

LANDICE

M1 Folding Treadmill Owner's Manual



Part Number: 4002

M1 Folding Treadmill 1-Year Limited Parts Warranty

Landice Inc. (“Landice”) warrants to the original purchaser of the M1 Folding Treadmill (the “Treadmill”) that its parts are free from material defects when used for the purpose intended under normal conditions, provided it receives proper care and maintenance as set forth herein. This limited parts warranty is extended only to the original purchaser and is not transferable or applicable to any other person. To ensure the quality of our service and meet the requirements of this commitment, this limited parts warranty is contingent on the following conditions. Failure to meet these conditions without Landice's express written consent shall automatically void this limited parts warranty.

Conditions

- A. This limited parts warranty applies to original purchaser as long as the Treadmill is used in a residential environment and remains in the US or Canada.
- B. Any Treadmill user must weigh 220 lbs. or less
- C. The Treadmill must be used and stored in a temperature controlled environment. If the Treadmill is placed in another environment, it shall void the warranty.
- D. Product registration must be completed online at landice.com/support/product-registration within 30 days of purchase.
- E. This limited parts warranty does not cover cosmetic damage, damage due to acts of God, accident, misuse, abuse, improper maintenance or negligence.
- F. All wear items such as walking belt, deck, headphone jacks and USB ports are not covered by this limited parts warranty.
- G. Parts damaged due to over-tightened belts, improper folding or storage of the Treadmill are not covered.
- H. This limited parts warranty covers defects in material and workmanship as to parts only as determined by Landice.
- I. Landice has the right to repair or replace defective part(s).

Exclusions

The preceding limited parts warranty is the sole and exclusive warranty made by Landice. They supersede any prior, contrary or additional representations, whether oral or written. No agent, representative, dealer or employee has the authority to alter or increase the obligations or limitations of this limited parts warranty. Any implied warranties, including the WARRANTY OF MERCHANTABILITY and any WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE, are hereby excluded in their entirety. Some states do not allow limitations or exclusions on how long an implied warranty lasts, so the above exclusion may not apply to you.

LIMITATION OF REMEDIES

The purchaser's exclusive remedy is limited to repair or replacement of any component deemed by Landice to be defective under the terms and conditions stated herein, except as prohibited by law. In no event will Landice be liable for any special, consequential, incidental, indirect or economic damages, regardless of the theory of liability (including, without limitation, product liability, negligence or other tort) or for any lost revenue, profit, data, privacy or for any punitive damages arising out of or related to the use of the Treadmill even if Landice has been advised of the possibility of such damages. This exclusion and limitation shall apply even if any remedy fails of its essential purpose. Some states do not allow the exclusion or limitation of consequential or incidental type damages so the above limitation may not apply to you.

Labor

This product is not covered by a labor warranty.

Effective December 1, 2018, this Landice limited parts warranty covers all M1 FOLDING TREADMILLS as follows:

FRAME: 1 YEAR

PARTS: 1 YEAR

WEAR ITEMS: NOT COVERED

LABOR: NOT COVERED

ALL DISPUTES ARE ADJUDICATED BY THE LAWS OF THE STATE OF NEW JERSEY, EXCLUDING ANY CONFLICT OF LAW PRINCIPLES.

Important Safety Instructions

Read all instructions before using the treadmill.

DANGER

To reduce the risk of electric shock: always unplug the treadmill from the electrical outlet immediately after using and before cleaning.

WARNING

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

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Close supervision is necessary when the treadmill is used by or near children or persons with disabilities.
- Use the treadmill only for its intended use as described in this manual. Do not use attachments not recommended by Landice.
- Never operate treadmill if it has a damaged cord or plug, if it is not working properly, or if it has been damaged. Call Landice or certified service provider immediately for examination and repair.
- Keep the power cord away from heated surfaces. Be sure the cord has plenty of slack and is not pinched under the treadmill.
- Never operate the treadmill with the motor cover air openings blocked. Keep the air openings free of lint, hair, dust, or debris. Do not step or jump on the motor cover.
- Do not drop or insert objects into any opening on the treadmill. Be sure no objects are near or beneath the treadbelt when you are using the treadmill.
- Do not use treadmill outdoors.
- Do not operate treadmill where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, press **STOP**, turn off power switch, then remove plug from outlet.

SAVE THESE INSTRUCTIONS.

WARNING

Failure to observe the following warning statements can result in serious injury!

- Do not use this product without first consulting your doctor if you suffer from any illness, condition, or disability that affects your ability to run, walk or exercise.
- Do not use this product without supervision present if you are suffering from any illness, condition, or disability which affects your ability to run, walk or exercise. Failure to do so can result in serious injury should you fall while the treadbelt is moving.
- Failure to leave ample clearance around the treadmill could cause you to be trapped between the treadmill and a wall if you fall, resulting in burns or other serious injury from the moving treadbelt. **Allow a minimum clearance of 18 inches (46 cm) on each side of the treadmill. Allow a minimum clearance of 6 feet (183 cm) at the rear of the treadmill.**
- Never stand on the treadbelt when starting the treadmill. A sudden start could cause you to lose your balance. Always begin by placing your feet on the side straddles, straddling the treadbelt, before turning the treadmill on.
- Use the Emergency Stop Switch in an emergency only. When the switch is pushed, the treadmill stops quickly, which may cause loss of balance and possible injury.
- Test the emergency stop switch regularly by pushing the switch down and ensuring that the treadbelt comes to a complete stop.
- Familiarize yourself with this manual. Be sure you understand operation of the treadmill before use.
- Always follow basic safety precautions when using an electrical appliance.

⚠ WARNING

Connect treadmill to a properly grounded, dedicated electrical outlet only. See the following Grounding Instructions.

115V
NEMA 5-15



This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The treadmill is equipped with a cord having an equipment grounding conductor and a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded in accordance with all local codes and ordinances. This treadmill requires a grounded, dedicated circuit, rated for 115 VAC, 60 Hz, 15A. No adapter should be used with 120 VAC treadmills.

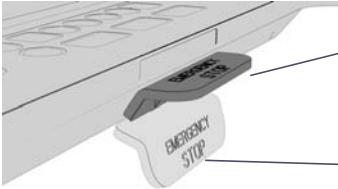
⚠ DANGER

Improper connection of the grounding connector can result in a risk of electric shock. Check with a qualified electrician/service technician if you are in doubt as to whether the treadmill is properly grounded. Do not modify the plug provided with the treadmill—if it will not fit the outlet, have a proper outlet installed by a qualified electrician. Landice is not responsible for injuries or damages as a result of cord or plug modification.

Before you Start the Treadmill: Safety

⚠ WARNING

The treadmill will not operate unless the red Emergency Stop switch is in the up position. During operation, pressing the switch down stops the treadmill.



**Emergency Stop Switch:
Operating Position (up)**

Stopped Position (down)

In an emergency, press the emergency stop switch to quickly stop the treadmill. All console windows display - - and the buzzer beeps 12 times.

To restart after an emergency stop, lift the emergency stop switch to the operating position, then press the **START** button on the keypad.

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1. Introduction

Your Landice treadmill is a high-quality fitness tool that will provide many years of fitness benefits. Unpleasant weather is no longer an obstacle to getting your exercise. Cold, windy, wet days will never discourage you again, nor will heat and humidity. If you like to multi-task, you can watch your favorite TV program or listen to music and take care of your health at the same time.

1.1. Before you Begin

Please do the following before you start to exercise on your treadmill:

- **Register your treadmill.** Landice backs your treadmill with a warranty. For the factory to respond if your treadmill has a problem, we need your warranty information on file. Register online at the link below.
<http://www.landice.com/support/product-registration>
- Ensure that a suitable electrical outlet is available. The treadmill requires a 120VAC/60 Hz grounded power outlet.
- Select the proper location. The treadmill should be installed in a climate-controlled room. See “Installation and Setup” on page 13.
- Familiarize yourself with the features of the treadmill, shown in the following figures.

1.2. Treadmill Features and Controls

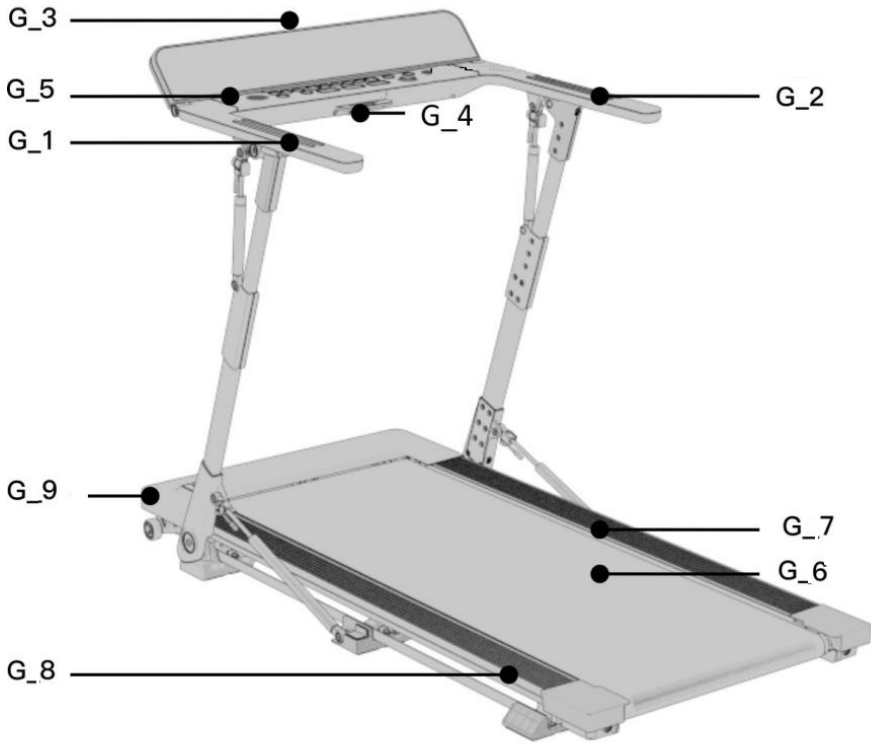


Table 1-1 Treadmill Features and Controls

	Item	Description
G_1, G_2	Handrails	
G_3	Audio Playback connectors	<p>Audio input: Connect a phone through an audio cable and use phone to control the playback.</p> <p>Audio output: Connect headphone cable if desired.</p> <p>USB port: Provides a charging port for devices up to 600 mA.</p>
G_4	Emergency Stop Switch	Push down to stop the treadbelt quickly.
G_5	Console	Provides workout displays and controls.

Table 1-1 Treadmill Features and Controls (Continued)

	Item	Description
G_6	Treadbelt/ Running Surface	The treadbelt/running surface has a four-point suspension system that helps protect the user's knees.
G_7, G_8	Side Straddles	The strips on either side of the treadbelt provide a place for the user to safely stand during treadmill start-up or in an emergency.
G_9	Motor Cover	Protects and conceals motor and motor control components.



1.3. Treadmill Specifications

Table 1-2 Treadmill Specifications

Item	Specification
Unfolded size	58" x 30" x 41"
Folded size	58" x 30" x 5"
Running area	49" x 19"
Net weight	99 lbs.
Max user weight	220 lbs.
Incline (%)	Fixed
Drive motor	1.0 HP
Speed range	0.5 - 5.0mph
Display	LED
Statistics	Speed, Time, Steps, Distance, Calories

2. Installation and Setup

2.1. Unpacking

 WARNING	To avoid injury, use caution when moving and lifting the treadmill during unpacking and assembly.
 WARNING	Place the treadmill carton on a flat level surface. Use care when handling and transporting the carton. Never open box when it is on its side. After removing the banding straps, do not lift or transport the treadmill unless it is in the upright folded position.

Note: Save all packing materials for the duration of the warranty period.

The shipping carton measures 59" x 31" x 6" and weighs 110 lb.

Figure 2-1. Carton Packing

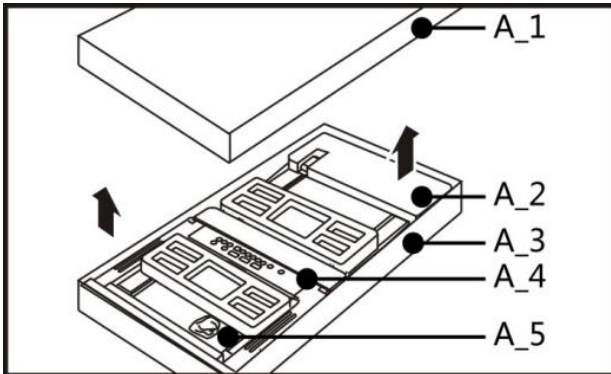


Table 2-1 Carton Contents

Item	Description
A_1	Top cover
A_2	Molded foam

Table 2-1 Carton Contents (Continued)

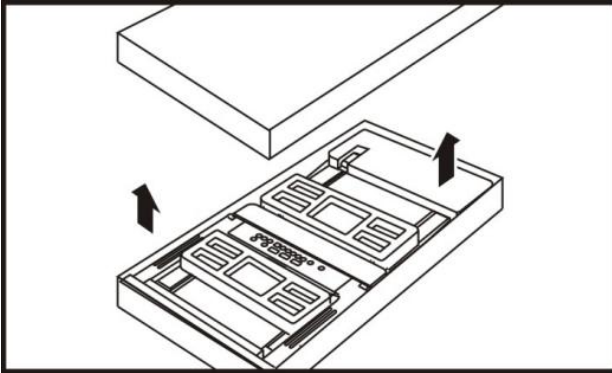
Item	Description
A_3	Cardboard tray
A_4	Treadmill
A_5	Accessories: Owner's manual, Allen wrench, lubricant, power cord, audio cable

1. Ensure the carton top cover is upward.
2. Carefully cut the straps around the carton.

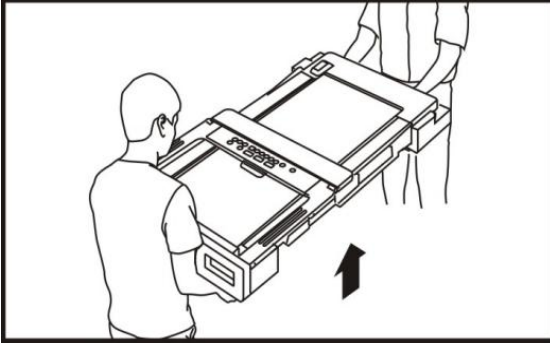
CAUTION

Be careful! Straps are under tension.

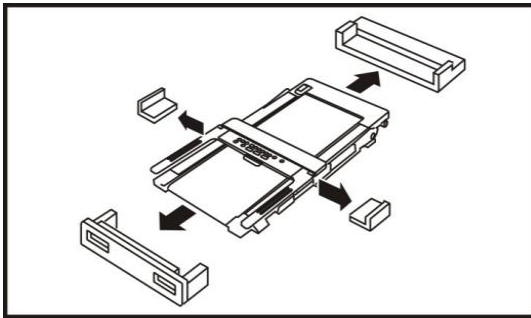
3. Remove the top cover and set it aside.



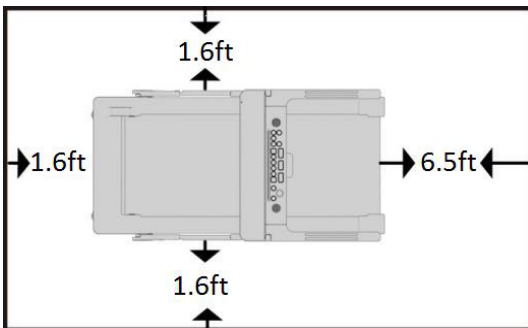
- Using two people, remove the treadmill from the bottom cardboard tray.



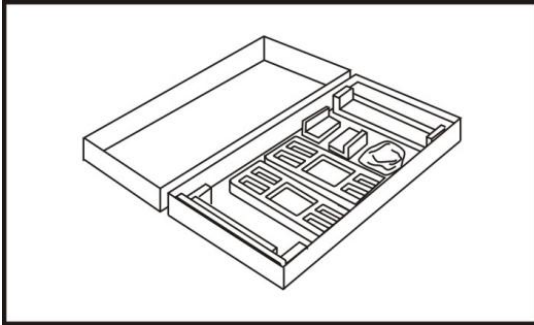
- Place the treadmill on a flat, clean, dry surface. Do not place it on a soft mat or thick carpeting. Treadmill is for INDOOR USE ONLY. Remove the molded foam and plastic sheeting.



- Position the treadmill for use. Ensure the clearance around the treadmill is 6.5 feet behind the treadmill, and 1.6 feet on each side and in front.



- Put the molded foam and plastic sheeting back into the carton, and store packaging materials in a dry location.



2.2. Unfolding the Treadmill

Follow the steps below to unfold the treadmill before use. The treadmill is shipped folded. It must be fully unfolded and all mechanisms locked into place before using.

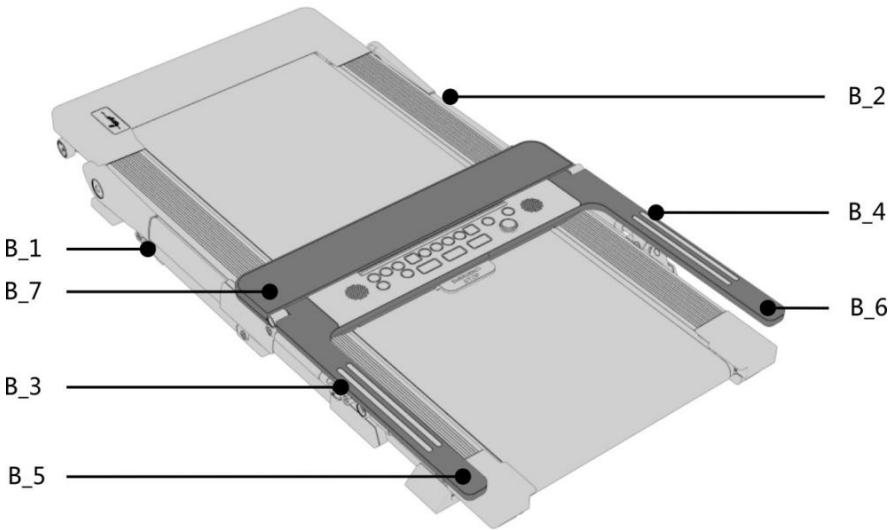
⚠ WARNING

Do not attempt to operate treadmill while it is folded. To prevent damage, release locking mechanisms before lifting handrail/console assembly. Ensure handrail/console area is free of obstructions before unfolding handrails.

⚠ WARNING



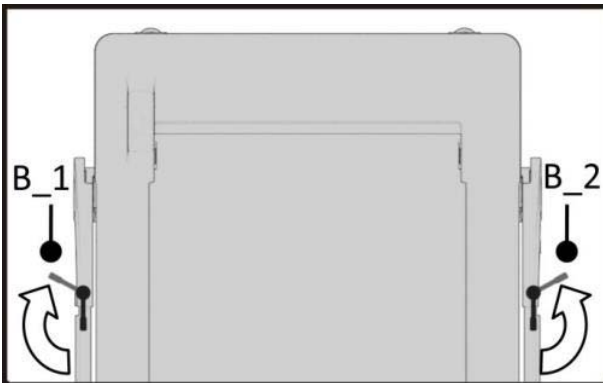
Be careful not to pinch your hands while unfolding the treadmill. There are warning labels at the pinch points at top of left and right column.



Note: See M1 video on our website

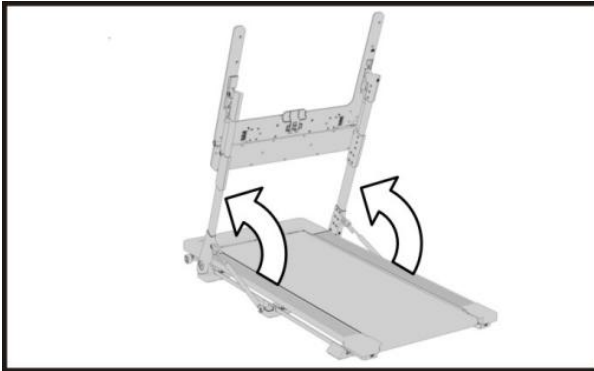
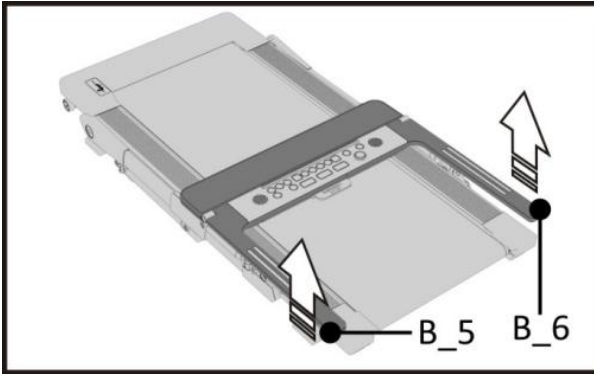
<https://landice-folding-treadmill.com/pages/landice-m1-folding-treadmill-video>

1. Rotate levers **B_1** and **B_2** at the bottom of left and right column outward as far as possible.

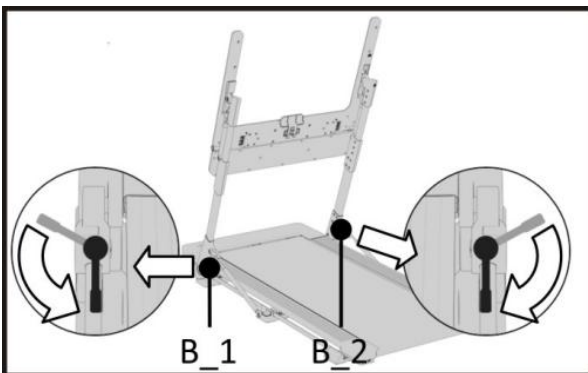


Installation and Setup

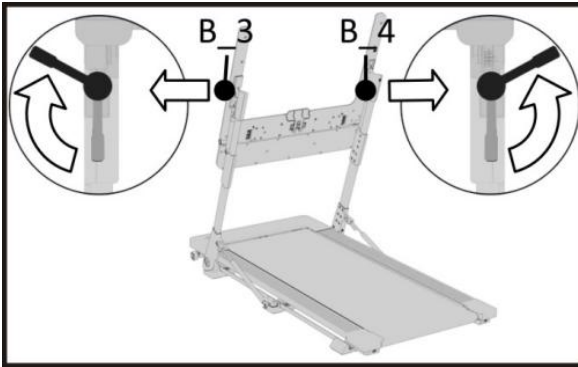
2. Grasp the ends of left and right handrails **B_5** and **B_6** and lift the handrails upward to unfold the treadmill uprights.



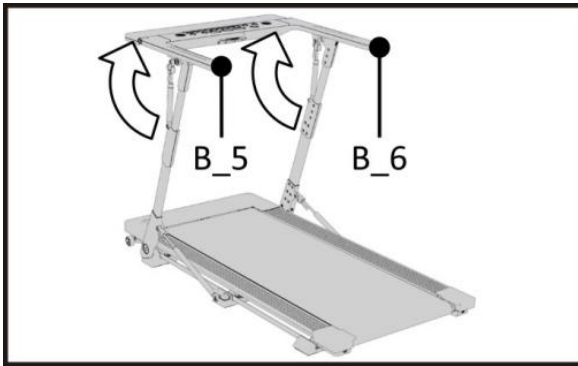
3. Return levers **B_1/B_2** to the down position to lock the uprights in place after unfolding the treadmill.



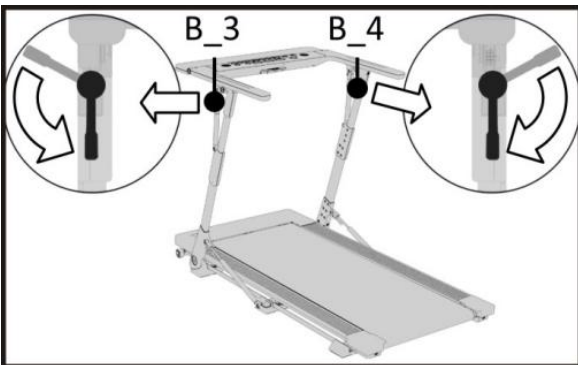
4. Rotate levers **B_3** and **B_4** at the top of left and right columns outward to the limit position.



5. Grasp the ends of left and right handrails **B_5** and **B_6** and tilt the handrails downward until they are level.

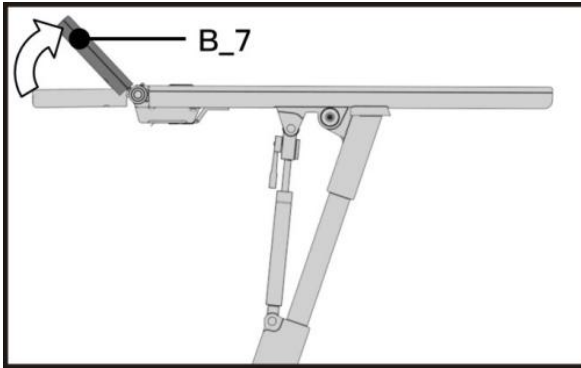


6. Return levers **B_3** and **B_4** to the down position to lock the handrails into position.

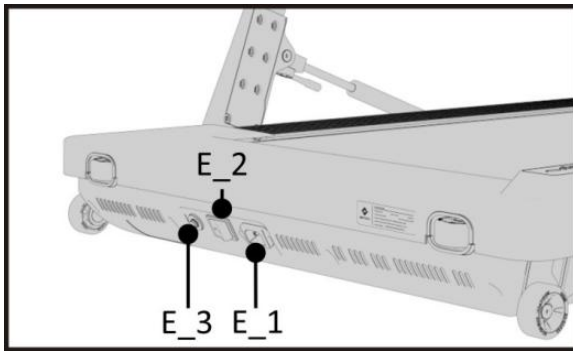


Installation and Setup

7. Grasp both sides of the display console **B_7** and tilt the console up. Adjust to the desired angle (0 to 90 degrees).



8. Plug one end of supplied power cord into the power socket **E_1** located on the front of the treadmill at the bottom.



9. Plug the other end of the power cord into a grounded, 115 VAC, 60 Hz outlet. Your treadmill is now ready for use.

3. Treadmill Operation

3.1. Turning Power On/Off



Do not use a voltage adapter or an extension cord with the treadmill.



Never touch the power cord or power switch with wet hands.

The treadmill must be used with the specified voltage; the power outlet must be grounded.

Figure 3-1. Treadmill Power Features

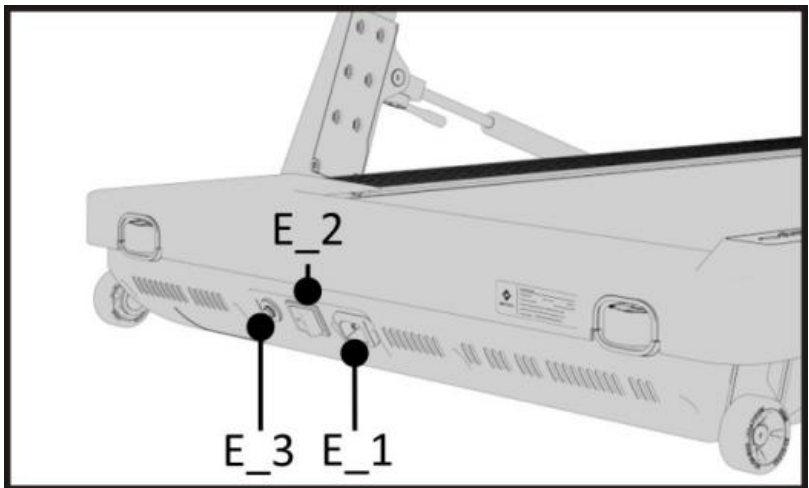


Table 3-1 Treadmill Power Features

Item	Description
E_1	Power socket
E_2	Power switch: I = power on, O = power off
E_3	Overload protector

3.1.1. Power On

1. Ensure power cord is plugged in.
2. Set power switch **E_2** on the front bottom of the treadmill to the on position (**I**).

3.1.2. Power Off

1. Set power switch **E_2** on the front bottom of the treadmill to the off position (**O**).
2. Unplug the power cord.

Note: If treadmill current becomes too high, the overload protector **E_3** automatically disconnects power to protect the controller and the motor. Press the overload protector button to reset for normal use. If overload protector repeatedly disconnects, Service/Maintenance is required.

3.2. Using the Console

Note: Workout buttons can only be activated while the treadmill is in operation; media buttons can only be activated if audio is connected.

Figure 3-2. Keypad and Display

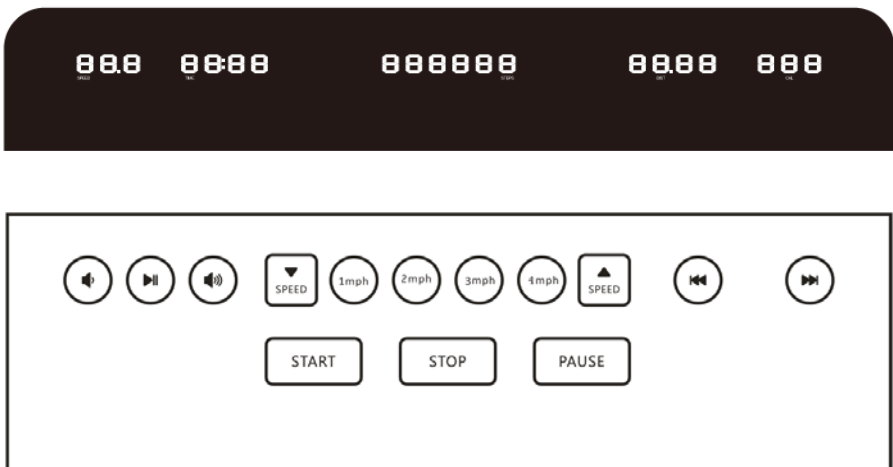


Table 3-2 Console Controls















Item	Description
	Volume- Button Press to reduce audio volume by 1 bar Press and hold to continually decrease volume
	Play/Pause Button Press to pause audio when it is playing. Press again to play audio when it is paused
	Volume+ Button Press to increase audio volume by 1 bar Press and hold to continually increase volume
	Decrease Speed Button: press to decrease treadmill speed in increments of 0.1 mph. Press and hold to continually decrease speed.
	Increase Speed Button Press to increase treadmill speed in increments of 0.1 mph. Press and hold to continually increase speed.
	1 mph Express Speed Button Press to quickly adjust the treadmill from its current speed to 1 mph.
	2 mph Express Speed Button Press to quickly adjust treadmill from its current speed to 2mph.
	3 mph Express Speed Button Press to quickly adjust treadmill from its current speed to 3mph.
	4 mph Express Speed Button Press to quickly adjust speed to 4mph.
	Previous Song Button Press to play the previous song on the music list.

Table 3-2 Console Controls (Continued)

Item	Description
	Next Song Button: press to play the next song on the music list.
	START Button: Press to start the treadmill. The screen starts to display after 3 seconds.
	Stop Button: When the treadmill is in motion, press STOP at any time to stop the treadbelt. Stopping the treadmill resets all data to zero.
	PAUSE Button: press to pause the treadmill without losing workout data when in motion. The speed changes to 0 but the other data is retained.

3.3. Display Information

Table 3-3 Display Information

Item	Description
SPEED	Indicates treadbelt speed in miles per hour (mph). Values range from 0.5 to 5.0 mph.
TIME	Workout time, shown as Minutes: Seconds. Range: 00:00 to 99:59 (timer restarts if workout exceeds 100 minutes)
STEPS	Indicates steps the user has walked, from 0 to 999999.
DIST	Distance traveled during your workout. Range: 0 to 99.9 miles.
CAL	Total Calories burned during the workout. Range: 0 to 999 cal; the cumulative maximum value is 9.99 cal.

3.4. Exercising on the Treadmill

Please read and follow these instructions carefully before using the treadmill.

- The power can only be turned on after the treadmill is fully unfolded. Plug the power cord into the socket and turn on the power switch in front of the machine.
 - Follow the instructions on the console. Set the speed and begin walking/running.
 - Hold the handrail when operating the console.
 - When ending the workout, slow treadmill speed, hold the handrails, then step onto the side straddles.
 - After exercising, press **STOP** and turn off the power switch on the front of the machine.
1. Turn on treadmill power. The display shows the treadmill software version number and date after 1 second, then displays the standby page after 1 second.
 2. If the emergency stop switch is not closed (in the up position), a prompt appears as -- -- -- -- --. Ensure emergency stop switch is closed, then press the **START** button. After a 3-second countdown, the treadmill starts moving at the slowest speed.
 3. Adjust the speed as desired using the **Speed Up** and **Speed Down** arrow keys.
 4. To stop, simply press the **STOP** button. The treadbelt gradually slows down for several seconds, then stops completely.

**WARNING**

In case of emergency, push down the emergency stop switch hard, hold the handrails with both hands, place your feet on both side straddles, then step off the treadmill. Treadmill stops suddenly when emergency stop switch is pressed.

3.5. Playing Music

The treadmill accepts input from the user's phone or music player. Connect phone through an audio cable to the treadmill's audio input jack and use the phone to control the volume and playback.

4. Maintenance and Troubleshooting

4.1. Cleaning

⚠ WARNING

To reduce the risk of electrical shock, always unplug the unit from its power source before cleaning it.

⚠ WARNING

Do not allow water or liquids to enter the treadmill. Electrical shock may occur even if the treadmill is unplugged. Never pour or spray liquids on the display console, handrails, or treadmill. Allow the treadmill to dry completely before using.

1. Vacuum around and under the treadmill at least once a week. Wipe any sweat from the treadmill after each workout. It is recommended to clean the console after each workout with a clean cloth, dampened (not dripping) with a diluted solution of mild soap and water. Periodically clean the frame, handrails and treadbelt with the same solution.
2. Use a damp, soft cloth to clean the side straddles and running deck. If necessary, clean the grooves on the treadbelt using a soft nylon scrub brush.

⚠ WARNING

Lethal voltages and moving parts capable of causing serious injury are exposed when the motor cover is removed. Under no circumstances should the motor cover be removed except by a Landice factory-authorized technician.

⚠ WARNING

Always unplug the treadmill from the electrical outlet before cleaning or lubricating the treadmill.

4.2. Treadbelt Adjustment

4.2.1. Adjusting the Tension

The treadbelt tension is set at the factory. The belt may stretch or be off-center after use. Stretching is normal during the break-in period.

⚠ WARNING

Grasp the handrails with both hands. With your left foot on the ground, try to stop the treadbelt with your right foot. If the treadbelt slips and the motor idles, the treadbelt is too loose.

⚠ WARNING

Do not walk on the treadmill during adjustment.

1. Use the supplied Allen wrench to turn both adjustment screws independently clockwise by 1/4 turn at a time. Ensure the treadbelt remains in the center of the walking surface.
2. Plug in the power cord and carefully walk on the treadmill for a few minutes. Repeat the adjustment if necessary. Treadbelt is properly tensioned when the slipping sensation is gone. **DO NOT OVERTIGHTEN** or damage to the belt and other components may result.

4.2.2. Centering the Treadbelt

The treadbelt is adjusted at the factory, but may move off-center during use. Before each use, ensure the treadbelt is centered and remains centered during operation.

To center the treadbelt:

1. If treadbelt is too far to the left, use the supplied Allen wrench to turn the adjustment screw on the left side 1/4 turn clockwise.
2. Turn the treadmill on. Set speed to 2mph for 1 minute to see if the treadbelt returns to center.
3. If the treadbelt moves to the right, turn the adjustment screw counterclockwise by 1/8 turn. Repeat steps 1 through 3 until the running belt is centered.

4. If the treadbelt is too far to the right, use the supplied Allen wrench to turn the adjustment screw on the right side 1/4 turn clockwise.
5. Turn the treadmill on. Let it run at 2mph for 1 minute to see if the running belt is centered.
6. If the treadbelt moves to the left, turn the adjustment screw counterclockwise by 1/8 turn. Repeat steps 4 through 6 until the treadbelt is centered.

4.3. Lubricating the Treadbelt

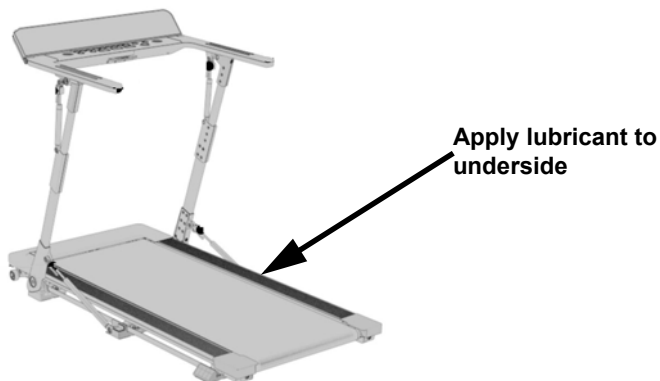
The treadmill displays an **OIL** icon when the treadbelt needs lubrication. Press any key to remove the **OIL** prompt and finish the workout if desired. The treadmill will continue to display the oil reminder until the treadbelt is lubricated.

Note: The buzzer beeps 5 times when the **OIL** prompt pops up.

Use the silicone lubricant supplied with the treadmill. A Material Data Safety Sheet for the lubricant is available, please contact Landice.

To apply lubricant:

1. Unplug the treadmill.
2. Lift one side of the treadbelt.
3. Apply the lubricant to the underside center of the treadmill between the treadbelt and the running deck. Apply approximately 1/2 ounce.



4. Plug the treadmill in.
5. Turn the treadmill on and operate at 1mph for 5-10 minutes. This will allow the lubricant to spread evenly across the treadbelt.
6. If some lubricant works its way onto the treadbelt, remove it using diluted dish detergent applied on a lint-free towel. Avoid using paper towels because they may leave a residue on the treadbelt.



WARNING

Store lubricant in a cool, dry, ventilated area.

Keep lubricant away from open flame/fire.

Wash hands thoroughly after using lubricant. Avoid contact with eyes.

Keep lubricant away from children.

4.4. Storing the Treadmill

When the treadmill is not in use, turn it OFF at power switch. It may be folded for storage if desired. Ensure that the power cord is unplugged from treadmill and from wall outlet and stored out of the way so it will not be pinched or damaged.

Do not store the treadmill in direct sunlight or high temperatures. It can be folded and stored flat in a closet or under a bed. Follow the steps below to fold the treadmill for storage.



WARNING

Before folding the treadmill, ensure it is stopped, turned off, and unplugged. Do not force the treadmill to fold before unlocking the mechanisms.

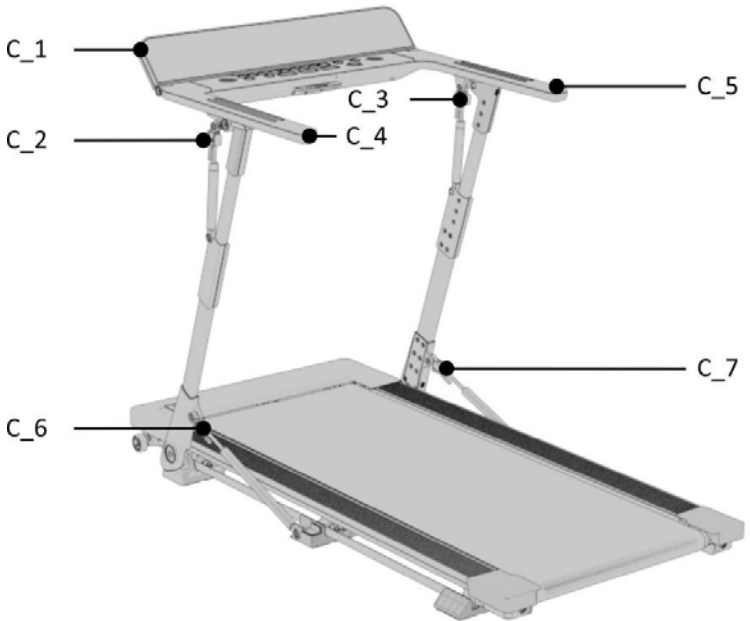


WARNING

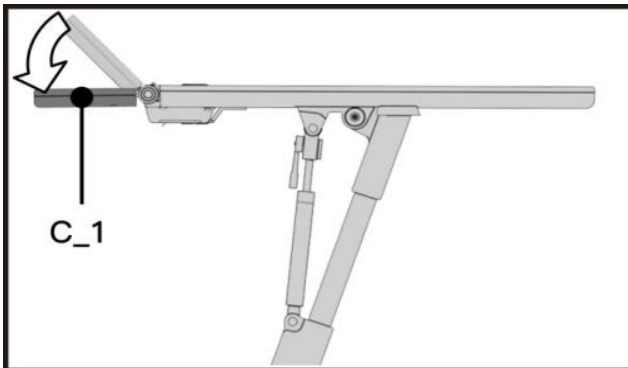


Be careful not to pinch your hands while folding the treadmill. There are warning labels at the pinch points at top of left and right column.

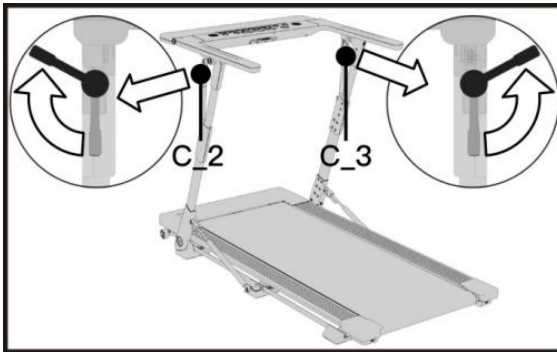
Figure 4-1. Folding the Treadmill



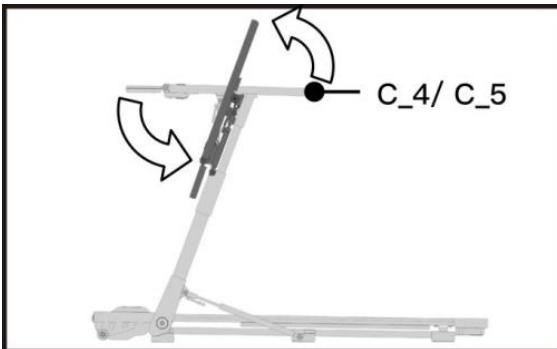
1. Hold the console **C_1** with both hands and push it downward until it aligns with the handrails.



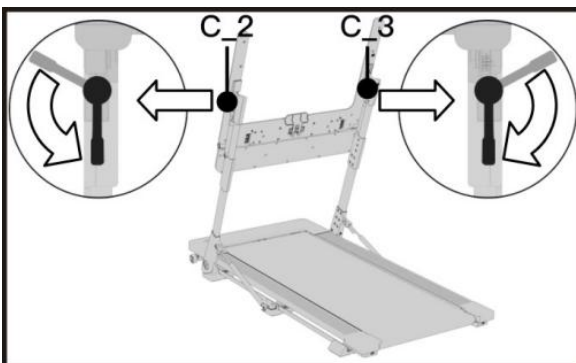
2. Unlock the handrails by rotating levers **C_2** and **C_3** at the top of left and right columns outward until they stop.



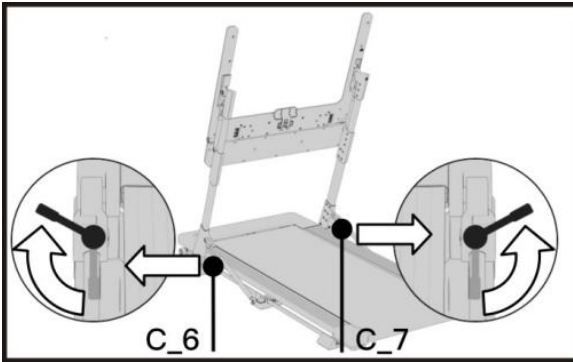
3. Fold the handrail assembly **C_4** and **C_5** down to the columns. Hold handrails until folding is completed.



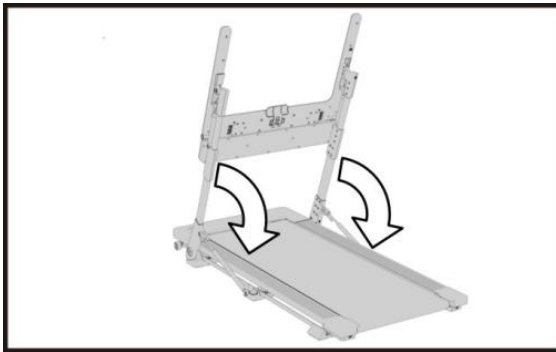
4. Return levers **C_2/C_3** to the down position to reset the locking mechanism after completely folding the handrails.



5. Rotate levers **C_6/ C_7** at the bottom of left and right column fully outward.



6. Hold the ends of left and right handrails and press the uprights down to the walking board. Hold the handrails until uprights are folded completely down.
7. Turn levers C_6/C_7 to reset the locking mechanism after treadmill is completely folded.



4.5. Moving the Folded Treadmill

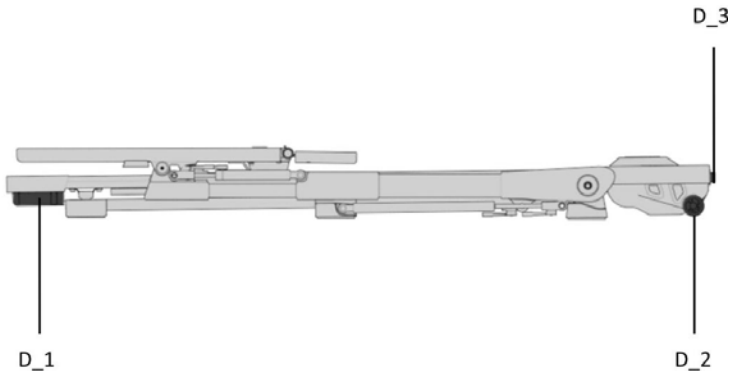
After folding the treadmill, follow these steps to move and store the treadmill if necessary. The treadmill can be moved easily using its wheels.



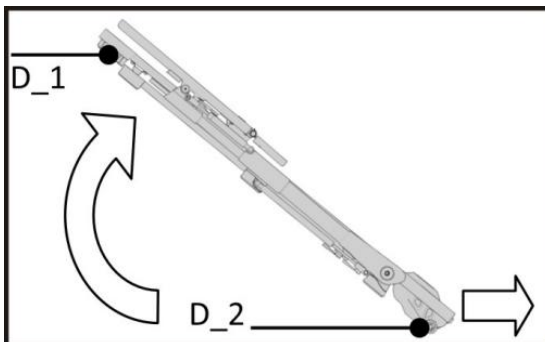
To avoid injury, ensure the power switch is OFF and the power cord is unplugged prior to moving the treadmill.

Ensure that all left and right column locking mechanism levers are closed.

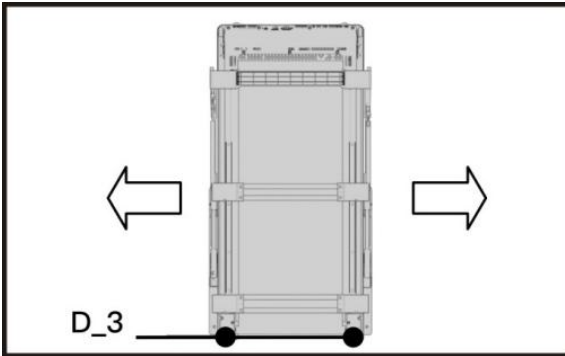
Figure 4-2. Treadmill Wheels



1. Lift the treadmill using the rear end cap **D_1**, then use the wheels **D_2** to roll the treadmill to the desired location.



2. After the treadmill is fully upright, move it to the desired location by rolling it on the two horizontal wheels **D_3**, located in front of the motor cover.



Ensure treadmill is safely stored, will not fall over, obstruct points of exit and is not near heat sources. Keep children away from treadmill at all times, including when stored.

4.6. Troubleshooting

Table 4-1 Troubleshooting

Error Message	Cause	Solution
ERR 02	Burst protection	Check motor wire connection. Replace controller
ERR 05	Overcurrent protection	Lubricate treadbelt. Replace controller.
ERR 06	Overload protection	Lubricate treadbelt. Replace controller.

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