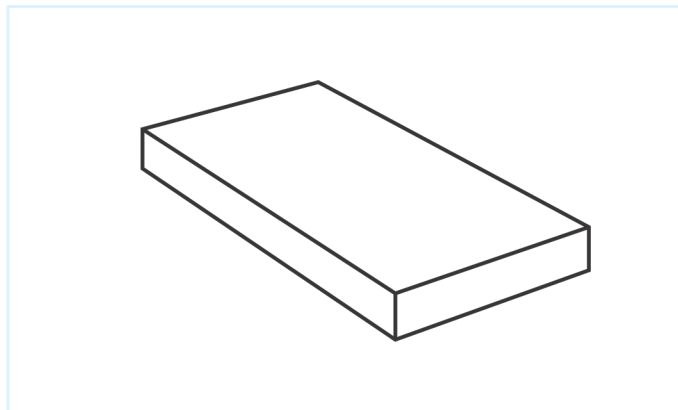


Place your Treadly 2 on a flat surface.

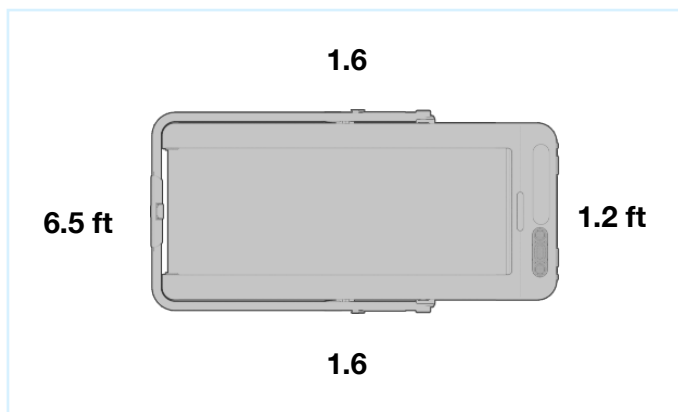


Place the shipping materials and styrofoam protective back in the box, fasten the upper and lower covers of the box, and store the box.

During the warranty period, the original packaging is required for shipping the unit back for service.



We recommend leaving 1.6' or more of clearance space on both sides and in front of the unit and 6.5' of clearance space behind the unit.

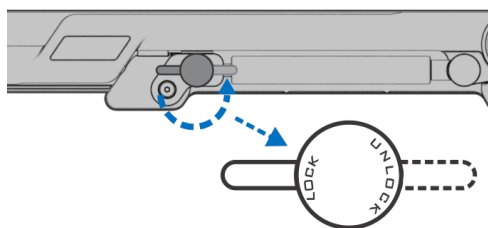
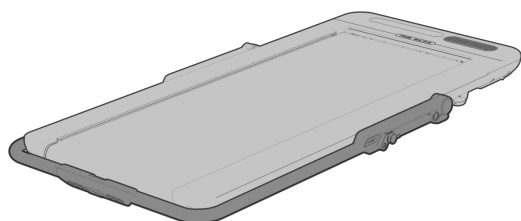


Handrail Unfolding / Folding

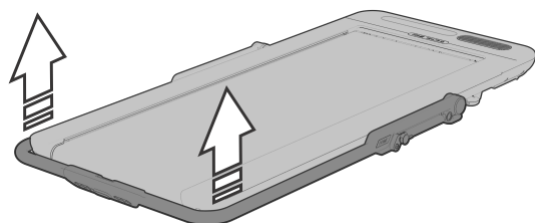
Treadly 2 handrail uses a gas-liquid piston system that will assist in unfolding the handrail. To adjust the handrail to the unfold position, move the two-way lock switch on the left and right sides of the handrail, and turn the switch to the **UNLOCK** position.



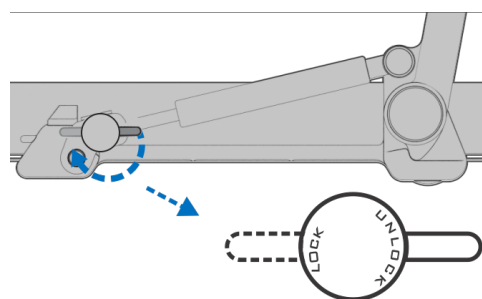
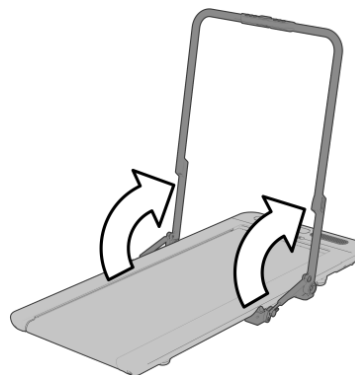
When the handrail is in the folded position. Treadly 2 maximum speed is **4 mph**. When unfolded, its top speed is **5 mph**.



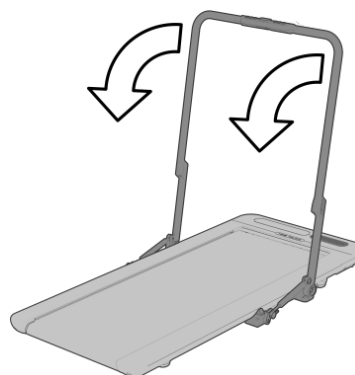
Raise the handrail up to a 45 degree angle with both hands. The handrail will automatically begin to rise to the appropriate position (picture below).



When the handrail has finished unfolding, move the two-way lock switch from the **UNLOCK** position to the **LOCK** position (see picture below).



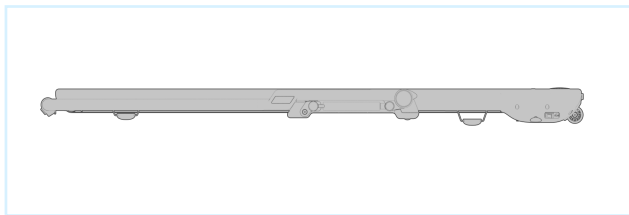
To fold the handrail, switch the two-way lock switch to the **UNLOCK** position and fold the handrail down. Once folded, turn the switch to the **LOCK** position.



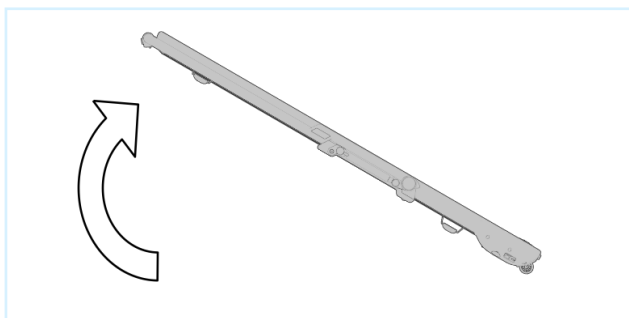
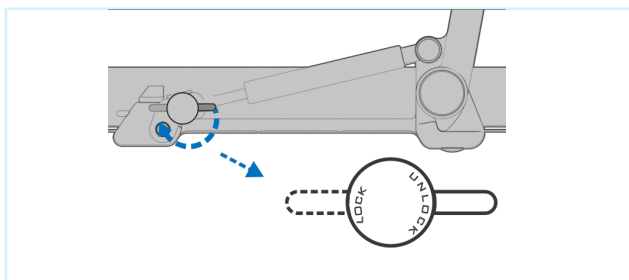
Moving & Powering the Treadmill



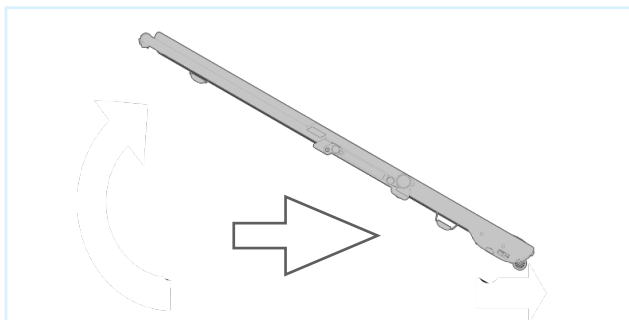
Before moving the unit, remove the power cord plug from the wall outlet and make sure the handrail two-way lock switch is in the **LOCK** position.



To move your unit, make sure the handrail is folded and the two-way lock switch is in the **LOCK** position.



Use both hands to lift the unit at the end without wheels using the handrail.



Use both hands while holding the handrail to move the unit using the wheels to the desired position.

Power Supply / Powering Your Treadly

Treadly 2 must be connected to a wall outlet that is grounded. If the product fails, grounding provides a minimum resistance path for reducing the risk of electric shock.

The electric plug of this product is equipped with a grounding conductor. For safety reasons, the grounding plug must be plugged into the appropriate wall outlet, and the socket must be properly installed and grounded in accordance with all local codes and regulations.

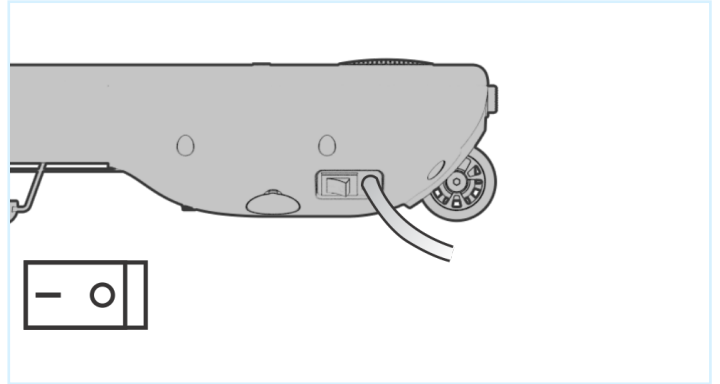


- Failure to follow the instructions may result in electrical failure.
- Never touch the power cord and the power switch with wet hands.
- Do not remove the motor cover, as this increases the risk of electrical shock.

The normal voltage of this product is 110 (USA/Canada) / 220 (Europe) volts. The voltage required for Treadly 2 can be found on the manufacturer sticker (at the front of the motor cover).

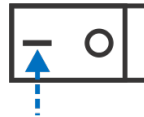
Treadly 2 must be used according to the specific voltage requirements.

The unit is equipped with a power switch that is located on the right side of the front cover.



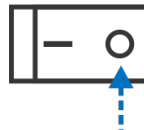
Power On:

1. Plug the power plug into the wall outlet
2. Press the power switch to the on position



Power Off:

1. Press the power switch to the off position
2. Pull the power plug out of the wall outlet



treadly

Model : TR-200B

Voltage : 110V / 50-60 Hz

Grade : HC

Power : 450 Watts

Maximum load : 120 Kg

Executive standards : ISO 20957-1 : 2013,

Serial Number : EN 957-6 : 2010 + A1:2014

Get to Know Your Treadly

Treadly 2 has three modes of control

Manual
Control Mode

Automatic
Control Mode

Remote
Control Mode

Walking belt

Warm up before you begin your exercise, check the belt's condition prior to use, adjust the tightness and perform the lubrication maintenance on time.

Left side strip

The side strips are fixed on both sides of the walking belt, allowing you to safely straddle the Treadly during start-up or an emergency.

Motor cover

Do not cover it to avoid the motor overheating and causing malfunctions or damages. Do not step on or jump on the motor cover.

Bluetooth speaker

Located on the right side of the motor. Connect the speaker to your phone using the Bluetooth and stream music using your favorite app.

Right side strip

Emergency Stop Button

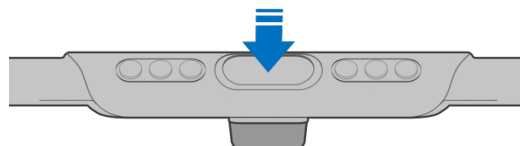
Located in the middle of the handrail, you will see a large red button. If you encounter an emergency while using Treadly 2, press the emergency stop button and the unit will come to a halt.

To restart Treadly 2, turn off the emergency stop by closing the latch underneath of the handrail and then press the **START** button on the handrail to start.



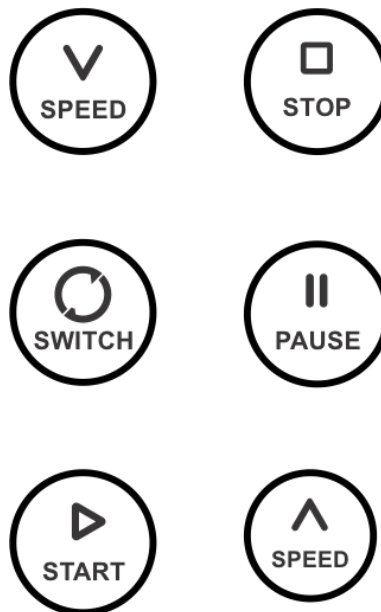
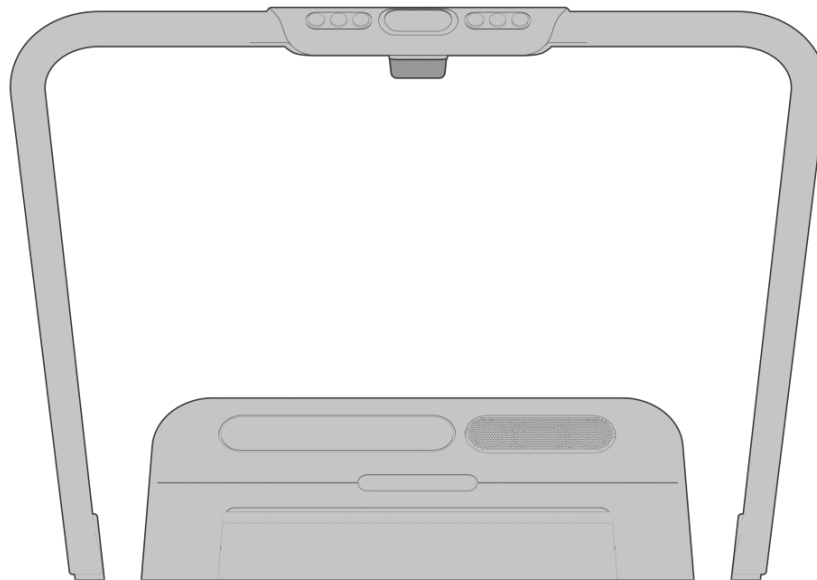
Turn off the emergency stop switch after powering on the Treadly. If the emergency stop switch is not turned off, the unit will not start. The emergency **EMERGENCY STOP** button will continue to flash.

Press



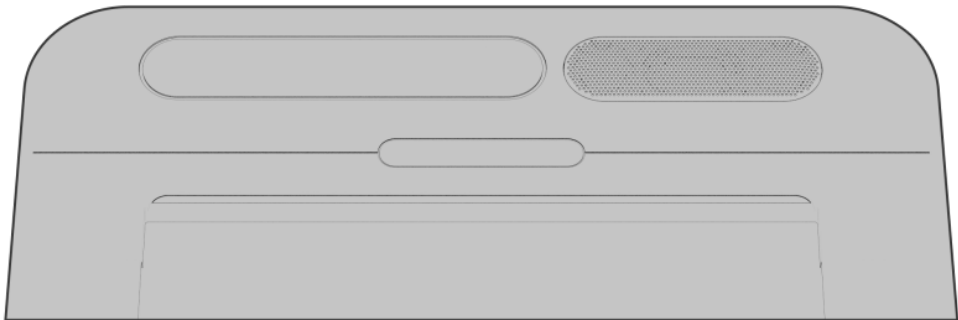
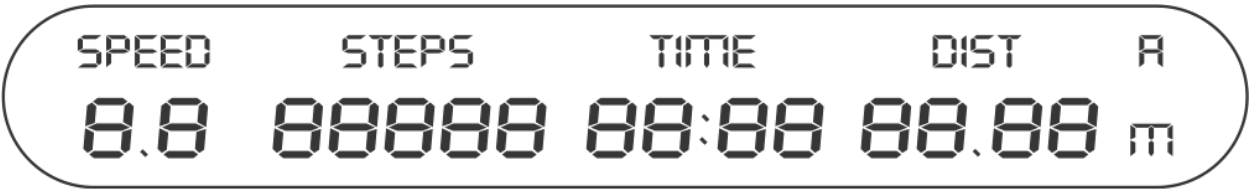
Handrail Control

The handrail buttons are used to start, pause, stop, accelerate/decelerate, and switching modes (automatic / manual) the Treadly 2



Display Window

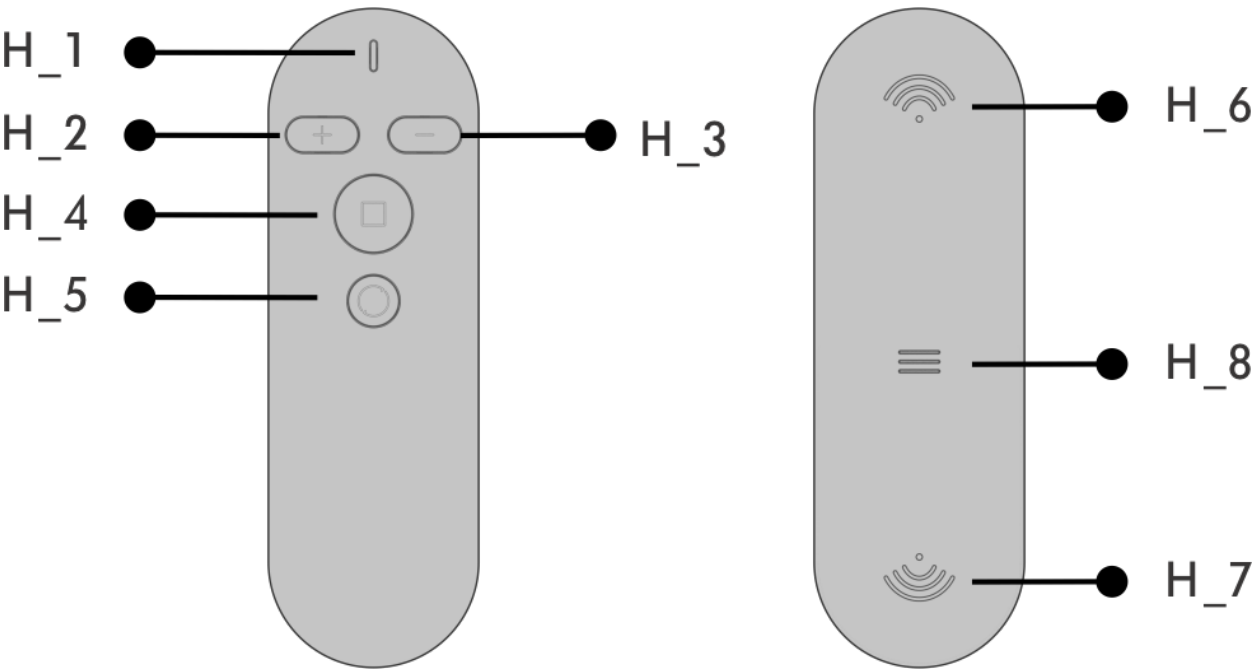
When powering on Treadly 2, turn on the power switch and the display will illuminate. The display window uses white matrix numbers to display the speed, number of steps, time, mileage motion parameters, and the current operational mode (M/A).



Speed	Displays the current speed value; if you pause or stop your exercise, the value is reset. Speed: 0.6 - 5.0 mph (handrail unfold mode)
STEPS	Displays the cumulative number of steps in a single exercise; if you pause the Treadly, the value remains. If you restart the Treadly, and it does not enter sleep mode, the display continues to accumulate. The value is cleared after stopping the Treadly. Display range: 0 - 99999 steps.
TIME	Shows the duration of a single exercise; if you pause the Treadly, the information remains. If you restart the Treadly, and it does not enter sleep mode, then the information will continue to accumulate. Time display range: 00:00-99:59. The information is cleared after stopping the Treadly.
DIST	The distance display accumulates the mileage of a single exercise; if you pause the Treadly, the parameters remain. If you restart the Treadly and it does not enter sleep mode then the parameters continue to accumulate. Display range: 0 miles - 62 miles
A	Automatic control mode.
M	Manual control mode. Remote control mode. The display clears after stopping the Treadly.

Remote Control

The remote control is optional. Use it to control switching between the start, stop, acceleration, deceleration, and motion modes.



H1	Status indicator light. Press the remote control button and the indicator light turns on.
H2	Acceleration button. Press the acceleration button, the speed value is first rounded up by a multiple of 0.3 mph. When you press it again the speed is incremented by 0.3 mph.
H3	Deceleration button. Press the deceleration button and the speed value is first rounded up by a multiple of 0.3 mph. When you press it again the speed is decremented by 0.3 mph.
H4	Start-stop composite button. Starts and stops the Treadly.
H5	Mode switch button. Use to switch between manual control mode and automatic control mode. Treadly’s remote control uses two batteries (1.5 V NO. 7 AAA Alkaline battery).
H6	Wireless transmission identification.
H7	Wireless transmission identification.
H8	Battery cover.

Remote Control Continued

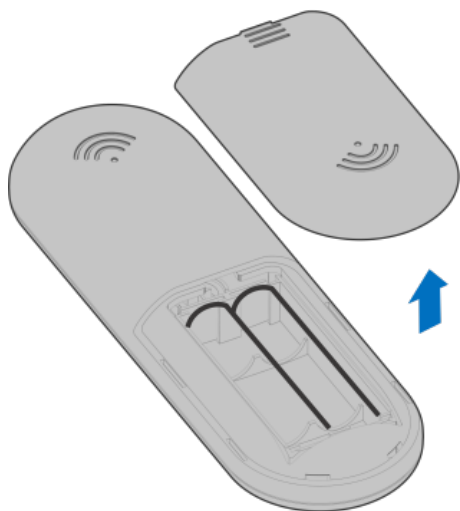
The first time you use the remote control, follow these steps:

1. Power off the Treadly.
2. Simultaneously power on the Treadly from the remote, and turn the power switch located at the base of the Treadly.
3. Press and hold any button on the remote control for more than five seconds.
4. Treadly will react and show the following figure on the display window:



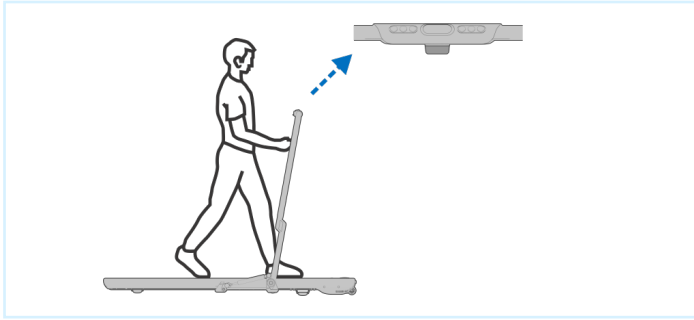
5. If the figure above does not appear on the Treadly's display window, repeat these steps until it does appear.

Replacing the remote control's batteries is the same as replacing a normal TV remote control's batteries.



Manual Control Mode

Manual control mode allows you to control the speed using the handrail.



Start

1. Power on the Treadly.
2. Turn on the power switch.
3. Press the handrail's start button.
4. Start walking slowly and accelerate.

Acceleration

Press the Acceleration button on the handrail. When you press it, the speed will increase rapidly. The maximum speed is 5 mph.

Deceleration

Press the Deceleration button on the handrail. When you press it, the speed will reduce by 0.1 mph.

Pause

Press the handrail's Pause button to pause and gradually slow down to stop.

Stop

Press the handrail's Stop button to gradually come to a halt.

Switch Modes

Press on the handrail's Switch button to switch the mode. There are two modes:

1. Manual Mode: This mode allows you to control the speed of the Treadly.
2. Automatic Mode: This mode speeds up and slows down based on your position on the belt. The Treadly will automatically increase in speed if you are on the front 1/3 of the belt (Acceleration Zone). The Treadly will automatically decrease in speed if you are on the back 1/3 of the belt (Deceleration Zone).

No-load function

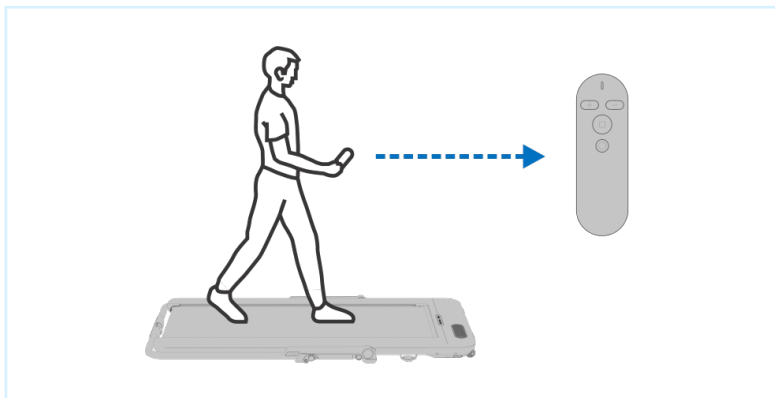
If you do not walk on the machine for 10 seconds after starting your Treadly, it will automatically stop.



Beginners should accelerate slowly. When using the handrail buttons, hold the handrail with one hand. In case of emergency, press the Emergency Stop button. Treadly stops quickly, so hold the handrail after lowering the speed. Place two feet on the rubber sides and press the Stop button while holding the handrail firmly.

Remote Control Mode Continued

Remote control mode allows you to control the running mode using the remote control.



Start

Press the remote Start / Stop button to start or stop the Treadly. There are two modes:

1. Standby mode: press the Start / Stop button to start the Treadly.
2. When Treadly is in operation: press the Start / Stop button to stop the Treadly.

Acceleration

Press the Acceleration button on the remote control. When you press it, the speed will increase rapidly. The maximum speed is 5 mph.

Deceleration

Press the Deceleration button on the remote control. When you press it, the speed will reduce by 0.1 mph.

Automatic Control Mode

Automatic control mode uses the AUTO RUN 2.0 intelligent speed control system that controls Treadly's running mode without buttons.



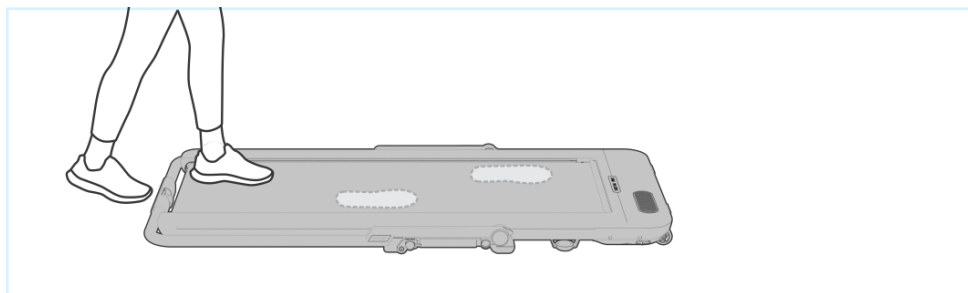
When you first use Automatic Control Mode, you must have the handrail completely unfolded and upright. If you encounter an emergency during operation, press the Stop button or the Emergency Stop Switch, and the Treadly will come to a halt.

You can use this mode completely without the handrail buttons or remote control and we recommend it for more experienced users.

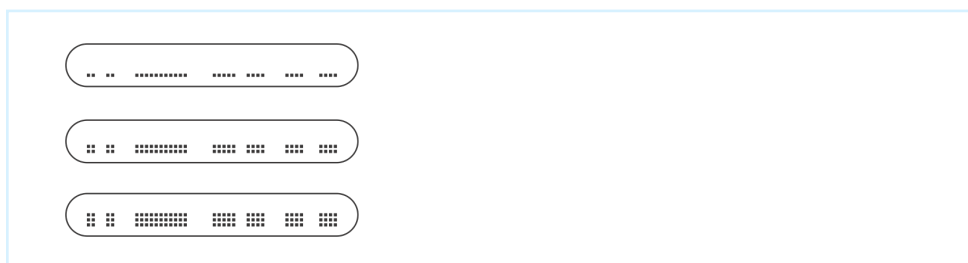
Orthotic insoles or high heels are not suitable for this mode. Automatic control mode requires learning and adaptation.

Start

Start at the back of the Treadly belt, and walk three steps at a normal walking pace. Maintain 2 - 4 inches of space between each foot (see picture below).

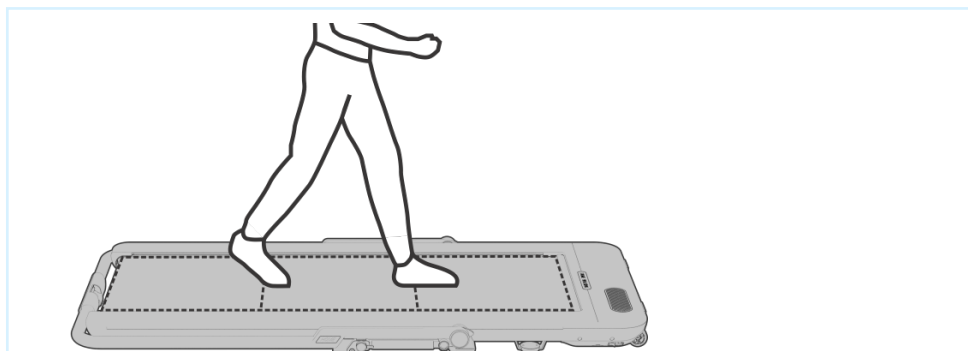


The display shows the content as it is synchronized with the steps (see picture below).



After completing three steps, the Treadly will be in automatic mode, and will record your movement data.

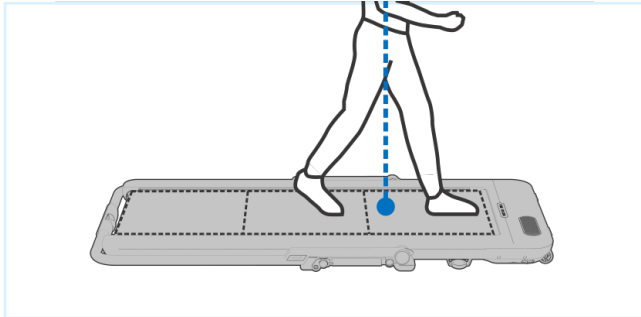
Walking



Automatic Control Mode Continued

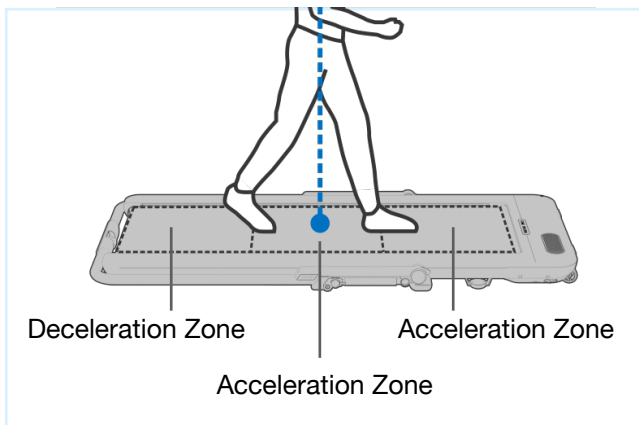
Accelerating

To accelerate, move your center of gravity to the front of the belt (Acceleration Zone). Keep moving in this area to maintain automatic acceleration (see picture below).



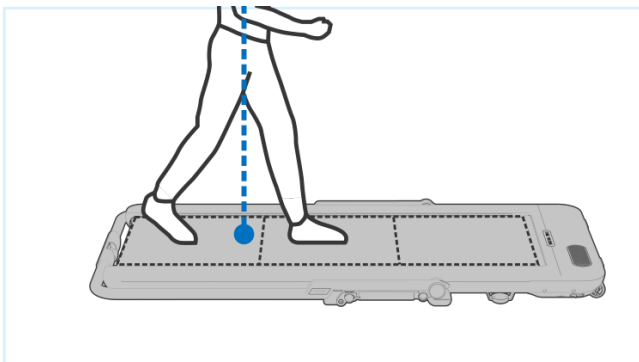
Constant Speed

To maintain your speed, move your center of gravity to the middle of the belt (Retention Zone). Keep moving in this area to maintain a constant speed (see picture below).



Deceleration

To decelerate, move your center of gravity to the back of the belt (Deceleration Zone). Keep moving in this area to maintain automatic deceleration (see picture below).



Deceleration from the Acceleration Zone

When your center of gravity moves from the Acceleration Zone to the Constant Zone, Treadly automatically decelerates and maintains a constant speed.

Deceleration from the Constant Zone

When your center of gravity moves from the Constant Zone to the Deceleration Zone, Treadly automatically decelerates to the lowest speed and comes to a stop.

Switch modes

If any button is pressed on the handrail or remote controller while the Treadly is in its Automatic Speed Mode, Treadly disables the Automatic Speed Mode and runs the corresponding command pressed from the handrail or remote controller.

Stopping

When your center of gravity moves from the Acceleration Zone to the Constant Zone, then slows down from the Constant Zone into the Deceleration Zone, and you continue to walk, Treadly automatically decelerates to the lowest speed and then stops.

To stop from the Constant Zone: When your center of gravity moves from the Constant Zone to the Deceleration Zone, and you continue to walk, Treadly automatically decelerates to the lowest speed and then stops.

Sleep And Wake Up

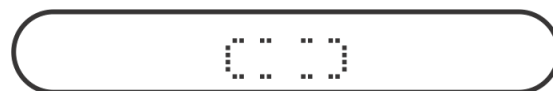
You can wake up Treadly by pressing the function buttons on the handrail or by touching the walking belt with the sole of your foot.

Sleep

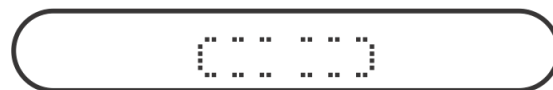
Once Treadly is powered on, if you do not use the function buttons or walk on the belt for more than five minutes, the Treadly automatically enters Sleep Mode.



The second indication will show:



The third indication will show:



After the third tap, the display window will light up, and the handrail button light will turn on.

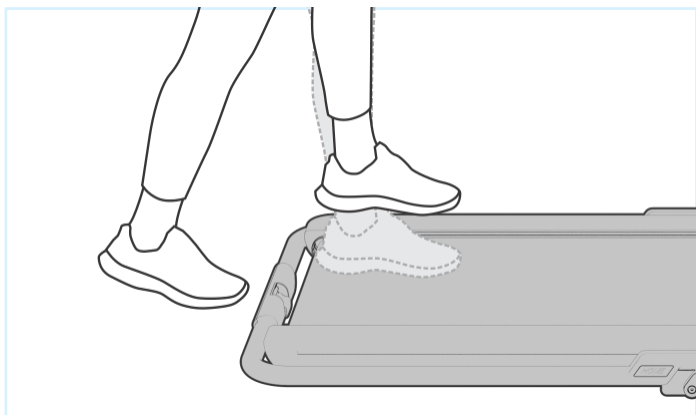
The following actions will not wake up Treadly

1. Wake action error: The foot should be in the same direction as you would normally step on the Treadly. If the foot is any other direction, the wakeup will fail.
2. Wake-up time error: If you do not use the sole of the foot to continuously tap the belt at an even pace three times, the wake-up fails. Please remember that the intervals between the taps must not exceed five seconds.

Wakeup

There are two ways to wake up Treadly:

1. Press any function button on the handrail. The display window will illuminate, and the button light will turn on.
2. Tap your foot three times on the belt at a constant speed. Ensure that the time between each tap is no more than five seconds (see picture below).

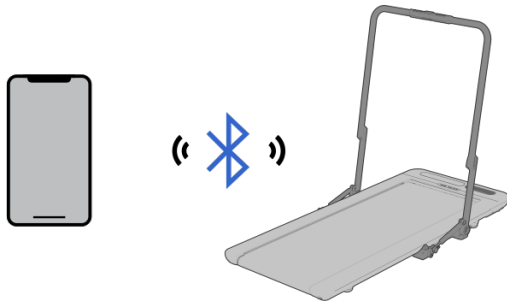


During the tap wakeup process, the middle of the display will change with the number of touches as shown below. First, the display window will indicate this message:



Bluetooth Speakers

Treadly is equipped with a Bluetooth speaker which connects to cell phones through the Bluetooth function on the phone. You can control the volume of the speaker through the phone. It supports phones or tablets with Bluetooth capability.



Use the Speaker

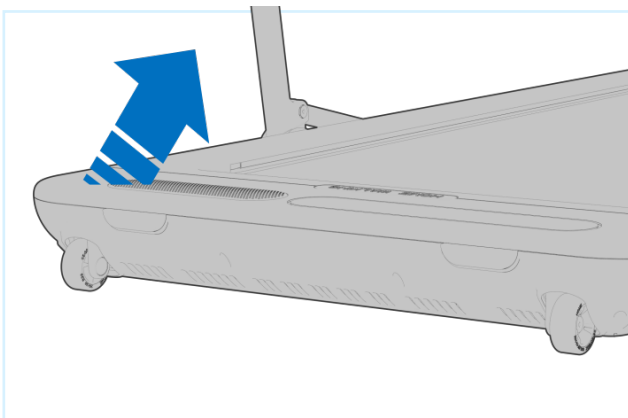
You can control the playback of songs with a mobile phone or tablet via Bluetooth.



Troubleshooting

If the Bluetooth device cannot connect to the Treadly, there are three troubleshooting solutions:

1. Power on the Treadly and wait 10 seconds. Restart the Treadly and then refresh the pairing.
2. Delete the Bluetooth device and refresh the pairing again. Click the Bluetooth speaker name of the Treadly and enter the pairing code again.
3. Check if another device has successfully connected to the Bluetooth speaker.

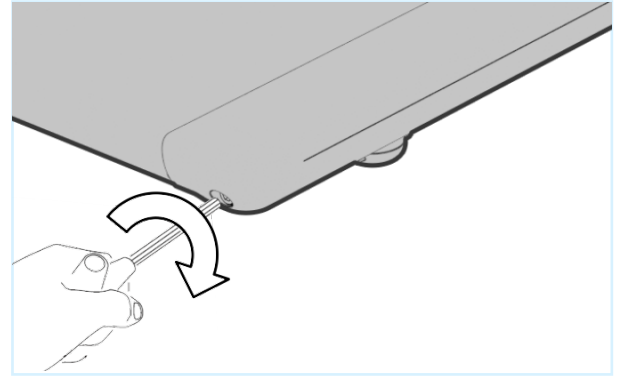


Centering The Belt

Before shipping, the walking belt was adjusted and centered. However, during the transportation process, the walking belt may have become off-centered. Before you start using Treadly, ensure that the walking belt is already centered.



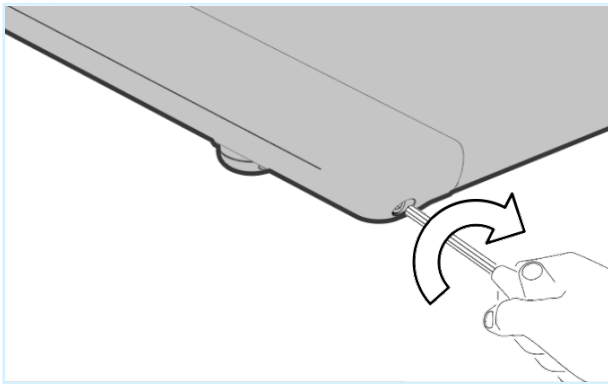
Do not operate the Treadly during adjustments.



If there is still a problem after the adjustment, contact customer service.

Steps

1. If the belt is moved to the left, use the L-shaped hex wrench provided in your Treadly box to turn the adjustment bolt on the left side, clockwise by 90 degrees. Once you do this, operate the Treadly at the speed of 1.8 mph. After running for 1 minute, observe whether the walking belt is centered.



2. If the walking belt is moved to the right, use the L-shaped hex wrench to turn the adjustment bolt on the right side, clockwise by 90 degrees. Once you do this, run at the speed of about 1.8 mph. After running for 1 minute, observe whether the walking belt is centered. If the belt is moved to the left, turn the adjustment bolt counterclockwise by 45 degrees. Repeat the steps above until the walking belt is centered.

Lubricating the Belt

The running board and walking belt have been pre-coated with lubricating silicone oil. The friction between the running board and the walking belt influences the service life and performance of the Treadly, so it is necessary to apply lubricating oil regularly. Apply about 0.7 ounces evenly, for each application. We recommend that the running board and the walking belt be lubricated with silicone oil (for reference only) as follows:

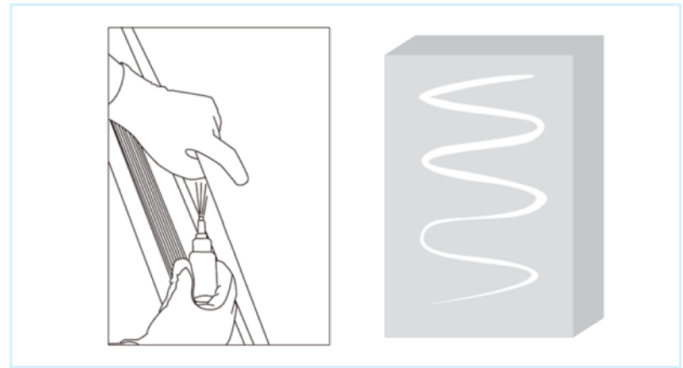
- For users with less than three hours of use time per week - Once every 6 months
- For users with 3-5 hours of use time per week - Once every 3 months
- For users with more than 5 hours of use time per week - Once every month



When you lubricate the walking belt, turn off the Treadly and then unplug the power cord from the power socket.

Lubrication steps

- Lift Treadly from the side and tilt it at a 45 degree angle.
- Lift up the belt by hand and pour the lubricating silicone oil on the front, middle, and back of the running board.
- Let the lubricating silicone oil flow down to the other side of the walking belt until it flows past the middle of the running board, and then lay the Treadly flat.
- Finally, repeat this step to lubricate the other side of the walking belt and running board.



- After finishing the lubrication step, start up the Treadly and walk slowly for a few minutes to ensure that the walking belt and the running board fully absorb the lubricating silicone oil.

Storage

- When not in use, store the Treadly in a dry, safe, ventilated, cool place.
- Do not twist the power cord.
- Avoid sharp objects scratching the surface of the Treadly.
- Do not place the Treadly under direct sunlight or high temperatures.



WARNING! Unplug the Treadly's power cord before cleaning or maintaining it.

Cleaning

- Use a cloth to clean the surface of the Treadly. Comprehensive cleaning will extend the life of the Treadly.
- Regularly remove dust to keep parts clean.
- Keep your shoes clean to avoid depositing foreign objects into the belt, and wearing out the belt and running board.
- Wipe the belt with a damp cloth.
- DO NOT spill water on the electrical components or the belt.

Limited Warranty

Thank you for purchasing Treadly! Read this product warranty carefully and keep it in a safe place.

The warranty is for the original purchaser only, and cannot be transferred.

Warranty period

The warranty period is valid 1 year from the date of purchase if used under normal conditions.

The following conditions are not covered by the warranty:

- Non-human damage to the Treadly during normal use and under normal maintenance conditions.
- Unauthorized repair, misuse, collision, negligence, abuse, liquid injection, accidents, alteration; improper use of the Treadly's parts; or tearing and changing labels and anti-counterfeiting marks.
- The warranty period has been exceeded.
- Damage caused by force majeure.
- Failure to present the product warranty.

Treadly