ThermoTread GT

OWNER'S MANUAL

CONGRATULATIONS!

By incorporating a treadmill desk into your daily work life you are about to join legions of formerly-sedentary workers who have discovered the many health and productivity benefits of moving while working. We're confident that once you experience what it's like to have greater energy, less pain, increased stamina and heightened concentration - among other significant benefits - you will never want to go back to endless days of just sitting in front of a computer.

The iMovR ThermoTread GT is the most advanced office walking treadmill ever created, designed specifically to live in a quiet office environment, not a noisy gym. It is intended to work together with a stable, height-adjustable desk, at typical walking speeds of 1.0 to 2.0 mph (with a maximum speed of 2.5 mph). Being that walking on a treadmill at slow speeds is much harder on the motor than running on one at high speeds, the gearing ratio of the ThermoTread GT's drivetrain is optimized for these slow walking speeds, and will outperform all other treadmills in terms of power consumption, noise, and reliability at these low speeds.

Keep in mind that the user's primary goal should be to spend less time sitting - while gaining some benefits from working with a slightly elevated heart rate. Cardio exercise is decidedly not the objective of treadmill desking. As we like to say at iMovR, "if you're sweating, you must be doing it wrong!" After the first couple of days of use you will find the ideal speed for your gait that will feel most comfortable for you, and allow you to type with accuracy. Walking too fast may impede your productivity, so spend some time trying out different speeds to find your "sweet spot" pace. While our digital console tracks distance, speed, step count and calorie burn, our office fitness experts always point out that hours not spent sitting is the key measure of successful treadmill desk usage.

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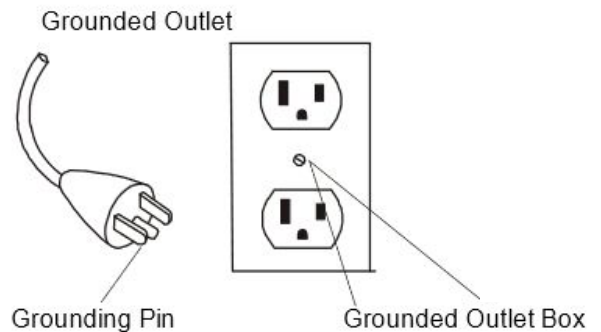# SAVE THESE INSTRUCTIONS – THINK SAFETY!

GETTING STARTED

The Ready-Set-Go section of this manual will get you upright and walking in no time, but first we need to review some important safety information to ensure that your experience is a positive one and that your equipment always performs at peak efficiency. The vast majority of treadmill support calls can be attributed to a failure to properly level the treadmill or to keep it properly lubricated and clean. To ensure that your treadmill continues to work trouble-free for many years, and your warranty coverage remains intact, please pay particular attention to the instructions in this manual pertaining to installation and regular maintenance. Please note that failure to follow the instructions in this manual may void your warranty.

IMPORTANT SAFETY INSTRUCTIONS
Please read all instructions carefully before using this treadmill.

ELECTRICAL SAFETY

- CAUTION: Never remove any cover without first disconnecting AC power.

- To reduce the risk of an electrical shock, disconnect your treadmill from the electrical outlet prior to any cleaning, lubrication or service work.

- Never use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. As with any appliance with a large motor, the GFCI will trip often. Route the power cord away from any moving part of the treadmill including the transportation wheels.

- To reduce the risk of burns, fire or electric shock, be sure to install your treadmill where it will have good access to a 110-volt, 10-amp grounded outlet, with only the treadmill plugged into the circuit.

- Do not use an extension cord unless it's a 14 AWG cord, or better – with only one (1) outlet on the end. The outlet must be a three-prong, grounded type. The treadmill should be the only appliance in the circuit to which it is connected.

- Never operate the treadmill if it has a damaged cord or plug.

Grounded Outlet
Grounding Pin
Grounded Outlet Box

- Do not attempt to disable the grounding plug by using improper adaptors or extension cords, or in any way attempt to modify the cord set. A serious shock or fire hazard may result along with electronics malfunctions.

- If voltage varies by 10 percent (10%) or more, the performance of your treadmill may be affected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing/ evaluation.
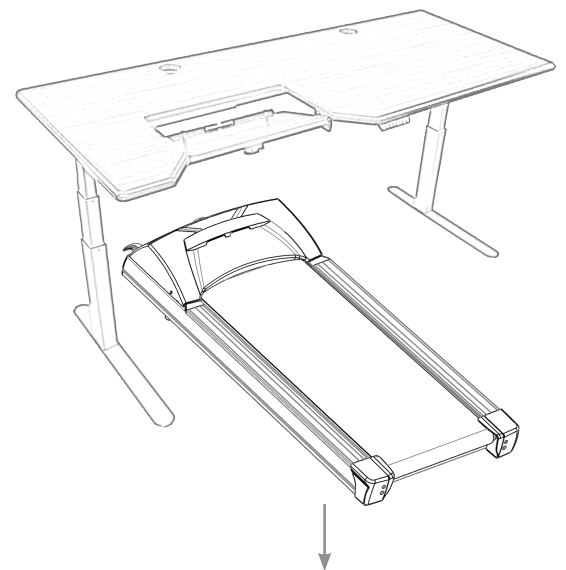
TREADMILL SITING AND INSTALLATION

- Do not operate treadmill on a deeply padded, plush or shag carpet. Damage to both carpet and the treadmill may occur.

- Provide a minimum clearance of 1m (40") behind the treadmill and 1/2m (20") to the left and ride sides of the treadmill. Comply with local fire codes for any additional clearance instructions, and never block access to fire safety equipment.

- Use a level to make sure that the treadmill is perfectly horizontal, as most floors are slightly uneven. Use the adjustable leveling feet on the treadmill to ensure that all four corners of the unit are solidly on the floor, and no corner is "high sided." Making sure the treadmill is perfectly horizontal is key to avoiding undue torqueing forces on the frame, which can cause the belt to move out of position, generate squeaks or scraping noises when walking on the belt, reduce the life expectancy of key components, and/or void the warranty.

- Keep all cords away from heated surfaces.

- Do not operate in the vicinity of where aerosol products are being used or where oxygen is being administered. Sparks from the motor may ignite may ignite a highly gaseous environment.

- Never expose this treadmill to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high-humidity environment.

- The treadmill's specified environmental operating range is:

    - Temperature: 50° to 95° Fahrenheit (10° to 35 °Celsius)

    - Maximum Humidity: 80% non-condensing (no water drops forming on surfaces)

OPERATING SAFETY RECOMMENDATIONS

- Wear suitable shoes for use. High heels, sandals, flip-flops or bare-feet are not suitable for use on your treadmill. For prolonged use, quality athletic shoes are recommended to avoid leg fatigue.

- Keep children and animals away from an operating treadmill.

- Keep hands and loose clothing (e.g. scarves, ties) away from all moving parts.

- Never use your treadmill during an electrical storm. Power surges may occur in your household or office power supply that could damage treadmill components. Unless you have a properly-rated surge protector on the treadmill's power outlet we recommend unplugging the treadmill during an electrical storm as a precaution.

- The ThermoTread GT is designed as a walking treadmill that will allow the user to perform basic work functions (reading, use of phone, tablet or computer) while walking at a low and comfortable speed. Use caution while participating in other activities while walking on your treadmill. These distractions may cause you to lose balance, which may result in serious injury.

- Avoid eating or drinking while on the treadmill. Any food, liquid or other substances that may fall onto the treadmill belt should be cleaned up immediately. Nothing other than lubricant should ever enter the space between the belt and the deck. If any foreign material gets in between the belt and the deck, immediately turn off and unplug the treadmill, loosen the belt (see instructions for Adjusting Tread-Belt Tension) and clean the entire deck area, and the inside of the entire walking belt, using a clean cloth. Once the belt is re-tightened, check the belt alignment and re-lubricate the deck following the instructions for Tread-Belt Lubrication.

- Do not use excessive pressure on the control console buttons. The LCD screen buttons are precision set to function properly with little finger pressure.

- Should you experience static electricity shocks while working at your treadmill desk computer first check to see that the treadmill, and all electronics that are connected to your workstation (computer, monitor, etc.) are all properly grounded. Especially in cold environments, static charges can build up on the treadmill. One common method of eliminating or reducing static electricity build-up is to place the treadmill on an anti-static treadmill mat (contact iMovR to purchase). If you experience static shocks when touching your computer we recommend using a remote keyboard with a wireless Bluetooth connection in order to break the electrical circuit and prevent possible harm to your computer equipment.

- Never drop or insert any object(s) into any openings.

- To disconnect, turn the treadmill off using the console commands, turn off the ON/OFF "rocker" style switch at the rear of the treadmill, and then remove the plug from the outlet.

THE TREADMILL AND ITS RELATIONSHIP TO AN ADJUSTABLE-HEIGHT DESK

- The ThermoTread GT treadmill is specifically designed as a walking treadmill for use in an office or home office environment, and should ONLY be used in conjunction with a stable, adjustable-height desk.

- When setting up the treadmill relative to the desk, it is important to combine both safety and ergonomics. Place the treadmill perpendicular (at 90 degrees) to the opening of the desk. This is for both safety and comfort. The user should be able to safely lean on the desk with two hands when they feel the need for extra support or to perform some basic working functions such as typing, writing, reading, etc. The 90-degree relationship between treadmill and desk keeps the distance between the user and the desk perfectly balanced for both left and right arms. This spatial balance is important for maintaining proper ergonomics and typing productivity.

- Position the treadmill such that your footfall will generally be in the center of the deck, and as far to the front of the treadmill as possible without having your shoes touch the motor housing, when walking at your normal stride. Experiment with the best walking position relative to safety, ergonomics, and the ability to access the desk area.

- A sticker has been provided (see image below) as a reminder to the user to only use the treadmill in conjunction with an adjustable height desk. Please place this sticker on your desk near the treadmill console.

CAUTION - ATTENTION

1. Caution - Risk of Injury to Persons. To avoid injury, use extreme caution when stepping onto or off a moving treadmill belt. Read Instruction Manual before using.
Attention - Risque de blessures. Pour éviter des blessures, soyez extrèmement prudent en montant ou descendant un tapis roulant. Lisez attentivement la notice avant l'utilisation.

2. Remove Safety Key when not in use and store out of reach of children.
Retirer la clé de sécurité lorsque 'appareil n'est pas en fonction et la garder hors de la portée des enfants.

3. This treadmill is specifically designed as a walking treadmill and shall only be used in conjunction with an adjustable height desk.
Ce tapis est spécifiquement conçu comme un tapis roulant de marche et doit être utilisé qu'en conjonction avec un bureau réglable en hauteur.

CIRCUIT BREAKERS

- The ThermoTread GT is a very power-efficient device and should work perfectly well on standard 10A circuits (i.e. any power outlet in the home or office). A special high-amp circuit is not required as would often be the case with a running treadmill. As long as the ThermoTread GT is the only device on the circuit (recommended), it should never trip a 10A circuit breaker in normal use. Maintaining a proper lubrication schedule is essential to keeping friction at bay and power consumption minimized, extending the useful life of the equipment, and keeping the warranty intact.

- If you find that your treadmill is tripping a circuit breaker then immediately stop using the treadmill and make sure it is properly cleaned, and lubricated with iMovR-brand, 100% silicone lubricant. If there is a lot of dirt under the belt follow the instructions in this manual for Cleaning The Tread-Belt. Depending on the age of the unit, it may need a new belt and/or walking deck if it continues to trip a 10A circuit breaker. Contact iMovR Customer Care for assistance with obtaining parts and scheduling a service call.

- Some circuit breakers used in homes are not rated for high inrush currents that can sometimes occur when using a treadmill. In the highly unusual circumstance that your treadmill is tripping the house/office circuit breaker but the circuit breaker on the treadmill itself does not trip, you will need to replace the home/office breaker with a high inrush type. This is not considered a warranty defect. This is, unfortunately, a condition that we as a manufacturer have no ability to control. High inrush circuit breakers are available at most hardware stores.
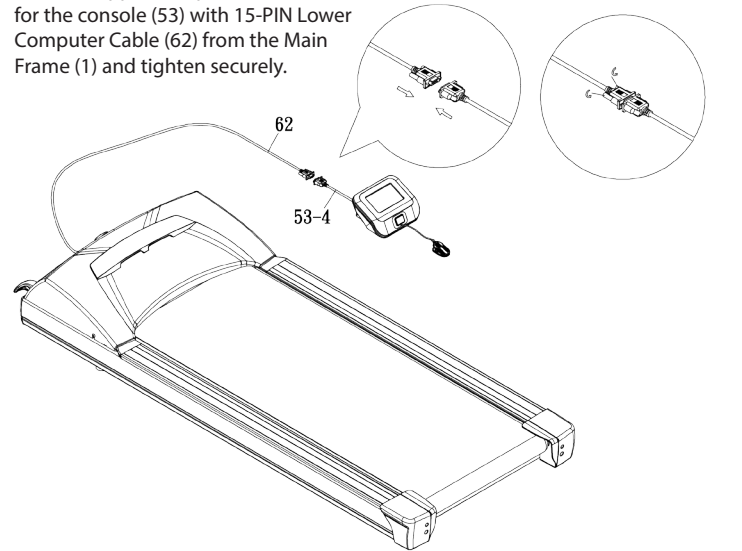
CONNECTING THE CONSOLE

The console will become operational when you connect the 15-pin plug to the 15-pin socket on the rear of the treadmill. Be sure to tighten up the securing pins for a solid connection.

Once the connections are established and the treadmill is turned on (via the red "rocker" switch in the rear), the console will activate.

Back of Treadmill

Power Cable → ← Console Cable

Connect Upper Computer Cable (53-4) for the console (53) with 15-PIN Lower Computer Cable (62) from the Main Frame (1) and tighten securely.

1.Connect together   2.Turn clockwise to tighten

62

53-4

SAFETY KEY

A Safety Key with Tether Cord and Clip is provided with this treadmill. Its intent is purely for user safety should you fall or move too far back on the treadmill belt.

First fasten the plastic clip onto your clothing in a secure manner to ensure good holding power, while allowing enough slack in the cord to provide safe and unimpeded walking. Then insert the red safety key into the front of the control console. Your treadmill will NOT start or operate without this. Removing the safety key also secures the treadmill from unauthorized use.

Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two step coast anytime the safety key is pulled out of the console. Replace the safety key into the slot on the front of the console, and then use the STOP/RESUME/START button to return to normal operation.

GET READY >>>>>

1. GETTING READY

READY

INITIAL SCREEN DISPLAY

Once the connections are made and the power switch is turned on the console will display this screen asking you to either select an existing User Profile or create a new one.

Press CREATE USER then USER 1 will display. Now press USER 1 to proceed.
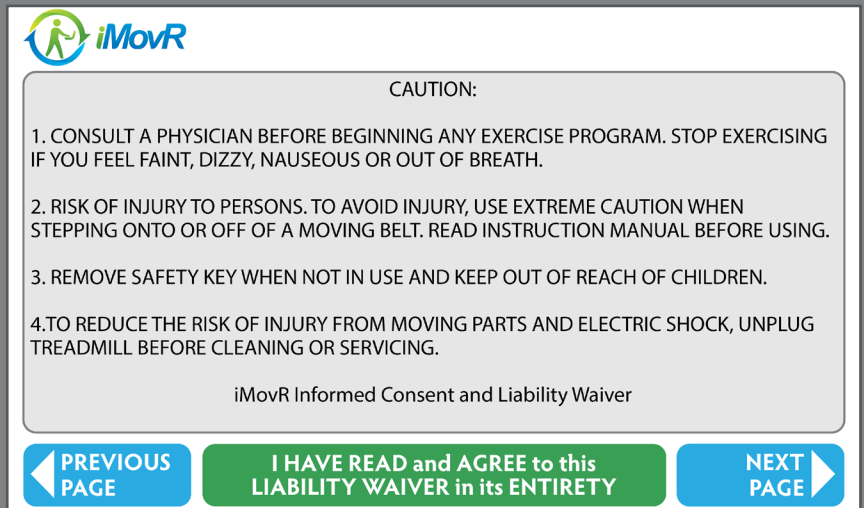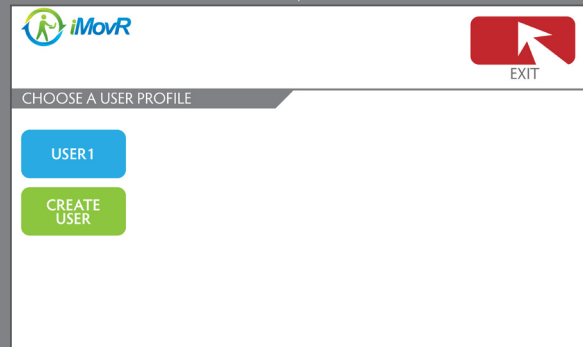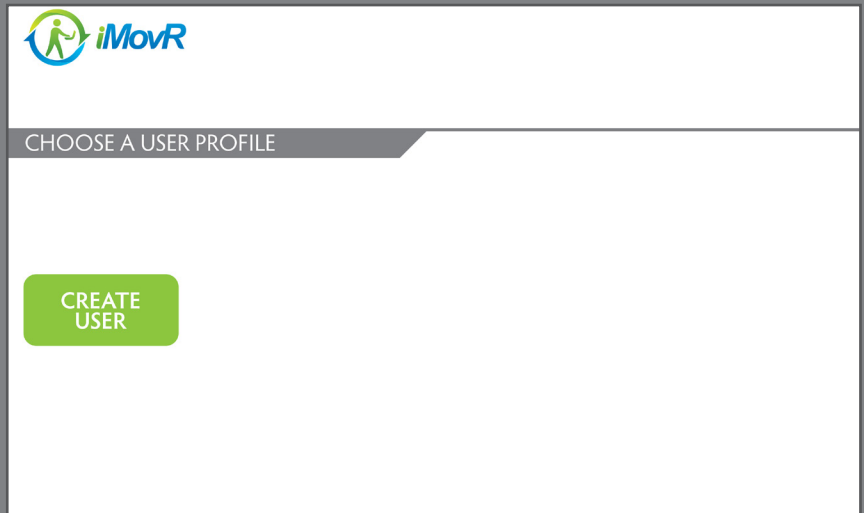
Once you have selected or created a User Profile, the next screen that appears is: *Caution – Liability Waiver Screens*

CAUTION – LIABILITY WAIVER SCREENS

This liability waiver must be agreed to in order to use the ThermoTread GT. There are four (4) pages to read and click through. The final page confirms that you agree to the specified terms and conditions.

After selecting the "I have read and agreed to this liability waiver in its entirety" button, the *Mode Select Screen* will appear –

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iMovR

CHOOSE A USER PROFILE

CREATE USER

---

iMovR   EXIT

CHOOSE A USER PROFILE

USER1

CREATE USER

---

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CAUTION:

1. CONSULT A PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM. STOP EXERCISING IF YOU FEEL FAINT, DIZZY, NAUSEOUS OR OUT OF BREATH.

2. RISK OF INJURY TO PERSONS. TO AVOID INJURY, USE EXTREME CAUTION WHEN STEPPING ONTO OR OFF OF A MOVING BELT. READ INSTRUCTION MANUAL BEFORE USING.

3. REMOVE SAFETY KEY WHEN NOT IN USE AND KEEP OUT OF REACH OF CHILDREN.

4. TO REDUCE THE RISK OF INJURY FROM MOVING PARTS AND ELECTRIC SHOCK, UNPLUG TREADMILL BEFORE CLEANING OR SERVICING.

iMovR Informed Consent and Liability Waiver

PREVIOUS PAGE   **I HAVE READ and AGREE to this LIABILITY WAIVER in its ENTIRETY**   **NEXT PAGE**

GET SET >>>>>

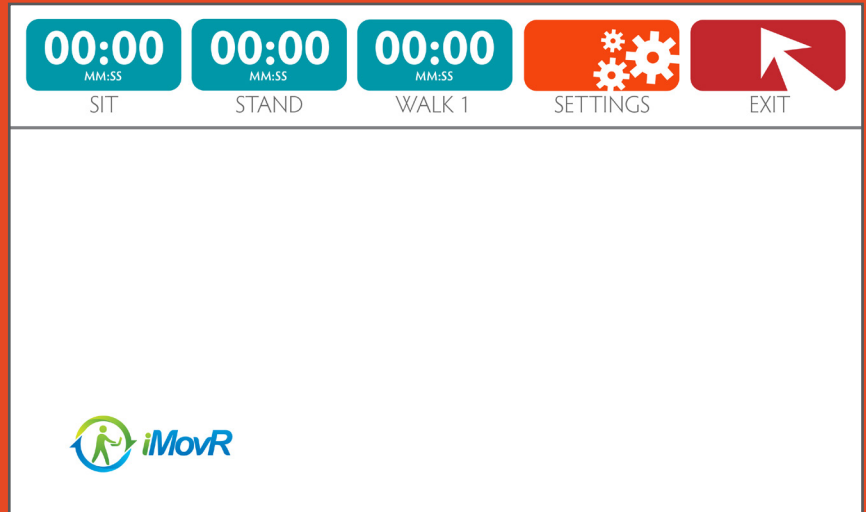## 2. SETTING YOUR PROFILE

SETTINGS

MODE SELECT SCREEN:

From this screen you can set your profile and preferences.

Press the SETTINGS button on the **Mode Select Screen** to set your personal profile and customize system preferences such as Timer Presets, Audio Settings and Screen Settings.

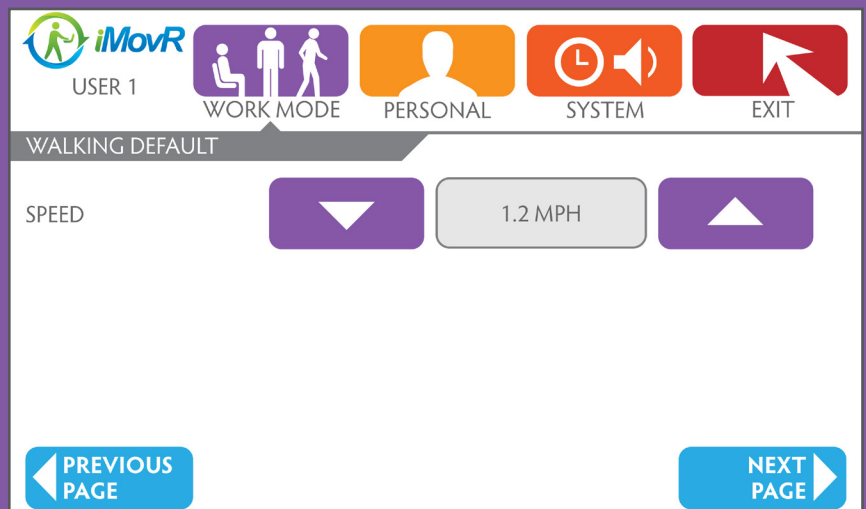**Press the SETTINGS button, then the Work Mode screen will appear.**

| 00:00 MM:SS | 00:00 MM:SS | 00:00 MM:SS | SETTINGS | EXIT |
| SIT | STAND | WALK 1 | | |

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WORK MODE

WORK MODE:

In WORK MODE, the "Walking Default" setting appears. Use the up and down arrows to set a walking default speed. This is the speed the treadmill will start at whenever the WALK mode is selected.

Next, press the PERSONAL tab button.

iMovR
USER 1

| WORK MODE | PERSONAL | SYSTEM | EXIT |

WALKING DEFAULT

SPEED   1.2 MPH

PREVIOUS PAGE   NEXT PAGE

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PERSONAL:

Under the PERSONAL tab there are two screens:

WEIGHT / HEIGHT / AVERAGE STRIDE LENGTH
Toggle up and down to the correct values; there is no need to "save" or "enter" because the system accepts a value as entered. The default "Average Stride Length" value is 21" (53cm). In order to determine your own particular stride length, apply this simple method:

1. Put the treadmill in WALK mode. See Walk Mode section, page 12.

2. Press the START button and set the treadmill speed to 1.5 mph. Begin walking, and find a comfortable stride.

3. Using a stopwatch or one of the treadmill timers, count the total number of steps you take in exactly 60 seconds.

4. Divide the number 1,584 by the total number of steps you took in 60 seconds. The result is your Average Stride Length.

For example: Arthur sets his ThermoTread GT to 1.5 mph and finds a comfortable walking stride. He uses the time on the treadmill console to measure out sixty seconds and counts 79 steps in that time period. Arthur then divides 1,584 by his 79 steps and finds a quotient of 20. Arthur's Average Stride Length is 20" (51cm).
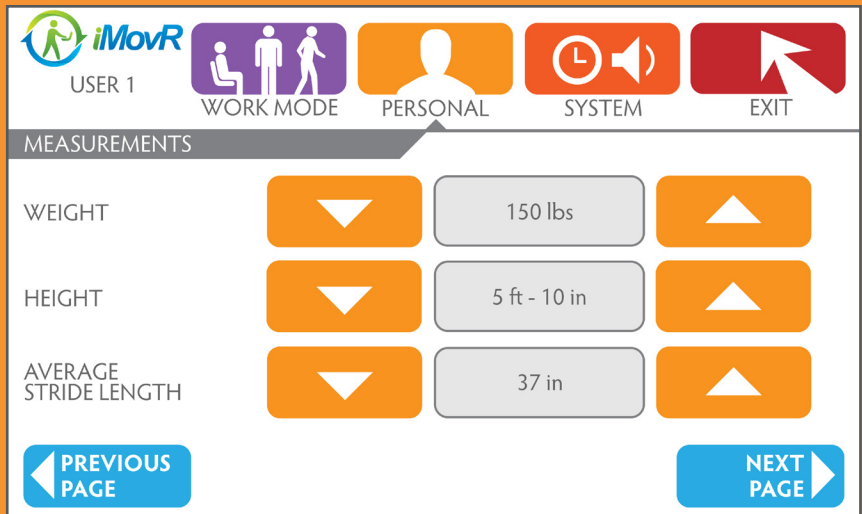
Note: To ensure the accuracy of this formula, it is important that the speed be set to 1.5mph and that 60 seconds are used to count the number of steps.
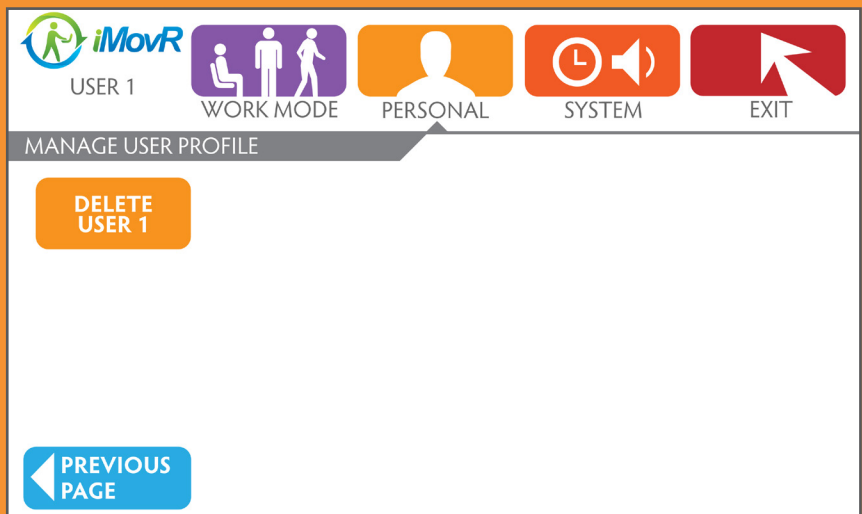
DELETE USER SCREEN
This screen allows you to delete the current User Profile. To do so, press the DELETE USER 1 button. A window will pop up asking you to confirm your action. Press YES to delete the profile and NO to cancel the action.

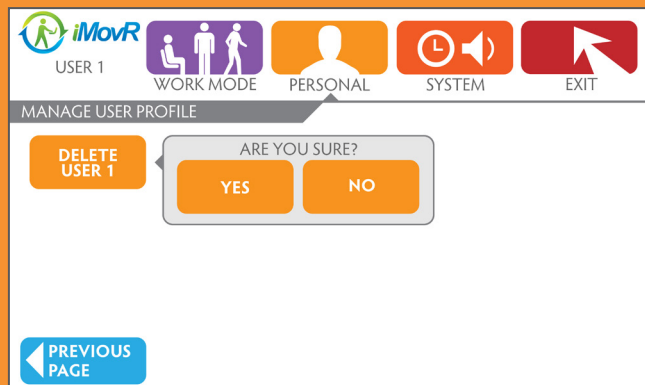**From here continue on by selecting SYSTEM, which is the next tab to the right of PERSONAL.**

1 Screen – Weight / Height / Average Stride Length

2 Screen – Delete User

2 With Pop-Up

SYSTEM:

The SYSTEM section contains options for language, audio and timer settings. To customize your system, navigate through the following screens using the NEXT PAGE and PREVIOUS PAGE buttons found at the bottom of the console screen. You will see the following screens, in the following order.

1ST SCREEN - TIMER PRESETS
The Timer function is useful if you want to be reminded when to switch modes from sitting to standing to walking or to merely take a break from work.

There are three timers: SHORT BREAK, LONG BREAK, and POMODORO. The term "Pomodoro" refers to a time management method that breaks work into intervals, traditionally 25 minutes, separated by short breaks. These breaks are a great time to stretch.

These settings allow you to customize your timer breaks. Use the arrow buttons to select your desired times for each break.

2ND SCREEN - AUDIO PRESETS
Touch Beep – Gives button press feedback in the form of a single short beep when any button is pressed. Use arrow keys to turn on or off.

Start Warning – When turned on, this setting sounds 3 short beeps as the treadmill is about to start before the belt moves.

Timer Alarm – This setting signals the conclusion of any of the Timers.
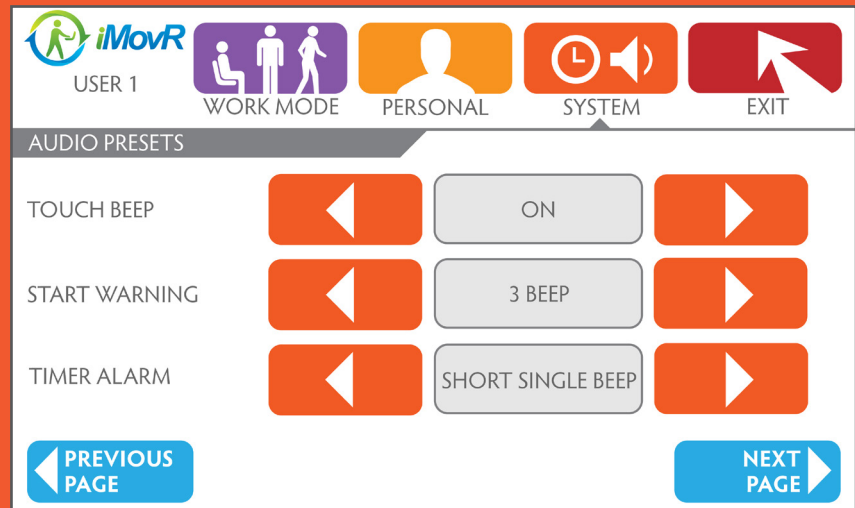
3RD SCREEN - SCREEN SETTINGS
Screen Saver – The console screen save can be initiated in time increments of 1 hour. First choose a time, then select CALIBRATE.
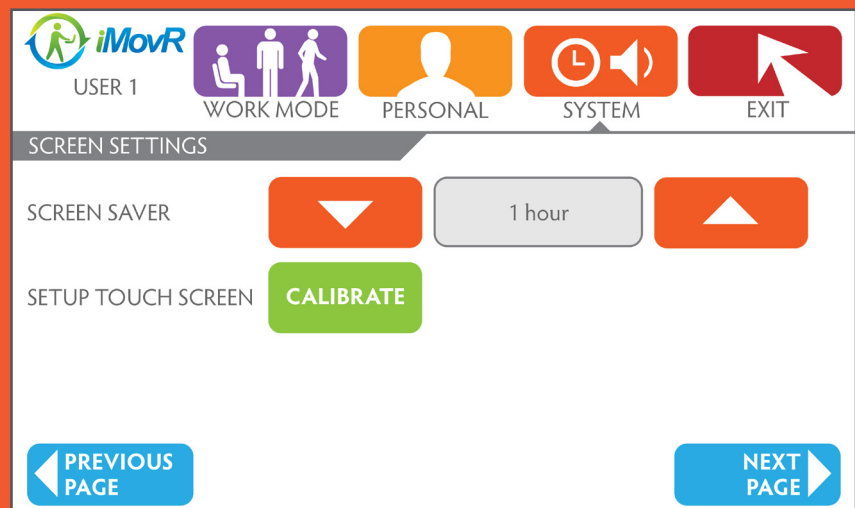
To exit SYSTEM settings, press the EXIT button.

1 Screen – Pomodoro, Short Break, Long Break

2 Screen – Touch Beep, Start Warning, Timer Alarm

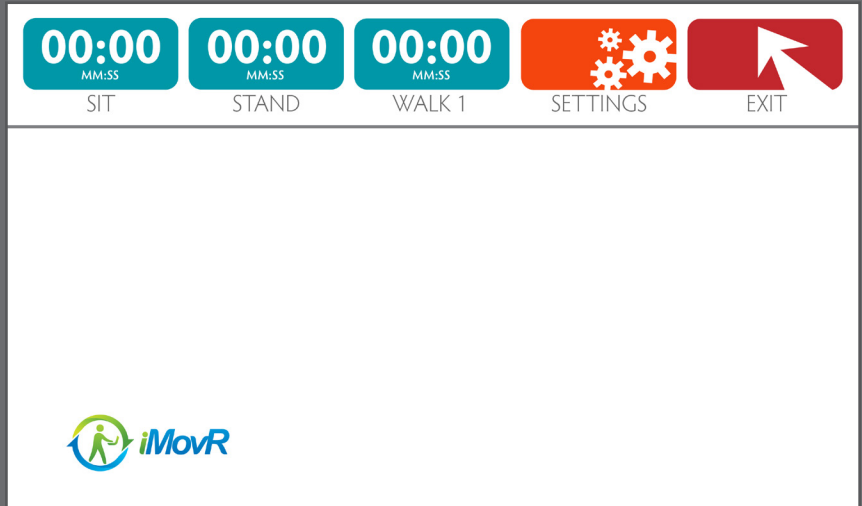**3** Screen – Screen Saver, Setup Touch Screen

GO >>>>>

3. BEGIN YOUR ACTIVITY

BEGIN

INITIAL SCREEN DISPLAY

You now return to the initial screen. In this screen you have the opportunity to select any of the teal-colored activity buttons on this top row. From here you can select: SIT, STAND, or WALK. A small grey arrow will appear underneath the button you press to indicate which mode you have selected.

If needed, you may return to the settings screens by pressing the orange gears button.

00:00 MM:SS	00:00 MM:SS	00:00 MM:SS	⚙	↖
SIT	STAND	WALK 1	SETTINGS	EXIT

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USING THE TREADMILL AND ITS CONSOLE

Now that you've set your personal information and preferences, you can begin to use the treadmill. There are 3 modes of operation: SIT, STAND, and WALK. For SIT and STAND, the console will track your time and calories burned. When you are in WALK mode the console will track time spent walking, calories burned, steps taken, and distance walked.

Pressing any of the teal-colored, top row buttons will switch the console to display the appropriate screen. A grey arrow will point up to the mode you selected.
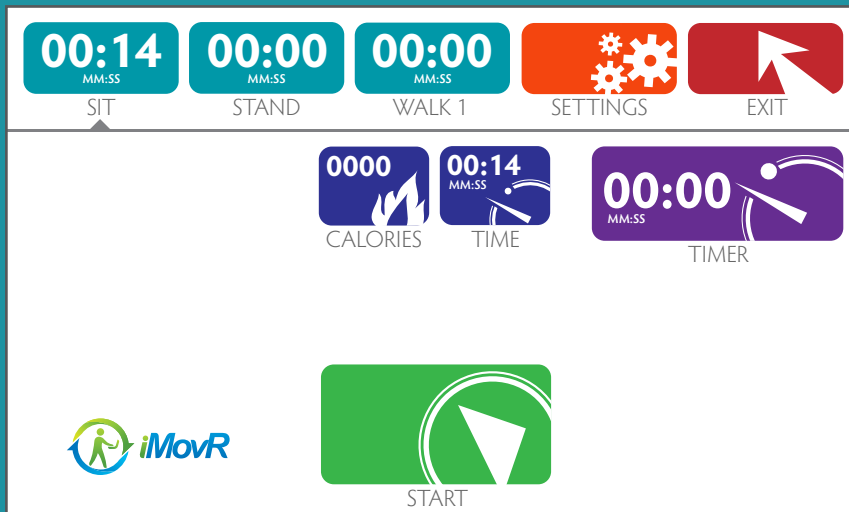
SIT MODE - SCREEN

To track time spent sitting, select SIT mode from the teal-colored mode buttons on the top row.

Now press START. Note that the green START button changes to STOP for when you want to stop. The time displayed in the teal SIT button tracks your total time spent in this particular mode during this log in. The time is of the form "mm.ss" and switches to "hh.mm" after 1 hour has elapsed.

The dark blue CALORIES and TIME buttons show the total measurement during the current session only. A session is defined as the time between pressing the START and STOP buttons.

While time is accumulating for SIT, you can switch to other mode buttons. Time spent in this mode does not stop accumulating until you press START in another mode. Pressing START in another mode will stop time accumulating in SIT mode.

00:14 MM:SS	00:00 MM:SS	00:00 MM:SS	⚙	↖
SIT	STAND	WALK 1	SETTINGS	EXIT

0000 CALORIES | 00:14 MM:SS TIME | 00:00 MM:SS TIMER

iMovR

START

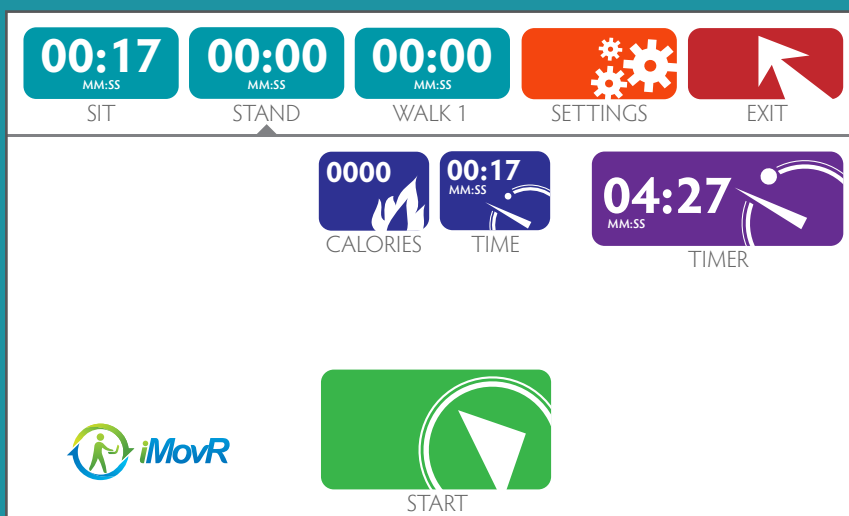**SIT mode and teal and dark blue buttons accumulating time and calories.**

STAND MODE - SCREEN

To track time spent standing, select STAND mode from the teal-colored mode buttons on the top row.

Now press START. Note that the green START button changes to STOP for when you want to stop. The time displayed in the teal STAND button tracks your total time spent in this particular mode during this log in. The time is of the form "mm.ss" and switches to "hh.mm" after 1 hour has elapsed.

The dark blue CALORIES and TIME buttons show the total measurement during the current session only. A session is defined as the time between pressing the START and STOP buttons.

While time is accumulating for STAND, you can switch to other mode buttons. Time spent in this mode does not stop accumulating until you press START in another mode. Pressing START in another mode will stop time accumulating in STAND mode.

00:17 MM:SS	00:00 MM:SS	00:00 MM:SS	⚙	↖
SIT	STAND	WALK 1	SETTINGS	EXIT

0000 CALORIES | 00:17 MM:SS TIME | 04:27 MM:SS TIMER

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START

STAND mode and teal and dark blue buttons accumulating time and calories.

WALK MODE – SCREEN

To track time spent walking, select WALK mode from the teal-colored mode buttons on the top row.

Stand on the treadmill deck close enough to be able to use a height adjustable or standing desk and in a safe location where your stride is neither too close to the front or the rear of the belt. Clip the safety tether to your clothing.

Now press START.

Select your speed by pressing the FASTER button until the desired speed is reached. To reduce speed, press the SLOWER button. Each press of either speed button adjusts the speed in increments of 0.1mph, or the metric equivalent if the treadmill is set to km per hour.

The ThermoTread GT is specifically designed as a walking treadmill to be used in an office or home environment with the user engaging in work or other activities requiring concentration. With that in mind, the treadmill's maximum speed is 2.5mph (4 kmh). We advise you to find a comfortable walking speed that will enable you to easily work at your desk while you walk. For most people that will be between 1.2 mph and 1.8 mph.

Now that you are walking on the treadmill, you'll notice that the START button has changed to STOP. Pressing the STOP button pauses the current session without losing the current session data. Unlike the SIT and STAND modes, a session in WALK mode is defined as the time between pressing START in WALK mode and START in a different mode. After pressing the STOP button it will change to RESUME. This is useful if you need to take short break away from the treadmill. Once RESUME is pressed the console will beep three times and the treadmill will resume operation at the last speed to which it was set. Note; beep can be disabled in the settings menu.

NOTE: In WALK mode, the "STOP" button is special. Because the treadmill is moving, switching modes is disabled – as indicated by the greyed out buttons. Once you hit "STOP", they will re-enable and return to their normal colors.

In the event that you lose control, fall, or move too far back on the treadmill belt, the safety tether cord will disconnect from the console and the treadmill belt will shut off automatically. Once the tether is replaced, re-start the treadmill.

Walk screen with all active counters accumulating measurements.

WALK mode in start position with all relevant counters active.

WALK mode will look this way when treadmill is paused.

Measured Data in the Walk mode

In WALK mode all 4 of the dark blue buttons (Calories, Time, Steps and Distance) become active and will track the total respective measurements for the current walking session. These buttons will re-set to zero when the session ends by switching to either the SIT or STAND mode.

The teal mode buttons have a secondary display mode. Pressing any of the 4 dark blue buttons will display the total cumulative log for that measurement in the teal button for each mode. For example, pressing TIME will display the total amount of time you've spent sitting, standing, and walking during the current log in as a value in each mode's teal button. As STEPS and DISTANCE only apply to WALK mode, pressing these buttons will only display your total measurement in WALK mode's teal button.

Screen at right : Shows WALK mode selected and the dark blue buttons indicating current session totals. The teal buttons on the top bar show the cumulative daily totals based on the DISTANCE button being selected and indicating miles covered.

00:00 MM:SS	00:19 MM:SS	00.01 MILES	SETTINGS	EXIT
SIT	STAND	WALK 1		

0.5 MPH — SPEED

0004 CALORIES | 01:51 MM:SS TIME

00:33 MM:SS — TIMER

SLOWER — FASTER

00,042 STEPS | 00.01 MILES DISTANCE
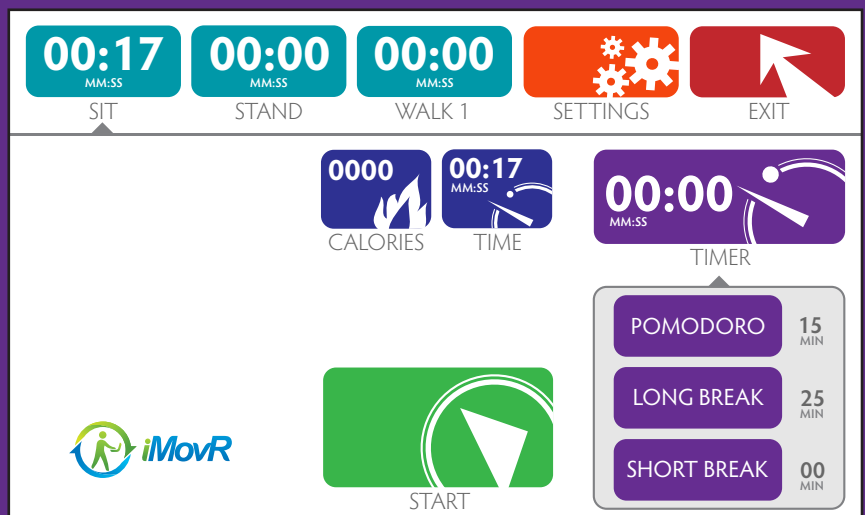
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RESUME

POMODORO TIMER FUNCTIONALITY

The Pomodoro Timer is a completely independent counter and works in all 3 modes (SIT, STAND and WALK). To activate:

Press the purple TIMER button. A drop-down box will appear with 3 buttons titled POMODORO, SHORT BREAK or LONG BREAK. Select any button to activate a timer to start counting down from 25 minutes, 5 minutes or 15 minutes respectively. To signal the end of the selected break (00:00), the console will beep three times. Touching any of the 3 timer buttons during a countdown will start a new timer, overriding the current countdown.

The values of these timers can be customized. For instructions on how to customize your timers, see System Settings (Page 9).

00:17 MM:SS	00:00 MM:SS	00:00 MM:SS	SETTINGS	EXIT
SIT	STAND	WALK 1		

0000 CALORIES | 00:17 MM:SS TIME

00:00 MM:SS — TIMER

POMODORO	15 MIN
LONG BREAK	25 MIN
SHORT BREAK	00 MIN

iMovR

START

GENERAL MAINTENANCE

IMPORTANT: KEEPING THE TREAD DECK CLEAN

The ThermoTread GT office treadmill uses a highly-efficient, low-friction deck made of Bakelite, the best material available for treadmill decks. Energy consumption and noise level are minimized when the deck is kept as clean as possible. Use a soft, damp cloth to wipe the edge of the belt and the area between the belt edge and frame. Also, reach as far as practical directly under the belt edge to clean out any loose debris or dust build up. This should be done once a month (along with re-lubrication, see next section) and helps extend the life of the belt, deck, motor and other components. Clean the top of the textured belt with a mild soap and water solution and a nylon scrub brush, as needed. Always allow to completely dry before using.

The ThermoTread GT is designed to be used in a clean and dry office environment. With regular cleaning along the edges of the belt, as described above, the rest of the deck should remain very clean. However, if too much dust - or dirt introduced from outdoor shoes when walking on the treadmill - finds its way under the belt, then the entire deck and friction side of the belt should be thoroughly cleaned and re-lubricated. Follow the instructions in the Tread-Belt Lubrication section that follows to learn how to loosen the belt and gain access to the entire deck area. Use a soft, damp cloth to completely clean off the deck and the friction side of the tread-belt. Then follow the instructions to completely lubricate, re-tighten, and re-align the belt if necessary. Use a more liberal amount of lubricant if applying to a completely clean deck.
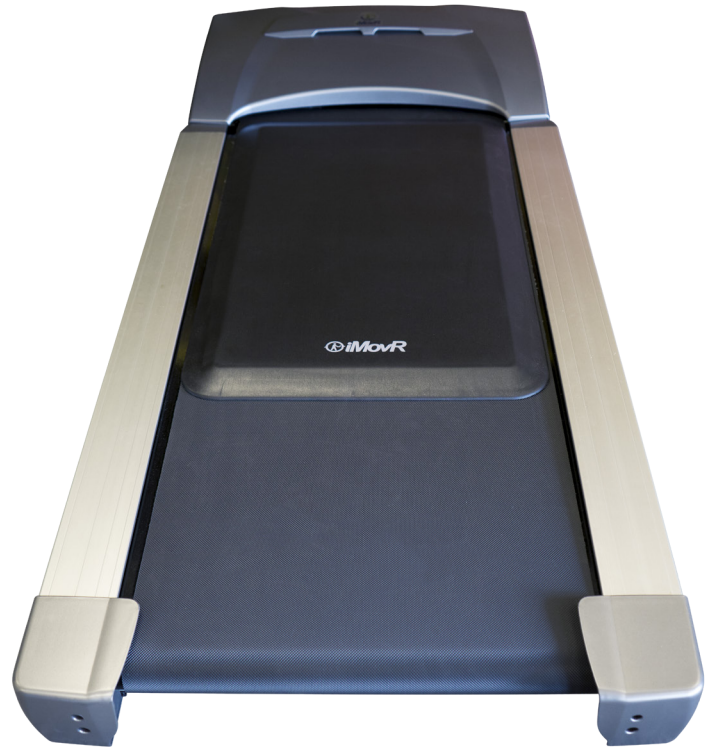
Keeping the deck as clean as possible will extend the life of your treadmill, reduce power consumption and noise, and preserve your warranty protection. If you find that dirt continues to find its way under the belt then consider taking some extra measures to create a cleaner environment for the treadmill, such as

- Keep a clean pair of comfortable walking shoes by your treadmill desk, to avoid introducing dirt from the outside

- Minimize static build-up on the treadmill by investing in a treadmill mat

- Place an air cleaner (preferably HEPA) in the vicinity of your treadmill desk to remove particulates from the air

Depending on usage you may eventually need to replace the deck and/or walking belt due to normal wear. The treadmill should be inspected by a qualified treadmill repaid technician every three to five years to determine whether either or both of these critical components need to be replaced. Contact iMovR Customer Care to locate a qualified service outfit in your area. Remember, keeping the tread-belt and deck clean and well lubricated will reduce wear and tear and postpone the need for replacement.

BLACK DUST

Sometimes a small amount of black dust will appear on the floor behind the treadmill. This is normal. This occurs during the "break-in" period for the tread-belt.

GENERAL CLEANING

Dirt, dust, and pet hair can block air inlets and accumulate on the walking belt. Please vacuum underneath your treadmill on a monthly basis to prevent an excess build-up of dirt that can get sucked up and find its way to the inner workings under the motor cover. Once a year, you should remove the motor cover and vacuum out any dirt that has accumulated. Always turn the treadmill power off and UNPLUG the power cord before proceeding with this particular task.

CONSOLE CLEANING

Only use a micro-fiber cloth to lightly dust away any screen debris in a large, sweeping, left-to-right fashion. Do not buff the screen in a circular fashion. If necessary, apply a small amount of distilled water directly to the cloth and wipe the screen gently. A soft, micro-fiber cloth like the kind used for cleaning prescription eyeglasses is ideal. Never use paper towels, cotton rags or abrasive cleaning pads. Never use any ammonia or alcohol based cleaning products or apply any cleaning liquid directly onto the screen.

IMPORTANT: KEEPING THE TREAD-BELT PROPERLY ADJUSTED

There are two kinds of belt adjustments that may be necessary from time to time.

- If you find that your belt slips or "hesitates" even a tiny bit with each foot fall, it has probably stretched a little bit through normal use. Please follow the Tread-Belt Tension Adjustment procedure below.

- If you find that your belt moves to the left or right of center then follow the Tread-Belt Tracking Adjustment procedure below.

TREAD-BELT TENSION ADJUSTMENT

Your treadmill's belt is factory-set to be usable without any adjustments, however belt tension might need to be adjusted from time to time as the belt stretches from normal use. Adjustment is made from the rear roller with the 6mm Allen wrench (provided in the parts package). The adjustment bolts are located at the end of the step rails in the rear end caps (shown in the image below).

Tighten the rear roller only enough to prevent slippage at the front roller. Set the treadmill to your normal walking speed. Turn the left side and right side tread-belt tension adjusting bolts clockwise a quarter turn each. Inspect for proper tension by walking on the belt and making sure it is not slipping or hesitating with each step. When an adjustment is made to the belt tension, you must remember to turn the bolts on both sides evenly or the belt could start tracking to one side instead of running in the middle of the deck. If the belt still continues to slip, repeat the adjustment by turning both bolts another quarter turn clockwise until the correct tension is achieved.

DO NOT OVERTIGHTEN – Overtightening will cause belt damage and premature bearing failure. If you tighten the belt a lot and it still slips, the problem may actually be the drive belt (located under the motor cover). This connects the motor to the front roller. A loose drive belt will feel much like a slack or loose treadmill belt. The drive belt should only be tightened by a trained service technician. Contact iMovR Customer Care to locate an iMovR-approved service outlet in your area.

Turn the left side and right side

TREAD-BELT TRACKING ADJUSTMENT

Important: Before adjusting the tracking of the tread-belt check to make sure that the treadmill itself is perfectly horizontal. It is best to use a level to make certain that the treadmill is level both left-to-right and front-to-back. Use the leveling pads at the four corners of the treadmill to make adjustments as necessary. Particularly when it comes to aligning the tread-belt track, it is important to realize that the treadmill must be level with the floor, which may itself be uneven. Again, use the treadmill levelling pads to correct.

Failure to level the treadmill precisely will lead to undue torque forces on the frame which will reduce the lifespan of expensive components and make it difficult to properly align the tread-belt. If a service technician is called and the treadmill is found not to be level the warranty will be voided. Per the installation instructions at the front of this manual, the treadmill should always be used on a firm flooring. Setting the treadmill atop thick pile carpet or carpet with too much insulation underneath is not recommended, even if the treadmill appears to remain level when no one is walking on it. Uneven loading induced while walking will put undue torque strain on the frame and may cause the belt to glide to the left or right, and/or reduce the life expectancy of key components of the treadmill.

This treadmill is designed so that the tread-belt remains reasonably centered on the deck while in use, aided by alignment guides on the underside of the walking deck. It is not unusual for belts to drift to one side while in use, depending on the user's gait and if they favor one leg over the other. If, however, the belt continues to drift to one side even while no one is walking on the treadmill then adjustments are necessary.
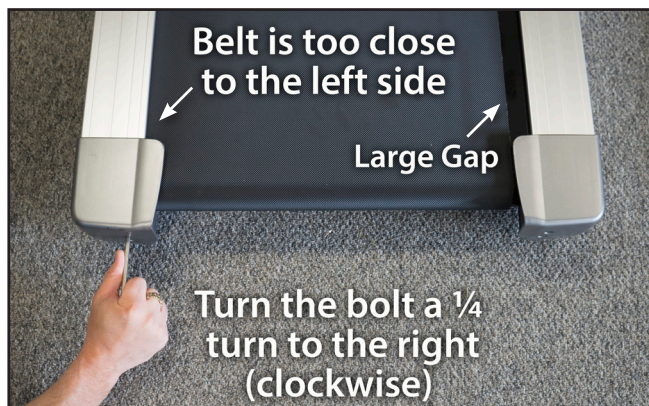
SETTING TREAD-BELT TRACKING – A 6mm Allen wrench is included in the parts package to make this adjustment. Make tracking adjustments on the left side bolt only. Set the treadmill speed to 2.5 mph (4.0 km/h). Be aware that a small adjustment can make a dramatic difference which may not be apparent right away. Give the belt time to find its new position after each turn of the bolt.

If the belt is too close to the left side, then turn the bolt one quarter turn to the right (clockwise) and wait for a few minutes for the belt to adjust itself. If necessary, continue to make quarter turns to the right until the belt stabilizes back to the center of the treadmill deck.

If the belt is too close to the right side, turn the bolt one quarter turn to the left (counter-clockwise) and wait a few minutes for the belt to adjust itself. If necessary, continue to make quarter turns to the left until the belt stabilizes back to the center of the treadmill deck. **See image**

The belt may require periodic tracking adjustment depending upon use and individual walking characteristics. Some users may affect tracking differently. Expect to make adjustments as required to center the tread-belt. Adjustments will become less of a maintenance concern as the belt is used over time. Maintaining proper belt tracking is an owner responsibility common with all treadmills.

ATTENTION: DAMAGE TO THE TREAD-BELT RESULTING FROM IMPROPER TRACKING/TENSION ADJUSTMENTS OR USING THE TREADMILL WHEN IT IS NOT PROPERLY LEVELED IS NOT COVERED UNDER THE WARRANTY.

Belt is too close to the left side

Large Gap

Turn the bolt a ¼ turn to the right (clockwise)

BELT / DECK LUBRICTION PROCEDURE

IMPORTANT: USE THE CORRECT LUBRICANT

iMovR brand 100% Silicone Lubricant Oil can be ordered directly from www.iMovR.com, your authorized iMovR dealer, or from www.Amazon.com. These bottles spray the lubricant in a thin, focused stream, minimizing any excess liquid from missing the intended spray zone. For detailed lubrication instructions, a video tutorial, and other important information, please visit our website: www.TreadmillLubrication.com. Note that while iMovR's multi-viscosity formulation can be used on the vast majority of treadmills on the market (see website for the entire list), not all treadmill lubricants on the market are safe to use on the ThermoTread GT. NEVER use WD-40, graphite, Teflon, wax or anything other than 100% Silicone Oil to lubricate this treadmill. Lubricating the ThermoTread GT with a non-approved brand of lubricant can void your warranty.

FREQUENCY OF LUBRICATION

Keeping the deck lubricated at the recommended intervals ensures the longest possible life for your treadmill. If the lubricant dries out, the friction between the belt and the deck rises and places undue stress on the drive motor, drive belt, and electronic motor controller board, which could result in catastrophic failure of any these, or other expensive components. Failure to lubricate the deck at regular intervals will void the warranty.

The belt and deck come pre-lubricated by the factory and subsequent lubrication should be performed every 40 hours of use. For shared multi-user workstations weekly lubrication is recommended. For individual users, the lubrication interval will typically be monthly. At the first sign of any belt hesitation or excessive "scraping" noise from the belt, immediately lubricate the treadmill.

LUBRICATION PROCEDURE

IMPORTANT: Before lubricating the belt please make sure you have properly cleaned the treadmill according to the instructions under the General Maintenance section of this manual. Failure to clean the deck properly prior to applying new lubrication may allow dirt to move under the belt and increase, rather than decrease friction.

Once you've cleaned the treadmill deck, use the following procedure to lubricate the deck beneath the tread-belt:

1) Turn off the treadmill and unplug the electrical cord.

2) At a mid-point of the deck on one side of the treadmill, lift up on the belt carefully and reach under with the spray bottle of lubricant.

3) Aiming downward toward the deck, squirt the lubricant on the deck 2 to 4 times. NEVER spray lubricant on top of the tread-belt, only in the space between the belt and the deck.

4) Repeat the process on the other side.

5) Plug the electrical cord back into the outlet, and turn on the treadmill. Begin walking on the belt at a moderate speed for 5 minutes, to evenly spread the lubricant around the entire walking area of the deck.

Lubrication is a fairly simple process. If, however, you are unable to perform the above procedure because the belt is too tight and cannot be lifted sufficiently then it will be necessary to loosen the belt. Using the 6mm Allen wrench supplied, loosen the two rear roller adjustment bolts. These are located in the rear end caps. Loosen the belt by approximately 5 to 10 turns COUNTERCLOCK-WISE. Make sure to loosen both left and right sides with the exact same number turns so as not to affect the tracking of the belt. Remember that you'll have to re-tighten each adjustment bolt by exactly the same number of turns in the opposite direction (CLOCKWISE) after the procedure is complete to return the belt to the same tension as before.

Once the belt is loose enough, wipe the deck off with a clean, lint-free cloth to remove any dirt. Apply 2 to 4 squirts of lubricant onto the deck surface about 18" (46cm) from the motor cover. Spray in a pattern parallel to the motor cover in about a 12" wide line (30.5cm). This 12" wide line should be in the middle of the deck at approximately equal distance from both side edges of the belt. Ideally you want the lubricant to be applied at about the spot where your feet normally hit the belt when walking on it. This should be about 18" (45.8cm) down from the motor cover. It's a good idea to pre-test your normal walking pattern to determine where your feet normally hit the belt.

Once the lubricant is applied, tighten the rear roller adjustment bolts by the same number of turns as when you loosened them. Then run the treadmill at 2.5 mph (4.0 km/h) without walking on it for a few minutes. This is to make sure that the belt stays in the middle of the deck. If the belt tracks to one side, please then follow the instructions to Adjust Belt-Tread Tracking.

Now that the deck is lubricated and you've tested that the belt is tight enough and is tracking in the center, you should be able to resume your treadmill activity.

TROUBLESHOOTING GUIDE

Before contacting your dealer for aid, please review the following information. It may save you both time and expense. This list includes common problems that may not be covered under the treadmill's warranty.

PROBLEM	CAUSE / SOLUTION
1) Display does not light	a) Tether cord not inserted into the console b) Circuit breaker on the front of the treadmill (near the power cord connection) is tripped. Push the red circuit breaker button in until it locks. c) Plug is disconnected – make sure plug is firmly pushed into AC wall outlet. d) Household or office circuit breaker may be tripped – check the circuit breaker box.
2) Treadmill belt hesitates when walked on	The treadmill belt needs to be lubricated or it needs to be tightened slightly. See the General Maintenance section on Tread-Belt Lubrication and Adjusting Tread-belt Tension.
3) Motor is not responsive after pressing "START"	Check that the console is properly connected to the treadmill via the 15 pin cable connector.
4) Treadmill circuit breaker trips.	a) This is sometimes caused by high belt/deck friction. First try lubricating the treadmill belt. If it continues to trip, try slightly loosening the treadmill belt. Refer to General Maintenance section. b) Interference from other items may cause the circuit breaker to trip. Try unplugging the other items connected to the same electrical circuit.
5) Computer shuts off when console is touched while walking.	a) The treadmill may not be grounded. Refer to Grounding Instructions. b) Static electricity build-up may be crashing your computer. We suggest placing an anti-static mat under your treadmill. Alternatively, use a Bluetooth keyboard and mouse to break the static electricity connection between you and your computer.
6) House circuit breaker trips, but not the treadmill circuit breaker	Need to replace the house circuit breaker with a "High In-Rush Current" type circuit breaker. Please refer to the circuit breaker section on page 4.
7) Treadmill belt does not stay centered	This usually indicates that your treadmill has not been leveled correctly. Follow all the instructions in the front of this manual pertaining to siting and installing the treadmill.

Having Issues? Call Us!

iMovR Customer Service: 888-208-6770 or 425-999-3550

9AM-5PM Pacific Time Monday-Friday

MOVING THE TREADMILL

The ThermoTread GT can be moved by using the 2 recessed caster wheels set into the front of the unit to roll the treadmill into position. It is best to pick the treadmill up carefully from the rear and lift it to about a 45-degree angle in order to enable easier rolling.
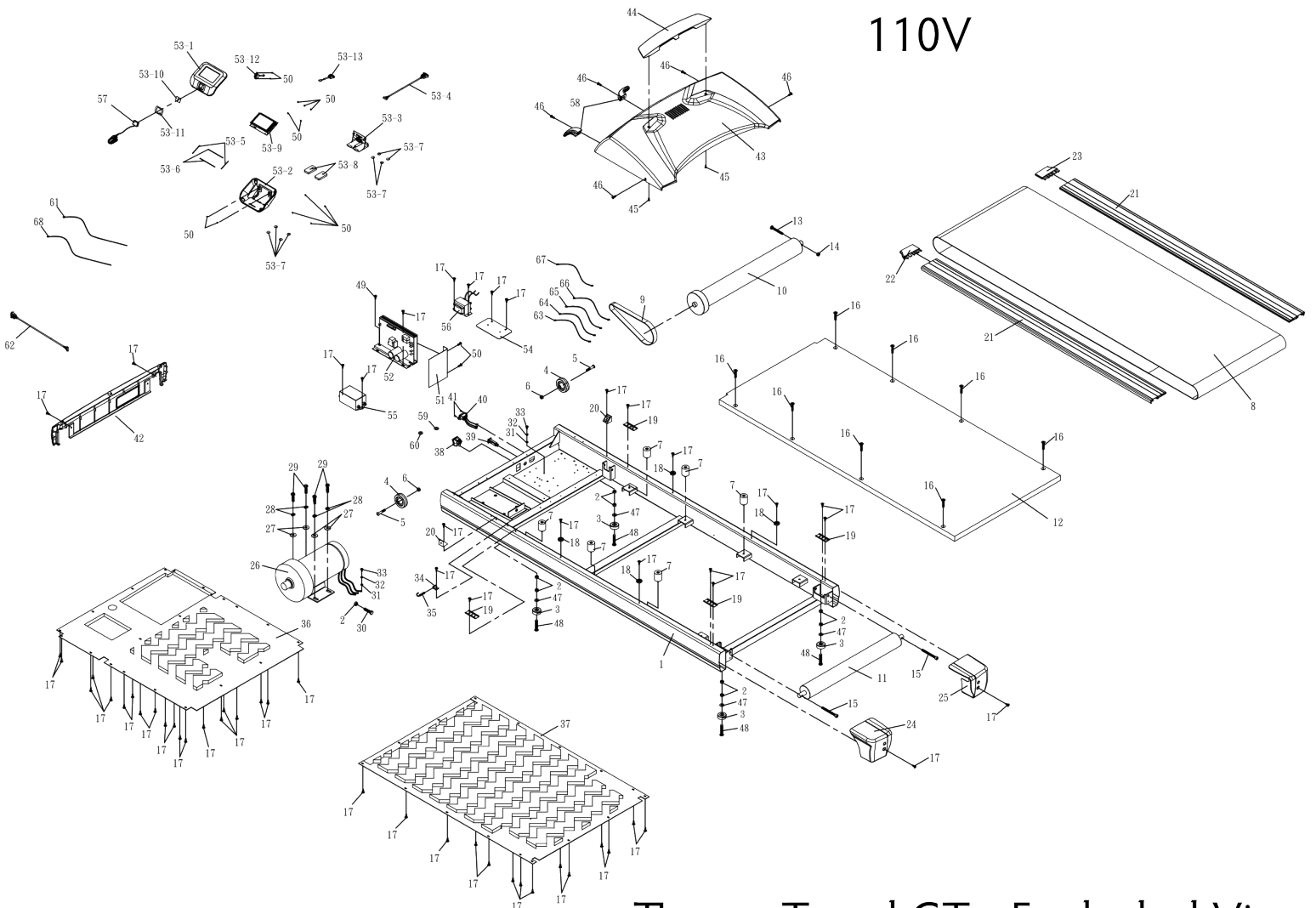

Please use extreme caution as the treadmill is heavy.

To reduce the possibility of injury while lifting, bend your legs and keep your back straight. As you raise the treadmill, lift using your legs, not your back. It is suggested that you always use the help of a second person when moving the treadmill.

THERMOTREAD GT – PARTS DIAGRAM

110V

ThermoTread GT - Exploded View

THERMOTREAD GT – PARTS LIST

ThermoTread GT - Part List

1	Main Frame	1
2	3/8" × UNC16 × 7.0T_Nut	9
3	Rubber Foot	4
4	Transportation Wheel	2
5	5/16" × UNC18 × 42L_Button Head Socket Bolt	2
6	5/16" × UNC18 × 6.0T_Nyloc Nut	2
7	Cushion	6
8	Running Belt	1
9	Drive Belt	1
10	Front Roller W/Pulley	1
11	Rear Roller	1
12	Running Deck	1
13	M8 × P1.25 × 60L_Hex Head Bolt	1
14	M8 × P1.25 × 7.0T_Nyloc Nut	1
15	M8 × P1.25 × 80L_Socket Head Cap Bolt	2
16	M8 × P1.25 × 35L_Flat Head Countersink Bolt	8
17	Ø5 × 16L_Tapping Screw	58
18	Ø6 × Ø23 × Ø13 × 5.5T × 3.0T_Nylon Dished Washer	4
19	Ø5.5 × 27 × 60 × 1T× 2.5H_Concave Washer	4
20	Motor Cover Anchor(D)	2
21	Aluminum Foot Rail	2
22	Foot Rail Cap (L)	1
23	Foot Rail Cap (R)	1
24	Rear Adjustment Base (L)	1
25	Rear Adjustment Base (R)	1
26	Drive Motor	1
27	Ø3/8" × Ø25 × 2.0T_Flat Washer	4
28	Ø10 × 2.0T_Split Washer	4
29	3/8" × UNC16 × 1-1/4"_Hex Head Bolt	4
30	3/8" × UNC16 × 1-1/2"_Hex Head Bolt	1
31	M5_Star Washer	2
32	M5 × 1.5T_Split Washer	2
33	M5 × 10L_Phillips Head Screw	2
34	Sensor Rack	1
35	1200m/m_Reed Switch	1
36	Bottom Frame Cover	1
37	Top Frame Cover	1
38	On/Off Switch	1
39	Breaker	1
40	Power Socket	1
41	Ø3 × 10L_Sheet Metal Screw	2
42	Front Motor Cover	1
43	Motor Top Cover	1
44	Top Motor Cover Plate	1
45	Ø3.5 × 12L_Sheet Metal Screw	2
46	Ø5 × 16L_Tapping Screw	5
47	Ø3/8" × Ø19 × 1.5T_Flat Washer	4

48	3/8" × UNC16 × 2"_Flat Head Socket Bolt	4
49	Ø5 × 19L_Tapping Screw	1
50	Ø3 × 8m/m_Sheet Metal Screw	17
51	Controller Back Plate	1
52	Motor Controller	1
53	Console assembly	1
53~1	Console Top Cover	1
53~2	Console Bottom Cover	1
53~3	Console Connecting Cover	1
53~4	Computer Cable (Upper)	1
53~5	Foam Pad (60×3×1Tm/m)	2
53~6	Foam Pad (115×3×1Tm/m)	2
53~7	Non-Slip Rubber	8
53~8	weight Block	2
53~9	Console Display Board	1
53~10	Safety Key Label	1
53~11	Wire Fixing Plate	1
53~12	300m/m_Safety Switch Module W/Cable	1
53~13	USB Cable	1
54	Fixing Plate	1
55	Filter	1
56	Adaptor	1
57	Safety Key	1
58	Power Cord Hook	2
59	Ferrite Core((Blackish green)	1
60	Ferrite Core(Green)	1
61	Power Cord	1
62	Computer Cable (Lower)	1
63	70m/m_Connecting Wire(Black)	1
64	100m/m_Connecting Wire(White)	1
65	100m/m_Connecting Wire(Black)	1
66	Connecting Wire(White)	1
67	Connecting Wire(Black)	1
68	USB Cable(Tybe B/Tybe A)	1

ADDITIONAL PARTS

Included, with the console, is a USB cord (Type A to Type B). This cord allows you to download software upgrades by connecting your treadmill to the internet. To download the most up to date software, connect your USB cable to your computer and visit:

http://www.imovr.com/treadmill-software-download

IMPORTANT - Use this cord only while updating software on your treadmill. Once finished updating software, unplug the cable from the treamill console. Do not plug the console into any other devices.

ThermoTread GT