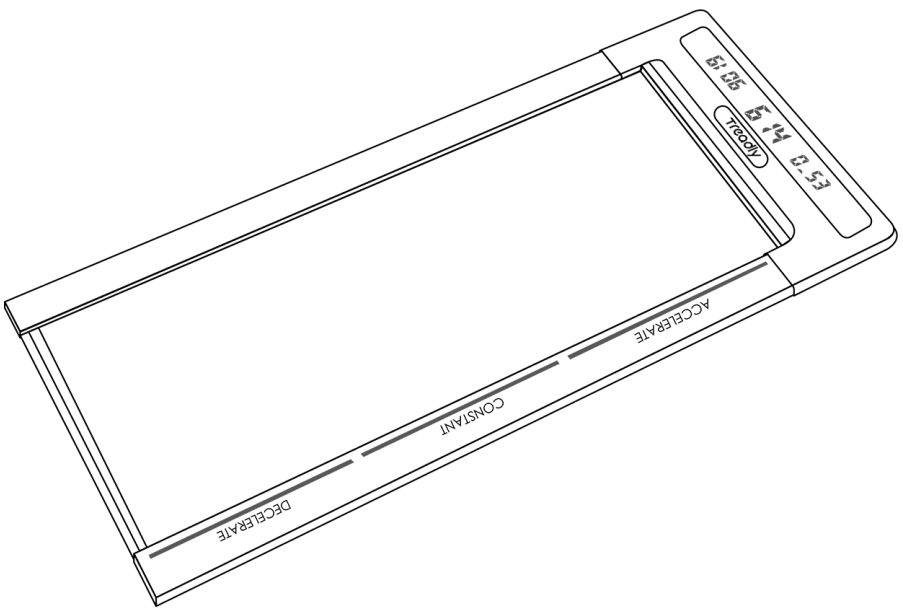


# Treadly



## TR100 Treadmill

**User's Manual**



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# Unpacking your Treadly TR100 treadmill

When you unpack your Treadly TR100, it should contain the following:

- The Treadly TR100 - pre-assembled with 110v power cord \*
- 2 – Metal wall fasteners
- 2 – Bottles of silicon lube
- 1 – Hex (Allen) Key
- User Manual
- Packaging Box

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**Warning:** Please read all instructions before using the treadmill.

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\* Some models of Treadly TR100 come without handrails pre-assembled.

## Before you begin

Before using Treadly TR100, please carefully read and follow all instructions as directed.

- After unpacking, please make sure that there are no visible damages to the treadmill or any of its parts.
- To avoid equipment malfunction, please wait at least one hour before using the treadmill if you move it between hot and cold environments.
- To avoid electrocution, avoid placing the treadmill near a pool or spa or in an area with high humidity.
- Do not operate the treadmill where aerosol (spray) products are used or where oxygen is being administered.
- Do not operate the treadmill near incandescent objects.
- Always unplug the treadmill after use.
- All repairs to the treadmill must be performed by authorized technicians. Any unauthorized repairs or modifications are not allowed.
- Do not move or pull the treadmill by the power cord or plug.

- Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly.
- In case of an electrical outage, unplug the treadmill until power has been restored.
- Never insert any object into any opening on the treadmill.
- Do not cover the treadmill with any object while in use.
- Avoid touching the running surface while the treadmill is in use.
- Never walk or jog backwards on the treadmill.
- Allow only one person at a time on the treadmill while it is in use.
- Do not turn off or unplug the treadmill while in use.
- Do not exceed maximum user weight (100 kg/220 lbs).
- This treadmill is designed for personal use only, like in a home or office, and not in a professional gym. As such, your treadmill workout should not exceed 60 minutes of continual use. Excessive use of the treadmill can cause overheating of its internal parts.

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**Caution:** If your treadmill is in continual use for over 100 minutes, it will automatically shut down to protect the unit from overheating.

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## Important health precautions

Treadly recommends that all users see a physician prior to beginning any exercise program that includes the Treadly TR100. If at any time while using the treadmill, the user experiences any physical discomfort, distress, or pain, or experiences any extreme change in their physical state, he or she should stop using the treadmill immediately.

Do not allow children or adults with limited physical abilities to use the treadmill without supervision.

All users of the treadmill should wear comfortable clothing that does not constrain movements. Avoid wearing any jewelry while using the treadmill.

Wear proper athletic shoes when using the treadmill. Never use the treadmill in bare feet.

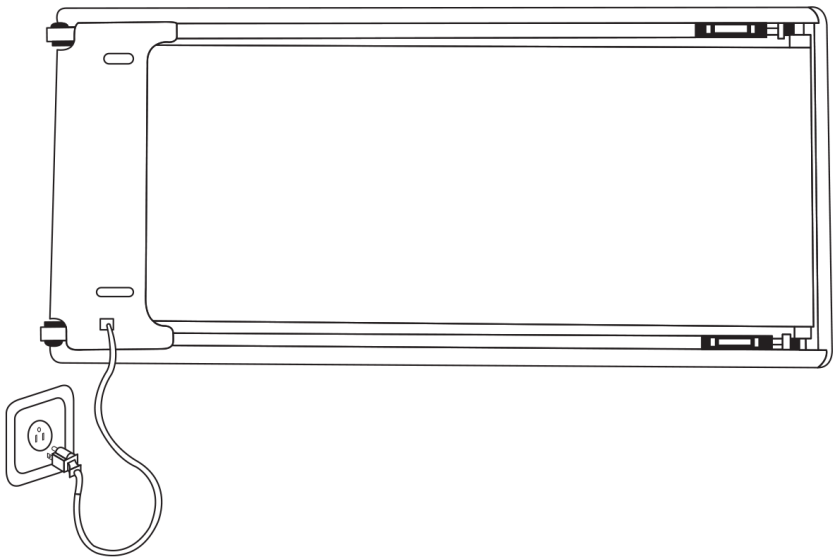
The treadmill does not replace any therapeutic or medical treatments.

## Installation instructions

Ensure that the treadmill is installed on a hard and even surface.

To avoid damage to the treadmill, place the treadmill in a location out of direct sunlight. Make sure that there is at least 6 feet (2 meters) of open space around the treadmill.

Ensure that the treadmill is close enough to a 110 volt outlet for the power cord to reach it.



## Moving and storing instructions

When moving the treadmill, lift the rear of the treadmill and move to the desired location.

To ensure that your treadmill works properly for a long time, you should store your treadmill in a safe, dry, cool place between 23° F (-5° C) and 50° F (10° C), where the humidity is less than 85%.

The treadmill's thin size allows it to be stored under a bed or sofa when not in use. Additionally, you can store the treadmill vertically by mounting the included metal wall fasteners to a wall.

## Understanding the display

The Treadly TR100 display provides statistics about your current workout, such as the time, number of steps, and distance travelled. Additionally it provides details about the current status of your treadmill, such as when the treadmill is ready to start or is in standby mode.



## Using your treadmill

The Treadly TR100 is the perfect treadmill for home work out by users of all fitness levels. Once properly installed, it can be used for a range of walking and running speeds.

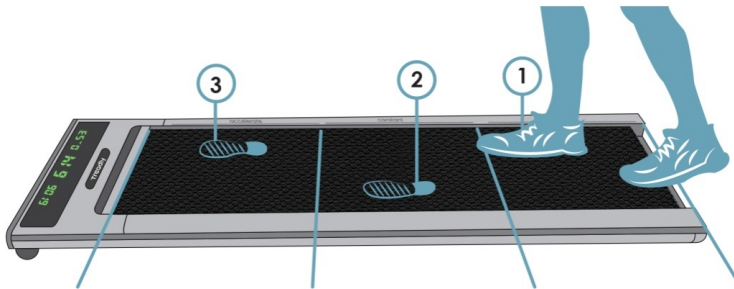
Running	Walking
Accelerated mode	Constant mode
From 1.5 to 3.7 mph (2.5 to 6 kph)	From 0.3 to 2.5 mph (0.5 to 4 kph)

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**Caution:** During workouts, please look straight ahead, and avoid turning your head to the sides, regardless of speed.

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The running surface of the treadmill is divided into three areas:



- 1 Decelerate area** walking on this area slows down the treadmill, eventually stopping it.
- 2 Constant area** walking on this area keeps the treadmill at the same speed.
- 3 Accelerate area** walking on this area increases the speed of the treadmill.



When you are ready to use the treadmill, ensure that the cord is correctly plugged into a grounded and working 110 volt outlet.

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**Note:** Do not exceed using the treadmill more than 60 minutes in a single workout session.

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1. Stand on the treadmill and step in each area of the running surface to get the running surface moving.

When you step in each area, the System On notification is displayed and the respective lights turn on in the treadmill display.

2. The treadmill is now ready for use, begin walking in the Constant area.

Steady movement of feet from one area to the other sets the speed and intensity of training within 5 seconds.

- To **increase** the speed of the treadmill, steadily move your feet into the Accelerate area, return to the Constant area when the treadmill is at the desired speed. Increase speed slowly only once you have gained stability on the treadmill.
  - To **decrease** the speed of the treadmill, steadily move your feet into the Decelerate area, return to the Constant area when the treadmill is at the desired speed.
3. To stop the treadmill, remain in the Decelerate area for more than 5 seconds.

The treadmill will slowly decrease speed and gradually come to a complete stop. The treadmill is now in Stop mode.

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**Caution:** Please wait until the running surface has come to a complete stop before stepping off of the treadmill.

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4. To resume your workout session, get on the treadmill and repeat steps 3 and 4.

When the treadmill is in Stop mode for more than 5 seconds, it will go into Standby mode to save power. To reactivate the treadmill, tap your foot in the Decelerate area 3 times within 5 seconds.

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**Note:** If the treadmill is in Standby mode for more than 10 minutes, the treadmill will completely shut down. To start the treadmill again make a step in each area of the running surface to get the running surface moving, like you did to start the treadmill after plugging it in.

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If you are finished your workout, please unplug the treadmill from the outlet.

## Maintaining your treadmill

Your Treadly treadmill requires some routine maintenance and cleaning to keep it in optimal working order.

### Adjusting the running surface of your treadmill

The running surface of the treadmill is automatically centered when it is manufactured at the factory. After 3-5 months of normal use, you may notice the following common issues that indicate that the running surface requires adjustment.

#### The running surface seems loose

If you notice that the running surface seems loose, Treadly recommends that you use a hex key (Allen key) to alternatively turn the regulating bolts clockwise in a 90-degree angle. Repeat until slipping of the running surface is minimized.

## The running surface seems tight

If you notice that the running surface seems tight, Treadly recommends that you use a hex key to alternatively turn the regulating bolts counter-clockwise in a 90-degree angle.

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**Note:** While tightening or loosening the running surface, ensure the following:

- The bolts are tightened the same amount on both the left and right sides.
  - The distance between the running surface (A) and the treadmill frame (B) is the same on both the right and left sides.
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## The running surface has shifted to the left

If you notice that the running surface has shifted to the left, Treadly recommends that you use a hex key to turn the regulating bolt on the left side clockwise in a 90 degree angle until the surface returns to the middle.

## The running surface has shifted to the right

If you notice that the running surface has shifted to the right, Treadly recommends that you use a hex key to turn the regulating bolt on the right side clockwise in a 90 degree angle until the surface returns to the middle.

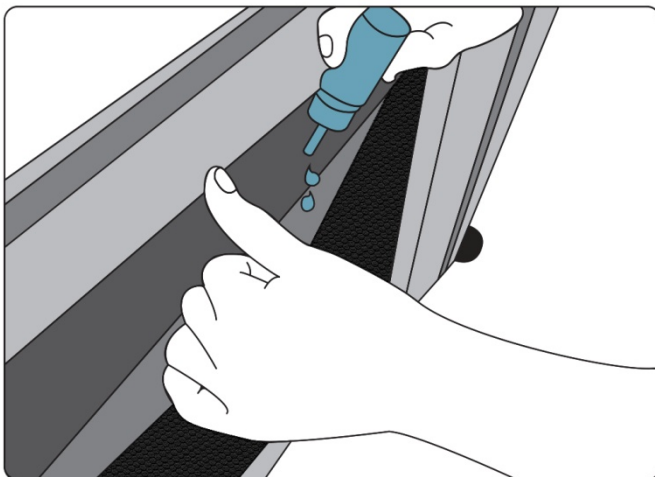
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**Warning!** To avoid breakage of your treadmill, do not over-tighten the running surface.

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## Lubricating your treadmill

During normal use of your treadmill, friction marks may appear between the running surface and the treadmill base. To avoid unnecessary friction and to maximize the life of your treadmill, Treadly recommends lubricating the running surface with silicone lubricant (2 tubes are included with your treadmill) every 100-125 miles (150-200 km) of use.



To apply the silicone lubricant, do the following:

1. Place the treadmill on an even and non-slippery surface.
2. Lay the treadmill down so its left side is facing up.
3. Lift the running surface up starting from the upper corner, as shown in the picture above.
4. Apply the silicone lubricant by squeezing droplets underneath the running surface, ensuring the lubricant is applied at least 4-6 inches (10-15 cm) towards the middle of the running surface.
5. Lift the treadmill back up, and lay it down so the right side is facing up.
6. Lift the running surface, and apply the silicone lubricant underneath the running surface, as you did in steps 3 and 4.
7. Return the treadmill to its operating position.
8. Plug the treadmill into a 110v outlet.
9. Start the treadmill with 3 steps in each area mode and keep the treadmill at a steady pace for at least 2 minutes.

## Cleaning your treadmill

Before starting to clean your treadmill, make sure that its cord is unplugged from the outlet. Clean the treadmill with a soft and damp cloth, using water or other basic cleaners.

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**Warning:** Do not use any harsh cleaning agents, brushes, or chemicals, such as gasoline, glass cleaner, furniture polish, or acetones on your treadmill as these may damage the unit.

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## Troubleshooting

The following table lists common issues that have been found by users of your treadmill. If you have an issue with your treadmill that is not listed below, please contact Treadly by calling (877) 273-2701, Monday to Friday between 9AM and 6PM EST or by emailing Treadly at [contact@treadly.co](mailto:contact@treadly.co).

<i><b>Problem</b></i>	<i><b>Possible causes</b></i>	<i><b>Solution</b></i>
Treadmill is not working.	There is no electricity going to the treadmill from the outlet, or the treadmill is not properly connected to a 110 volt outlet	Make sure that the treadmill is properly connected to a working 110 volt outlet.
The treadmill display shows an <b>E2</b> error message.	The treadmill is overheated and there is a large buildup of friction.	Stop using the treadmill for 30 to 60 minutes, to let it cool down. Lubricate the running surface. For more information, see <a href="#">Lubricating your treadmill.</a>
The treadmill display shows an <b>E5</b> error message.	The treadmill running surface has significantly shifted to the left or the right.	Adjust the running surface. For more information, see <a href="#">Adjusting the running surface of your treadmill.</a>
Treadmill unexpectedly stops.	The treadmill was used continuously for more than 100 minutes.	The treadmill automatically stops after 100 minutes of continual use. Resume work out in 30 minutes.
Noises are heard from the treadmill during your workout.	Certain noises are generated by the treadmill engine and its cooling system.	Treadmill is functioning normally.
Treadmill has shutdown unexpectedly after inactivity.	When the treadmill is in Standby mode for more than 10 minutes, the treadmill will completely shut down the power.	Restart the treadmill by stepping in each area of the running surface to get the running surface moving.

## Technical specifications

<b>Product Type</b>	Treadmill
<b>Model Number</b>	TR100S – Silver / Gray TR100P – Pink
<b>Type</b>	Electrical
<b>Electrical Supply</b>	110v
<b>Engine Power</b>	350 WT/ 0.5 l/s
<b>Maximum Engine Capacity</b>	750 WT/ 1l/s
<b>Treadmill Size</b>	620 x 1435 x 90 mm – without handrails 670 x 1450 x 90 mm – with handrails
<b>Running Surface Size</b>	120 x 470 mm
<b>Maximum Weight Capacity</b>	100 kg
<b>Treadmill Weight</b>	55 lb – without handrails 64 lb – with handrails
<b>Warranty</b>	Treadly offers a 1 year warranty for this treadmill.
<b>Contact Information</b>	Telephone: (877) 273-2701 Email: <a href="mailto:contact@treadly.co">contact@treadly.co</a>

