

US



UREVO STROL 3S

SMART UNDER DESK TREADMILL

A 3-IN-1 TREADMILL WITH 2-SECOND FOLDING.
URTM012

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specifications of this product may vary from this photo, subject to change without notice.

Manufacturer: Shenzhen Yile Dynamic Technology Co., LTD.

Address: 1205-1206, Tianliao Building, Tangchang Road, Tanglang Community, Taoyuan Street, Nanshan District, Shenzhen, China

Version: 1.0



MADE IN CHINA



USER MANUAL



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SERVICE

IMPORTANT: FOR UREVO ONLY

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department by the below methods:

For The Best Service, Email us with order ID at:

Services@urevosports.com

Response Time: 1-2 Business Days

Emailing us with the information above will be the best method to receive a response during peak business hours.

Website: www.urevosports.com

US Support Hotline: (1)844-998-2473

Hours of Operation: Monday – Friday : 9 AM – 12 PM; 1 PM – 6 PM (PST)

PLEASE DO NOT RETURN THIS PRODUCT WITHOUT ASKING OUR CUSTOMER SERVICE FIRST.

SCAN THIS QR CORD TO GET THE PRODUCT INSTALLATION OR MAINTENANCE VIDEOS



IMPORTANT SAFETY GUIDELINES



Please carefully read this manual before use to ensure your safety and avoid accidents.

1. Wear suitable sports shoes and do not run barefoot for exercise. We do not assume any responsibility for abnormalities and injuries caused by failure to wear shoes since they have nothing to do with product quality.
2. Consider your physical condition when you start to train with this product. Train appropriately and regularly to ensure that you have enough physical strength for training. Improper or excessive training will not benefit your health.
3. This product is suitable for home use rather than professional training and testing, nor medical purposes.
4. Damaged power cord must be replaced by the manufacturer or professional maintenance personnel to avoid danger.
5. Check all parts before use to ensure the screws and nuts are tightened.
6. Wear tight fitting clothes to prevent clothes from being caught by the machine when using it. Keep children or pets away from the equipment to avoid accidents.
7. Place the equipment on smooth, clean and level ground. Make sure there are no sharp objects near it. Do not use it near water and heat sources.
8. Avoid touching any moving parts with hands. Do not place your hands and feet in the space under the running belt.
9. This product is for one person only when it is running.
10. Please use the accessories provided by the manufacturer only, and do not attempt to repair on your own.
11. The appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
12. If the supply cord is damaged, it must be replaced by the manufacturer, its service agents or similarly qualified persons in order to avoid a hazard.
13. **The maximum weight capacity for this product is 286lbs/130kg. DO NOT EXCEED MAXIMUM WEIGHT CAPACITY.**
14. **Please make sure to add 10ml of lubricant when using the product for the first time. Add lubricating oil every one year or after 100 hours of working.**

DANGER - To reduce the risk of electric shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. An appliance should never be left unattended plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. Caution - To reduce the risk of injury from moving parts - Unplug before servicing.
13. Warning - To reduce the risk of Electric shock - Unplug before cleaning or servicing.
14. Warning - Risk of personal injury - Keep children under the age of 13 away from machine.
15. To disconnect, turn all controls to the position, then remove plug from outlet.
16. Connect this appliance to a properly outlet only. See grounding instructions.
17. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS:

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

FCC STATEMENT:

This device complies with Part 15 of the FCC rules.

Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) This device must accept any interference received, including interference that may cause undesired operation.
- (3) This device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

POWER SUPPLY PRECAUTIONS

1. Use US:120V~ 60Hz\EU:220-240V~ 50-60Hz power supply.
2. The power plug must be reliably grounded, and the socket must be equipped with a dedicated circuit to avoid sharing a circuit with other electrical equipment.
3. Directly plug the power cord firmly into the socket.
4. Use a qualified socket to avoid dangers arising therefrom. If the plug does not match the socket, do not use the plug and ask an electrician to handle it.
5. Do not let the power cord contact the rollers. Do not put the power supply on the running belt. Do not use any damaged plugs.
6. Do not pull out or insert the power plug with wet hands.
7. Pull out the plug from the socket before cleaning and maintenance.
8. Check whether the treadmill functions normally before use. If normally, you can use it, otherwise do not use it and contact our Customer Service Department in time.
9. Clip the safety lock wire to your clothes before exercise for emergency stop.
10. Ensure that there is a 2000*1000mm vacant safe area without obstacles behind the treadmill during exercise.
11. In case of an abnormality, pull up with the handrail to keep your feet off the running belt and jump out of the treadmill.
12. If you feel dizzy, chest pain, nausea, or breathless during exercise, stop exercising immediately and consult a fitness coach or doctor.
13. Do not use this product outdoors, under high humidity or sunlight.
14. Power off and unplug when you leave.

PRECAUTIONS FOR INSTALLATION

1. Read the instructions carefully before installation.
2. Take out all parts from the package and separately place them on the clean ground for your overall check and easy installation.
3. Check whether all parts are complete according to the packing list.
4. Be careful when using tools or handling. Do not install the product by force according to your preference.
5. Check whether tools and packaging materials left behind are dangerous. Plastic and foam are harmful to children.
6. Install the product properly after carefully reading the steps and instructions in the manual.
7. This product must be properly installed by an adult. If necessary, ask a professional to install it.



Warning: Install the product properly and do not damage it.

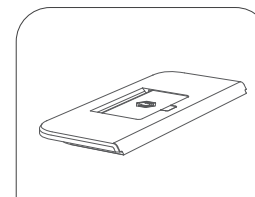
IMPORTANT:

Read all instructions carefully before using this product. Retain this owner's manual for future reference.

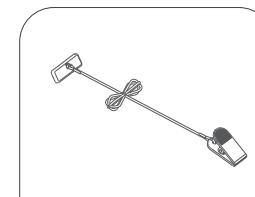
The specifications of this product may vary from this photo, subject to change without notice.

PACKING LIST

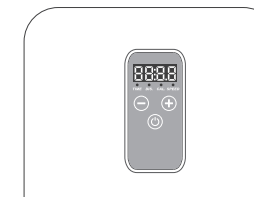
Product accessories



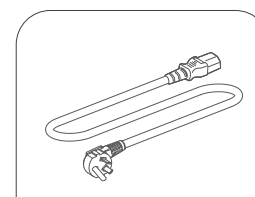
Multifunctional table x 1



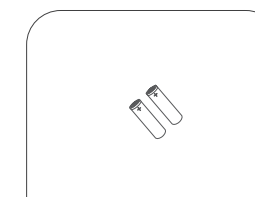
Safety lock x 1



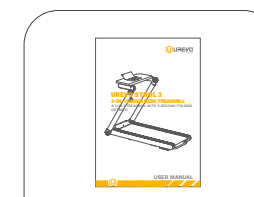
Remote control x 1



Power cord x 1

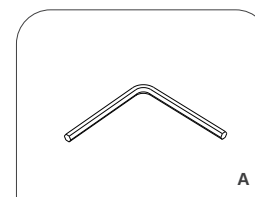


Battery x 2

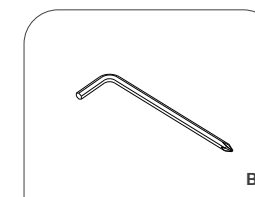


User Manual x 1

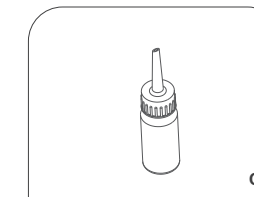
Tool pack



6mm L-shaped hexagon wrench x 1

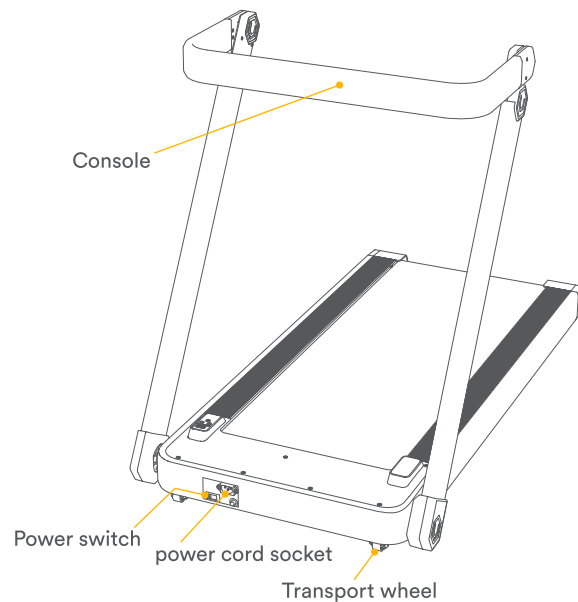
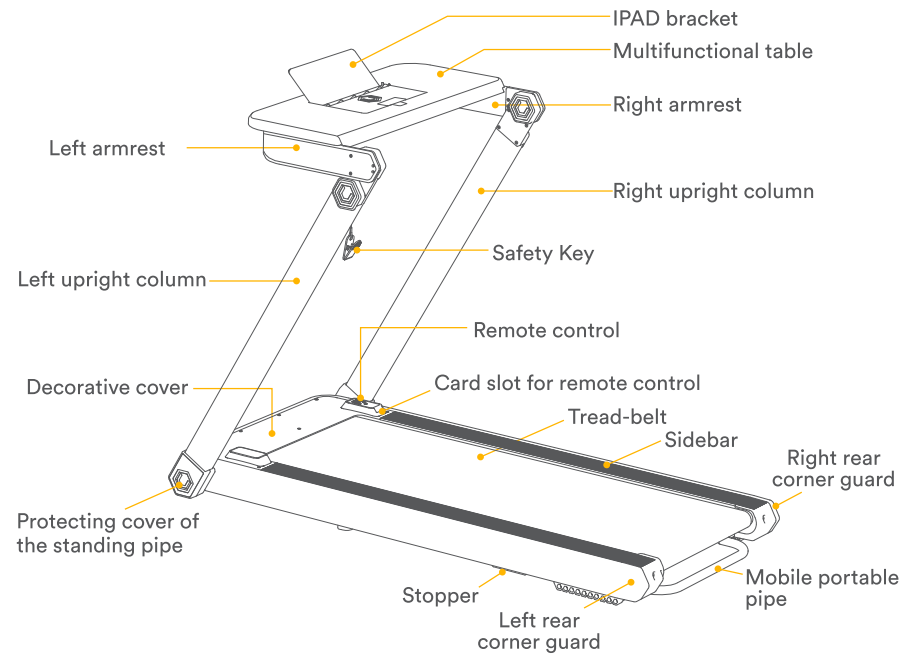


5mm L-shaped hexagon wrench x 1



Lubricating oil x 2

PRODUCT OVERVIEW



07

OPERATION

SAFETY KEY

- The treadmill will only work if the safety lock is properly placed on the slot of the console.
- Make sure the Safety Key clip on the clothes when exercising in case of an accident.
- In any situation, pulling off the Safety Key, the treadmill will stop in an emergency, the "SPEED" window displays "E07", At this time, you may not perform any other operation on the treadmill except shutting it down. After the Safety Key is attached correctly again, the treadmill will enter the standby mode.

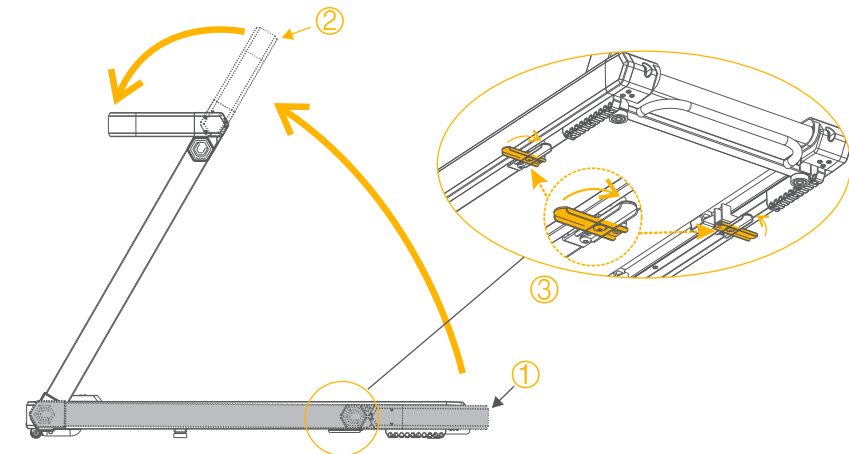
PREPARATION BEFORE USE

1. Unpack the host, take it out of the package and lay it flat on a carpet or cushion.
2. Lift the left and right upright columns up to the limited point as shown step ① in the figure below; then fold the armrest in the direction indicated by the arrow to the flat position as shown step ②.

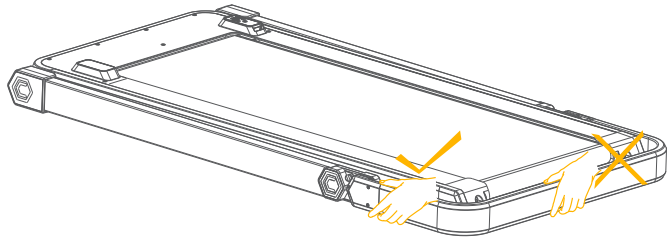


- Make sure to hold the left and right armrests and lift them up when conducting step ①. Do not hold the middle of the armrests.
- Please mind your hand when folding down the armrest. Do not place your hand at the rotating point.

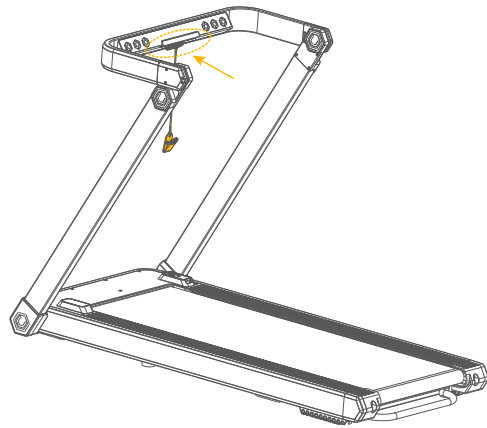
3. Place the stoppers, which are under the left and right sides, under the tread belt according to the direction as shown step ③ in the figure below, so that they will not be exposed.



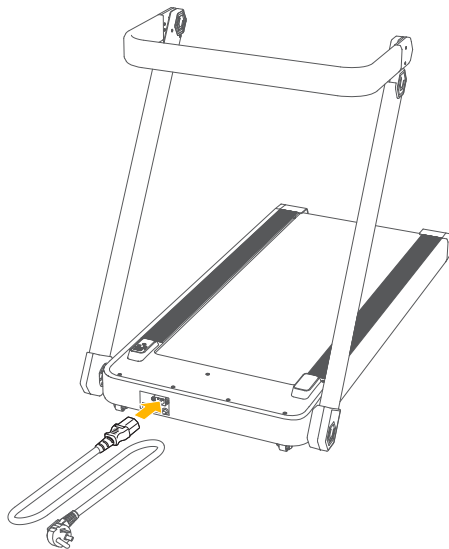
08



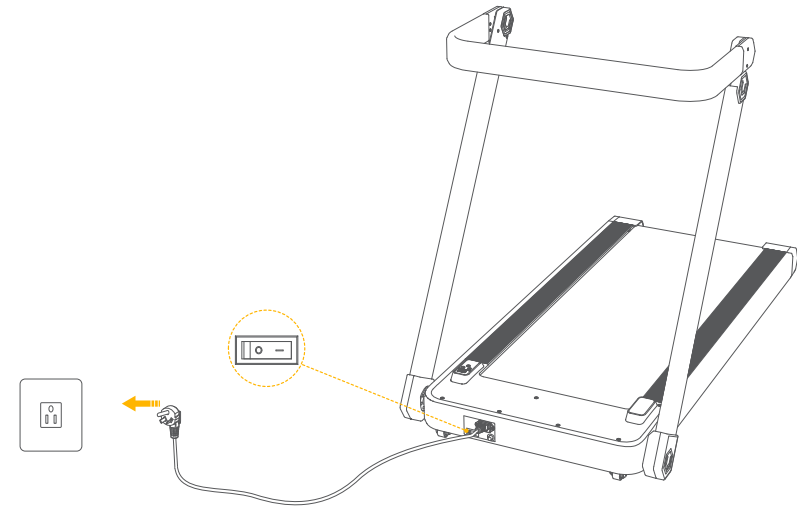
4. Suck the “safety lock” into the yellow frame of the console.



5. Plug in power cord to appliance.

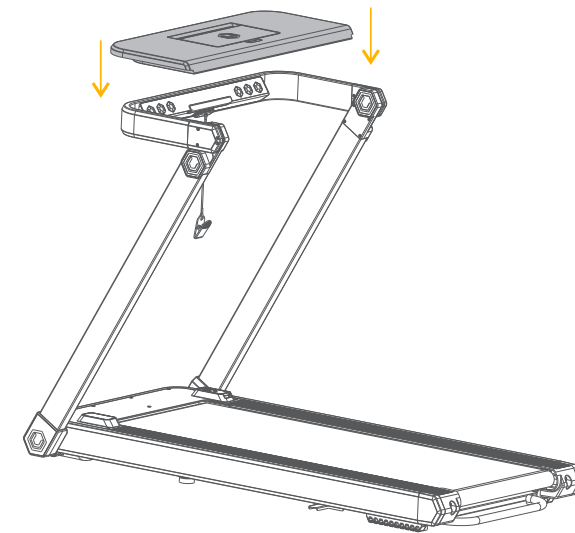


6. Insert the power plug, and then turn on the power switch. With a sound of “Di”, the treadmill’s instrument is turned on and the treadmill is started.

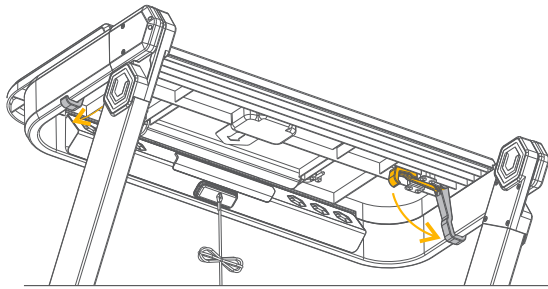


7. Install the multifunctional table.

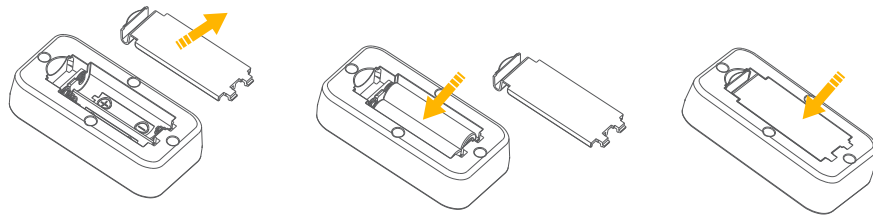
a. Place the table on the console and the armrest.



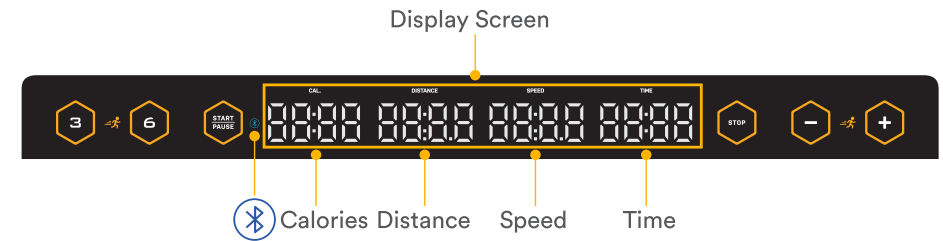
b. Fix the fixing hooks under the table on the armrest as shown in the figure.



7. Install the Battery on the Remote Control.



CONSOLE



Start

The treadmill will be in standby mode after powering on and all windows are turned on.

Key Function

Key	Function
	Speed shortcut key: Press this key directly to adjust the speed to 3mph when it is running
	Speed shortcut key: Press this key directly to adjust the speed to 6mph when it is running
	<ul style="list-style-type: none"> Press this key to start the treadmill when it is off. Press this key to pause the treadmill when it is running.
	Press this key to stop the treadmill when it is running.
	Press this key to slow down the speed by 0.2 miles when it is running.
	Press this key to increase the speed by 0.2 miles when it is running.



At any time, as soon as the safety lock switch is disconnected, the treadmill will rapidly stop running and "E07" will be displayed on the window. All normal operation and running shall be carried out when the safety lock is properly placed in corresponding position.

Display screen

Name	Function
SPEED	<ol style="list-style-type: none"> In standby mode, display "0.0"; When starting, display the countdown of "3"- "2"- "1" in sequence; Displays the speed of walking belt; When the safety lock is disconnected, display "E07";
TIME	Displays the elapsed time;
DIS.	Displays the distance that you have walked or run;
CAL.	Displays the approximate number of calories you have burned;

WORKOUT WITH FITNESS APP

Strol 3S smart treadmill has integrated with Bluetooth® 5.0 connectivity with allow it to work with Urevo App or others Fitness App (compatible with Zwift and Kinomap App)

With Urevo App, it can be accessed through your device when synced to the console of exercises, you receive workout reports on your device for coaching your exercise planning, Urevo App also offers a variety of professional courses.

1. Scan QR code to download and install Urevo Fitness APP.



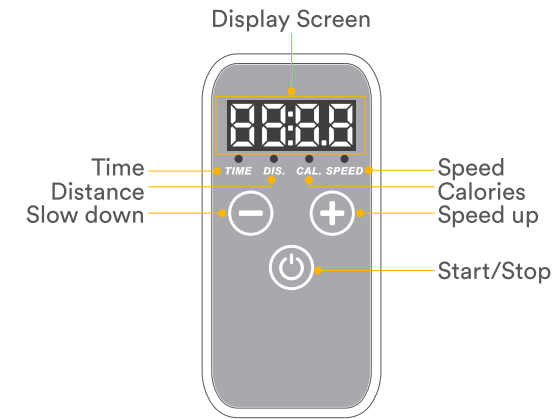
2. Free of charge to create membership and log in.

3. Bluetooth connectivity walking treadmill to your device.

- Searching or failed connection: (⊗) flashing
- Connected: (⊗) solid light
- Ignored App connection : (⊗) light off after 10 minutes flashing
- Updating: (⊗) quick flashing

4. Enjoy your exercises.

REMOTE CONTROL



PAIR THE REMOTE CONTROL WITH THE TREADMILL

Treadmill: During standby mode, simultaneously press and hold the keys **3** and **6** for a long time, with the console screen displaying **3** and the treadmill ringing for 0.5 seconds, then the treadmill enters pairing mode successfully;

Remote Control: Long press the key **⏻** to start the treadmill. Press **+** and **-** for 2 seconds, with the remote control screen displaying **+**, it is paired successfully and sports data will be displayed.

FUNCTIONS OF THE REMOTE CONTROL KEY

⏻	1. Press the key in standby mode; then, the treadmill will start running at the lowest speed of 0.6 mile after a 3-second countdown. 2. Press the key in running mode and the treadmill will stop running.
+	Speed up: Press the key to increase the speed by 0.2 miles each time; press and hold the key “+” to increase the speed by 0.2 miles continuously.
-	Slow down: Press the key to decrease the speed by 0.2 miles each time; press and hold the key “-” to decrease the speed by 0.2 miles continuously.

Function display: The display screen displays the speed data while adjusting the speed. The display screen will switch the function menu per 5s and circularly display time, speed, distance, and calories while not adjusting the speed.

PARAMETER DISPLAY AND SETTING RANGE

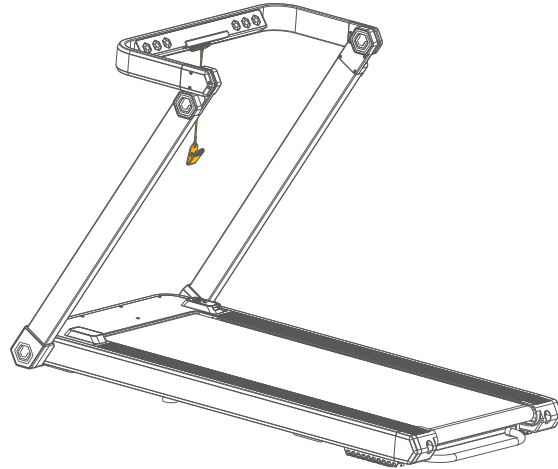
	Speed	Time	Distance	Calories
Display range	0.6-8.6MPH	0:00~99.59	0~99.9MI	0KCL— 999KCL

MODE

! The three-in-one treadmill has three modes: running machine mode (with the upright column erected), walking machine mode (with the upright column folded) and working mode (with table installed).

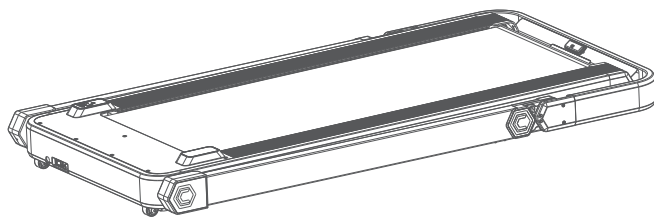
Running treadmill mode

When the upright column is erected, it is in running machine mode, at the speed of 0.6-8.6mph.



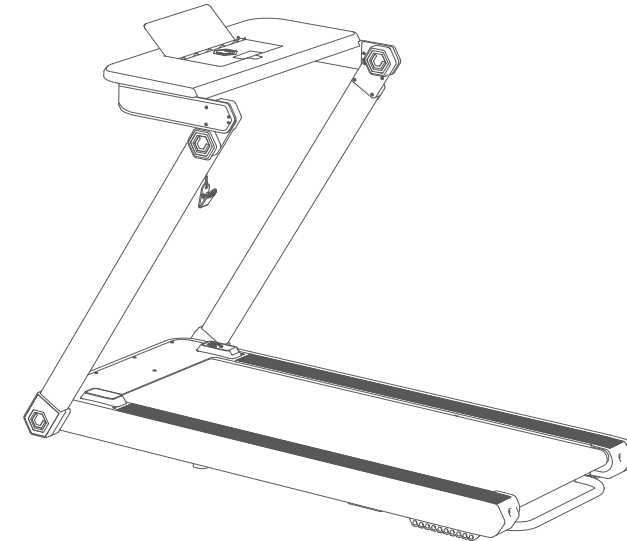
Walking machine mode

When the standing pipe is folded (see page 14-15), the machine is in walking mode, during which, the running speed of the belt is 0.6~3.8 mph.



Working mode

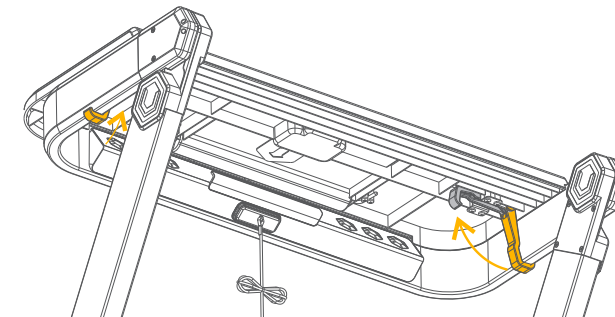
When the standing pipe is folded (see page 14-15), have the multifunctional table installed at the same time. In the working mode, it needs to be operated by the remote control, and the running speed of the belt is 0.6~3.8 mph.



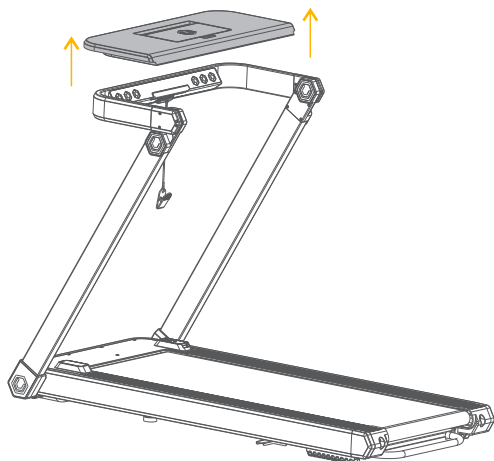
FOLDING

! Please turn off the power switch and remove the power plug before folding.

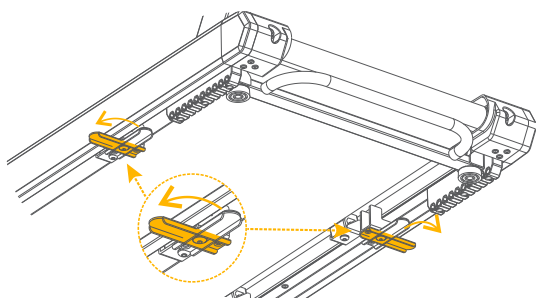
1. Remove the multifunctional table.
 - a. Loosen the fixing hooks on the armrests under the table.



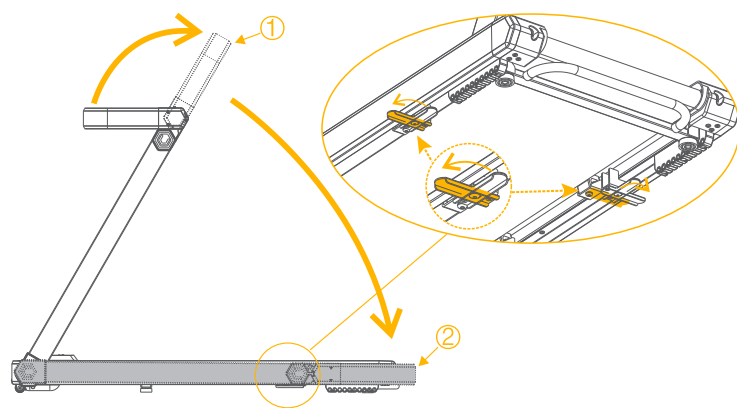
- b. Remove the table from the console and the armrest.



2. Pull out the stoppers under the left and right sides according to the shown direction.



3. Flip the armrests to the position as shown in the figure in the direction of the arrow as the shown step ① in the figure below. Then hold the left and right upright columns and lower them to the stoppers as the shown step ②.



DORMANCY FUNCTION

When the treadmill is in standby mode, the system will automatically turn off all displays and enters hibernation state if there is no operation within 10 minutes. Pressing any key can wake up the system.

ERROR CODE

Error Code	Fault Analysis	Handling Method And Sequence
E01	Poor signal	The signal line is not plugged in properly. Plug it in well.
E02	The motor wire is loose or falling off, or check whether the carbon brush is worn out	Check whether the motor wire is loose or falling off. If not, check whether the carbon brush is worn out. If it is worn out, replace the motor; If not, which means the ECU is damaged, then replace the EC.
E03	No sensing signal	The sensor cable is not plugged in properly.
E04	The controller or the motor is abnormal	Overloaded, replace the controller and the motor.
E05	Overload protection	Overloaded, replace the electric control
E06	Failed to self-check the system	System fault, replace the electric control
E07	The safety lock is not sucked	Turn off the power supply, and power on again after 1 minute.
Abnormal display	Outside interference	Turn off the power supply, and power on again after 1 minute.

SPECIFICATIONS

Folded size	1346*691*125 mm
Unfolded Dimension	1292*691*948 mm
Running area	420*1080 mm
Motor Power	3 HP
Speed range	0.6-8.6 mph
Maximum load bearing capacity	130 KG, 286LBS
Machine Weight	39.6 KG, 87.3LBS
Controlling Mode	Console&Remote control

MAINTENANCE

GENERAL CLEANING:

Proper maintenance is helpful to prolong the service life of the treadmill.

1. Please place the treadmill in a dry and shady environment. Do not place the treadmill outdoors in direct sunlight.
2. Check and lock all parts of the treadmill regularly, and replace defective parts in time.
3. Do not use the treadmill by force when it is damaged, so as to avoid product and personal damage.

TREADMILL ADJUSTMENT:

The treadmill Tread-belt is adjusted before leaving the factory, but after use, it will be stretched or have deviated from the center position. Please adjust it in time to avoid damage to the treadmill.

Adjust the tightness of the Tread-belt

If you are using the treadmill, the Tread-belt slips or does not run smoothly, you can adjust the tightness of the Tread-belt to improve it.

1. Insert the Allen key in the adjustment screw socket on the left side of the Tread-belt, and turn the wrench clockwise to tighten the Tread-belt;
2. Repeat step 1 to adjust the right screw. Be sure in adjusting the screw to rotate the same distance;
3. Repeat steps 1 and 2 until the Tread-belt doesn't slip;
4. If you need to loosen the Tread-belt, please turn the key counterclockwise, and note that the left and right sides should rotate the same distance.

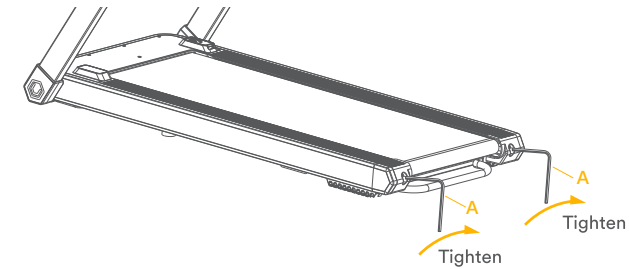
! The Tread-belt should not be adjusted too tightly, otherwise it will damage the Tread-belt, increase the pressure of the front / rear rotary drum, damage the drum bearing, produce noise and other problems.

Adjustment of Tread-belt position

When using the treadmill, because of the possible force difference exerted by two feet and the unbalanced pressure exerted on the tread-belt, the tread-belt may deviate from the center, but this deviation phenomenon is normal. Leave the treadmill running unloaded for a period of time and the tread-belt will automatically return to the center. If it doesn't work, you need to adjust it manually.

1. Run the treadmill without load and adjust the speed to 0.6~0.9;
2. Observe the distance from the Tread-belt to the left and right sidebars:
 - If it deviates to the left, use an Allen key to turn the left screw clockwise;
 - If it deviates to the right, use an Allen key to turn the right screw clockwise;
 - If the Tread-belt is still not in the middle, repeat the above action until it is adjusted to the middle;

! Do not over-tighten the rotary drum as this will cause permanent damage to the bearing.



LUBRICATING THE TREADMILL:

When the treadmill leaves the factory, Lubricant has been added, but necessary inspection is more helpful to keep the treadmill in the best condition for use.

Inspection steps

1. Pull up the side Tread-belt and reach out to touch the surface of the running deck as far as possible;
2. If you feel there is silicone oil, you don't need to add Lubricant for the time being;
3. If you touch the surface and it feels very dry, you need to add 10ml Silicone oil.

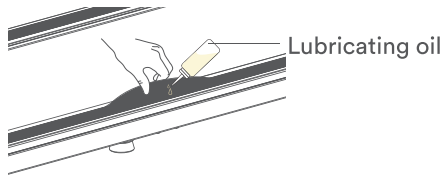
Lubrication cycle

Time	Operation
First use	Check the lubrication, and add according to the situation
30 days or 30 hours of use	Check the lubrication, and add as needed
1 year or 100 hours of use	Add 10ml Silicone oil

! Please use silicone oil not made of petroleum.

Adding steps

1. Cut a small opening in the oil bottle to ensure that it can be poured out, but not in a great amount;
2. Pull up the side Tread-belt so that you can place the oil bottle to the bottom of the running belt and inject oil into the middle of the running board. Put down the running belt;



3. Turn the treadmill on without loading for about one minute, so that the newly added Silicone oil can be automatically and evenly applied before use.

PRODUCT CLEANING:

1. After using the product each time, please wipe the stains off the Console and other parts with a clean cloth;
2. If the product is used frequently, it can be wiped with a mild detergent.



1. When cleaning the treadmill, the power switch should be turned off and the power cord should be removed from the socket.
2. Please do not use corrosive detergent to wipe.

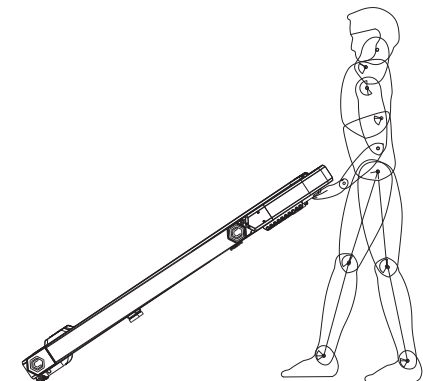
PRODUCT PRESERVATION:

1. Please put the treadmill in a clean and dry environment.
2. When the treadmill is not in use, it can be folded to save space.
3. When the treadmill is not in use, please turn off the power switch and unplug the power plug.

MOVING

The transport wheel is installed under the treadmill to facilitate the user to move.

1. Before moving, turn off the power switch and unplug the power plug;
2. Fold the treadmill (see page 13-14);
3. Grasp the mobile portable pipe and pull up the treadmill to move and run.



TROUBLESHOOTING

Problem	Cause	Solutions
The treadmill doesn't work	Not connected to the power supply.	Insert the plug into the socket.
	The power supply is not turned on.	Turn the power switch to the ON position.
	The safety lock is not sucked.	Suck the safety lock onto the locking position.
	Circuit signal system disconnected.	Check the controller input terminal and signal circuit.
	The fuse blew out.	Replace the fuse.
The tread belt doesn't run smoothly	Insufficient lubrication.	Add methyl silicone lubricant.
	The tread belt is too tight.	Adjust the tread belt.
The tread belt slips	The tread belt is too loose.	Adjust the tread belt.
	The belt is too loose.	Adjust the belt.

WARRANTY

MANUFACTURER'S LIMITED WARRANTY

UREVO warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with UREVO Owner's Manual. UREVO's obligation under this warranty applies to the following:

COMPONENT LENGTH OF WARRANTY

Structural Frame 1 year For Home Use Only
All Other Components 90 days For Home Use Only

EXCLUSIONS FROM WARRANTY COVERAGE:

UREVO does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by UREVO's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;
3. Cosmetic items such as scratches, dents or discolorations;
4. Damage caused by normal wear and tear, vandalism, accidental or by animals;
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.);
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to among other things, flake, chalk, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

UREVO, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

When ordering replacement parts please have the following information ready:

1. Order Number
2. Description of Parts(Add photos or videos would be helpful)
3. Part Number
4. Date of Purchase