



**Powerology**

**Folding Design Walking  
& Running Pad**

SKU: PFTRDMLBK

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Before installing and using the product, please carefully read this User Manual to guarantee correct usage and keep it secure for future reference.

## Important Notes

Thank you for choosing our company's products. Proper use of this equipment is essential for your safety and health. Before using this equipment, please carefully read the following instructions:

- 1.** Thoroughly review the user manual before installing and using this equipment. Proper installation, maintenance, and usage are crucial for safe and effective training.
- 2.** Before starting any training program, consult with your doctor to assess your current health condition.
- 3.** It is vital to ensure that exercising with this equipment does not pose any health risks, especially if you have concerns related to blood pressure, cholesterol, or other medical issues.
- 4.** Pay close attention to your body's signals during exercise. If you experience discomfort such as heartaches, chest tightness, rapid heartbeat, difficulty breathing, feeling of heaviness in the head and feet, dizziness, or nausea, cease exercise immediately. Consult your doctor before resuming the training program.
- 5.** Place a firm and flat material under the equipment's base to protect your floor and stabilize the unit. Ensure at least one meter of unobstructed space around the equipment for safety reasons.
- 6.** Before using the equipment, verify that all screws, bolts, and nuts are securely tightened.
- 7.** If you notice any defects or hear unusual noises during setup or use, stop using the equipment immediately and do not resume until the issue is resolved.
- 8.** Wear well-fitting clothes during workouts to avoid interference from loose garments that could catch in the equipment, potentially restricting movement or causing injury.

9. When using the treadmill under normal conditions, securely attach the safety key chain to your clothing.
10. This precaution ensures the treadmill can be quickly stopped in emergencies by pulling the key.
11. In case of an emergency, pull the safety key to immediately cut power to the treadmill and bring it to a stop.
12. This device is designed for indoor and household use only, supporting a maximum load of 120 kg. Avoid overloading during exercise.
13. If the device uses silicone oil, ensure it is kept out of reach of children.
14. Store this manual and any installation tools securely and properly.
15. This product is not intended for use as a medical device.
16. Avoid excessive exercise to prevent potential health risks.

## Safety Precautions

For your safety and to prevent accidents, please review the user manual thoroughly before use.

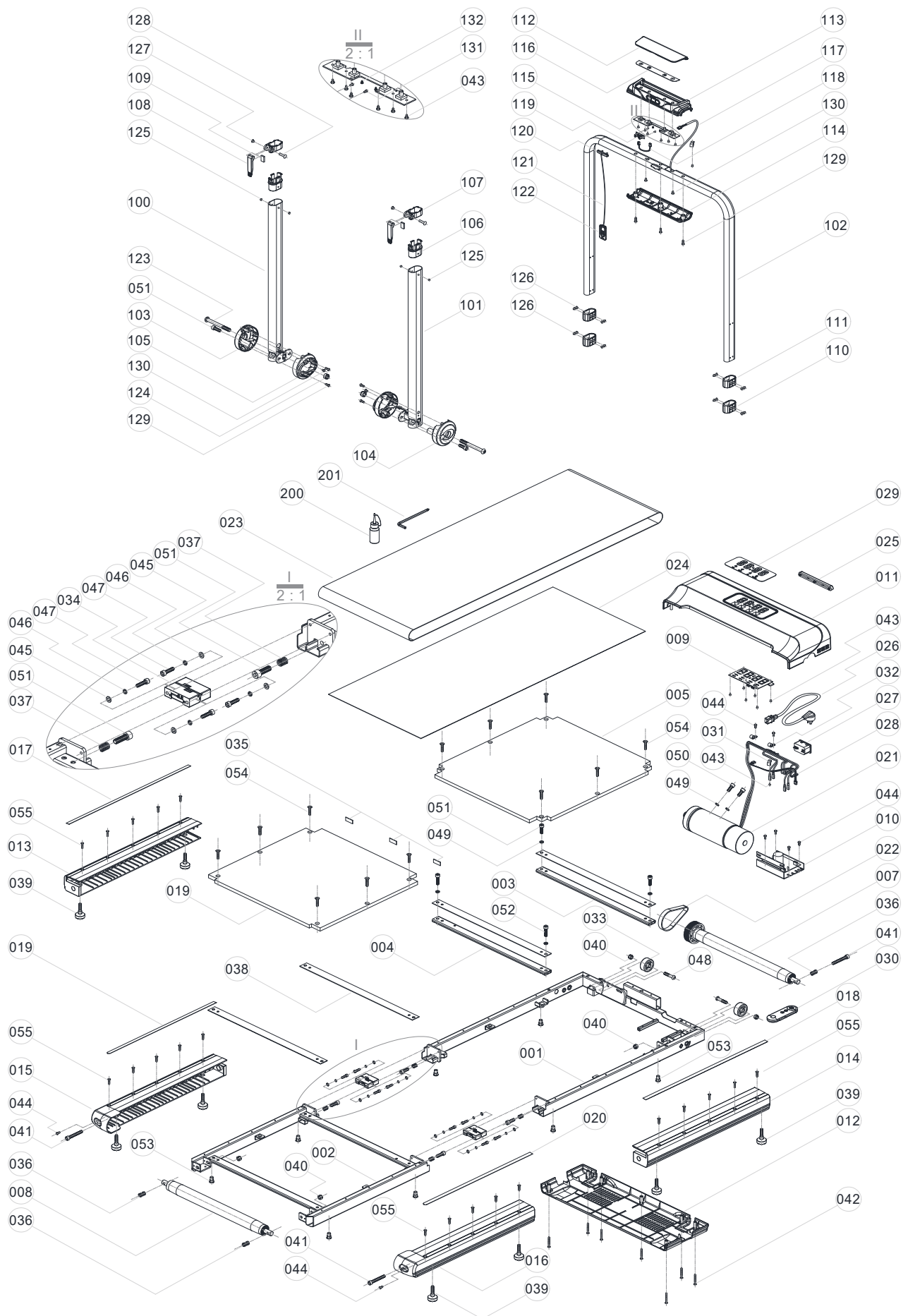
1. Practice 5 to 10 minutes of warm-up exercises prior to using the treadmill. This helps to stretch your muscles and prevent sports - related injuries.
2. Do not rinse the treadmill with water, as this can lead to malfunctions like rusting or electrical issues.
3. Avoid exposing the treadmill to direct sunlight, which can cause premature aging of components and potential malfunctions.
4. Keep away from children and pets while the product is in use to prevent accidents and injuries.
5. Operate the treadmill in a dry environment. Using it in damp or humid conditions can cause electronic component failures and other malfunctions.
6. Do not replace parts, disassemble, or modify the treadmill in any unauthorized manner, as this could pose serious safety risks.
7. Using the treadmill without supervision is prohibited for the elderly, individuals with limited mobility, and children.
8. Ensure all components are intact and undamaged prior to use.

9. Position the treadmill on a flat, stable surface, and maintain a clear area of at least one meter around it to ensure safety and functionality.
10. When using the treadmill, wear proper attire and footwear, and secure the foot strap to prevent slips.
11. This product is designed for indoor use only. Do not use it outdoors to avoid damage or injury, for which our company is not liable.
12. This model is intended for residential use only and is not suitable for commercial environments.
13. Only one person should use the treadmill at any given time.
14. If you experience any adverse reactions like chest pain, nausea, or difficulty breathing while exercising, stop immediately and seek medical advice.

## Warning

Please wear sports shoes to use the product. When using this product, it is essential to wear appropriate sportswear and sports shoes for your safety. Do not use the product while barefoot, or only wearing socks or sandals, as this increases the risk of injury.





Code	Part Name	No.
001	Front main frame	1
002	Rear main frame	1
003	Middle horizontal tube	1
004	Rear horizontal tube	1
005	Front running board	1
006	Rear running board	1
007	Front roller	1
008	Rear roller	1
009	Motor upper control	1
010	Motor Lower Control	1
011	Motor cover	1
012	Motor Lower Cover	1
013	Left front side cover	1
014	Right front side cover	1
015	Left rear cover	1
016	Right rear cover	1
017	Left front cover hole sticker	1
018	Right front cover hole sticker	1
019	Left rear cover hole sticker	1
020	Right rear cover hole sticker	1
021	Motor	1
022	Belt	1
023	Running belt	1
024	Running belt cushion	1
025	Buffer pad	1
026	Power cord	1

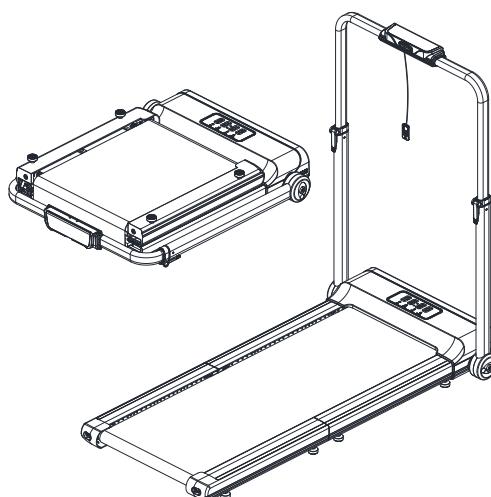
Code	Part Name	No.
027	Power switch	1
028	Wire harness assembly	1
029	Digital Display Panel	1
030	Remote Control	1
031	wire clamp 01	2
032	Wire clamp 02	2
033	Mobile Wheel	2
034	Hinge	2
035	Running board middle spacer	3
036	Compression spring 01	3
037	Compression spring 02	4
038	Running board cushion	4
039	Foot mats	8
040	Hexagonal locking nut (M8)	5
041	Hexagon socket head cap screw (M8×55)	3
042	Cross recessed countersunk head self tapping screw (ST4.2×40)	7
043	Cross recessed pan head self tapping screw (ST2.9×6.5)	13
044	Cross recessed pan head self tapping screw (ST4.2×13)	8
045	Flat washer (D5)	4
046	Elastic washer (D5)	4
047	Hexagon socket head cap screw (M5×20)	4
048	Hexagon socket flat round head screw (M8×40)	2
049	Elastic washer (D8)	6
050	Hexagon socket head cap screw (M8×12)	2
051	Hexagon socket head cap screw (M8×25)	8
052	Hexagon socket head cap screw (M8×30)	2



Code	Part Name	No.
053	Flat headed hexagonal rivet nut (M18×6.5)	8
054	Hexagon socket countersunk head screw (M6×30)	12
055	Cross recessed countersunk head self tapping screw (ST4.2×22)	20
100	Left pillar	1
101	Right pillar	1
102	Armrest	1
103	Left folding decorative cover (on the left side)	1
104	Right folding decorative cover (on the right side)	1
105	Left and Right folding decorative cover	2
106	Hollow sleeve	2
107	Adjustment sleeve	2
108	Adjustment sleeve handle	2
109	Handle rubber block	2
110	Guide sleeve	2
111	Limit sleeve	2
112	Phone holder cover	1
113	Phone holder middle cover	1
114	Phone holder lower cover	1
115	Armrest PCB panel	1

Code	Part Name	No.
116	Armrest PCB surface sticker	1
117	Connection Line 01	1
118	Connection Line 02	1
119	Safety lock cylinder	1
120	Security lock key	1
121	Safety lock rope	
122	Security lock key chain	
123	Hexagon socket flat round head screw (M10×100)	
124	Hexagonal locking nut (M10)	
125	Hexagonal set screw (M5×4)	
126	Cross recessed countersunk head screw (M3.5×6)	
127	Flat round head rivet (5×6)	
128	Flat round head semi hollow rivets (6×24)	2
129	Cross recessed pan head self tapping screws (ST4.2×16)	7
130	cross recessed pan head self tapping screws (ST4.2×9.5)	4
131	Cross recessed pan head self tapping screw (ST2.2×6.5)	2
132	Cross recessed pan head self tapping screws (ST2.2×4.5)	2
200	Silicone oil	1
201	Cross head hex wrench (D6)	1

## Specifications





Product Name	Powerology Folding Design Walking & Running Pad
SKU	PFTRDMLBK
Rated Voltage	220V AC, 50Hz
Motor	Brush Motor, 0.75HP, Peak 2.0HP
Function	Walking & Running Mode
Running Mode Speed	6-10km/h
Walking Mode Speed	1-6 km/h
Belt Size	97.5×67.5×1050mm
Load Capacity	Up to 120KG
Product Net Weight	30KG
Product Size	79.5×67.5×15.8cm (Folded Size) / 128.3×67.5×97.5cm (Unfolded Size)

## Features

1. Exquisite, minimalist, and innovative design.
2. Foldable design for easy storage.
3. Smooth and noise-free multi-groove belt transmission.
4. Multifunctional electronic digital display that shows time, speed, distance, and calories.
5. Front frame equipped with plastic rollers for easy mobility.
6. Easy to install and integrates various running modes, versatile for all-in-one use.
7. Suitable for household use.

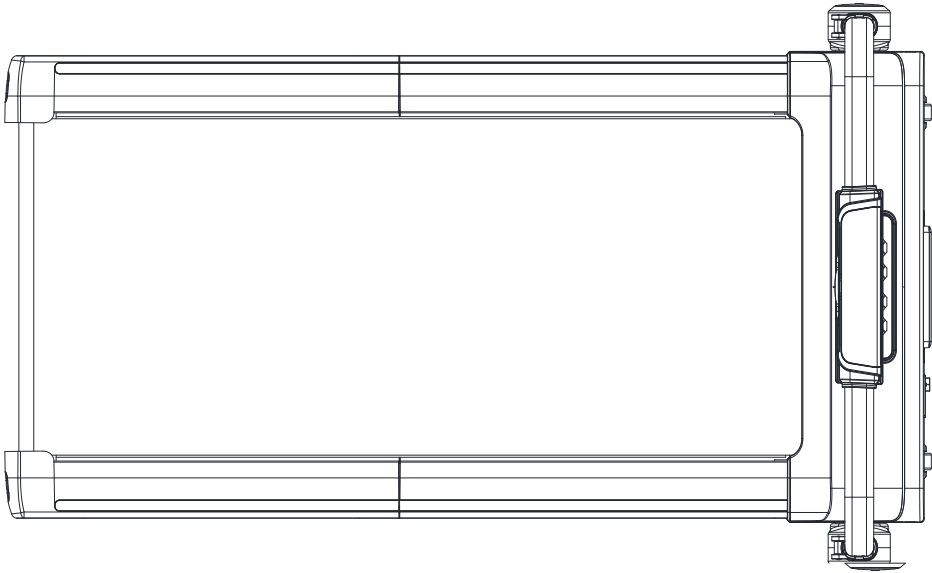
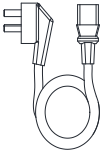





# Accessory Guide

## A. Notes

- 1. After installing the product according to the instructions, if there is any unevenness in the three feet, adjust the foot pads until the unit is level.
- 2. We recommend that you exercise for at least 30 minutes daily to achieve optimal health benefits. It is also advised to control the speed and rhythm of your exercise to prevent injury from excessive speeds.

## B. Product Components

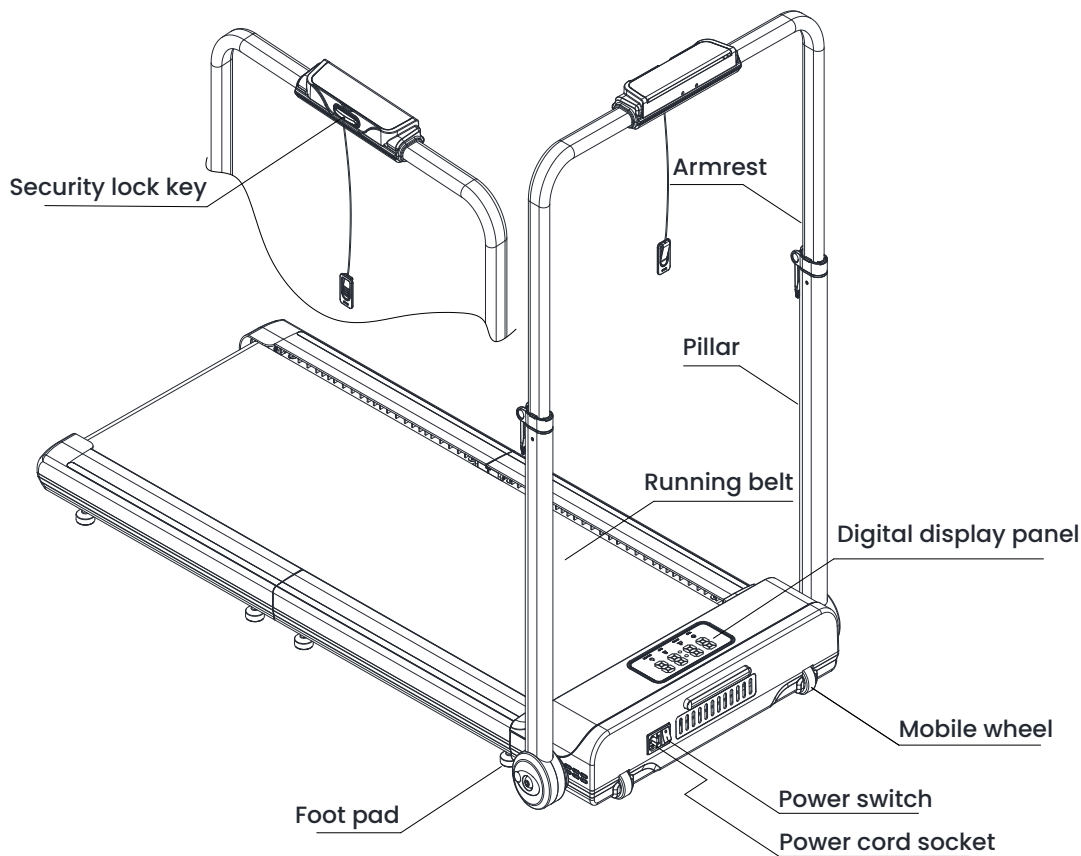
Please carefully check if the items inside the packaging are complete and intact. If there are any missing or damaged items, please refrain from installing or using the product the product.

Product	Accessory	
	Power line 	Remote control 
	security lock key 	Hexagon socket head cap crew screw 
	Wrench 	Silicone oil 

## C. Function Modes

- 1. Walking Mode: Maximum speed up to 6 KM/H.
- 2. Running Mode: Maximum speed up to 10 KM/H.

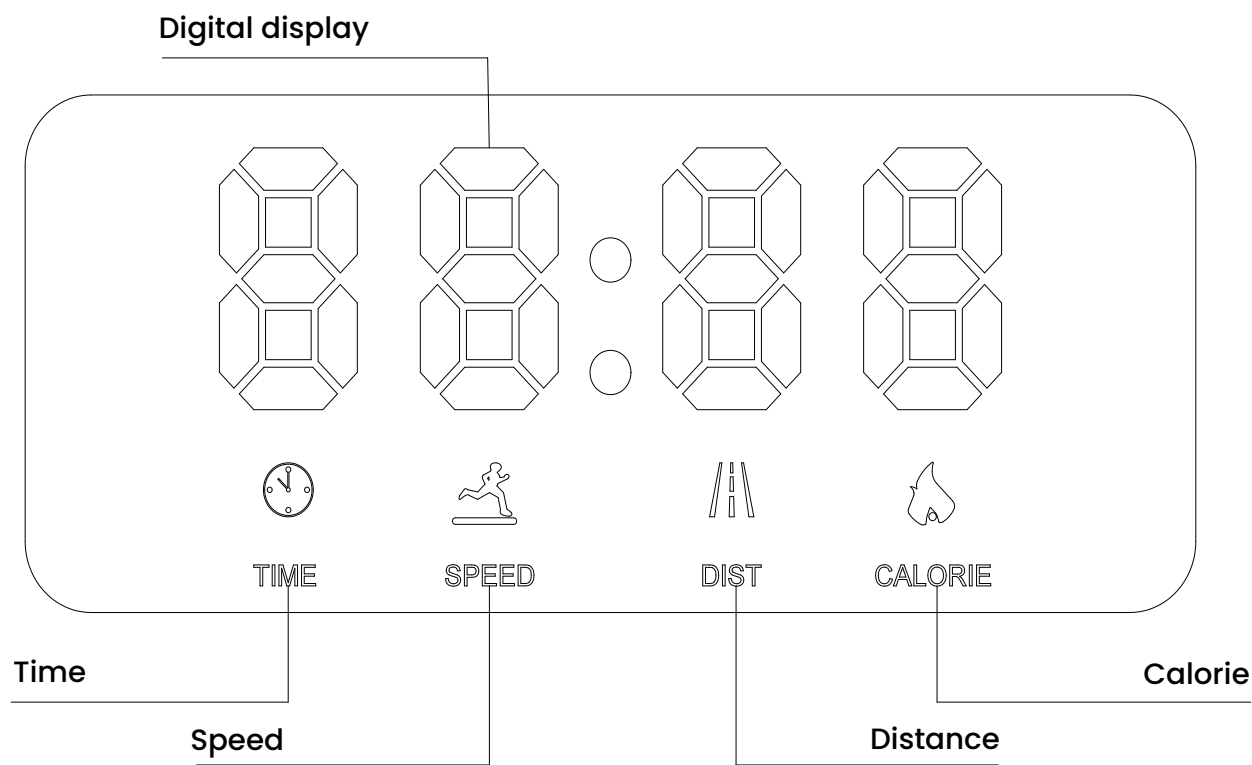
D. Assembled Product Description



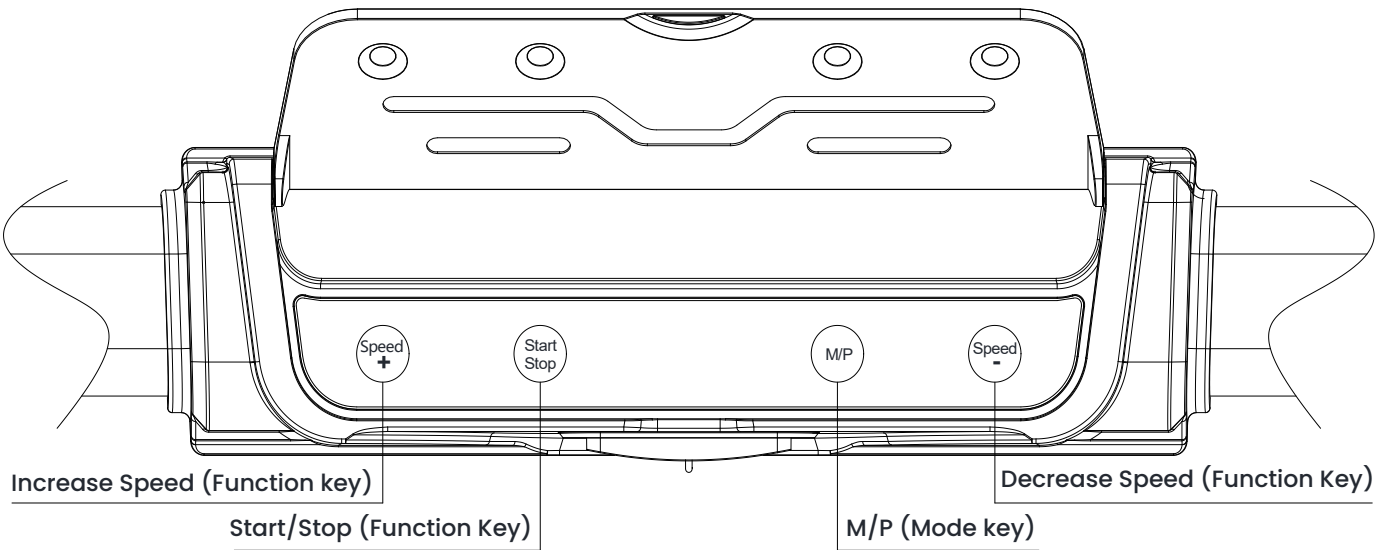
Controllers / Display

A. Digital Display Panel

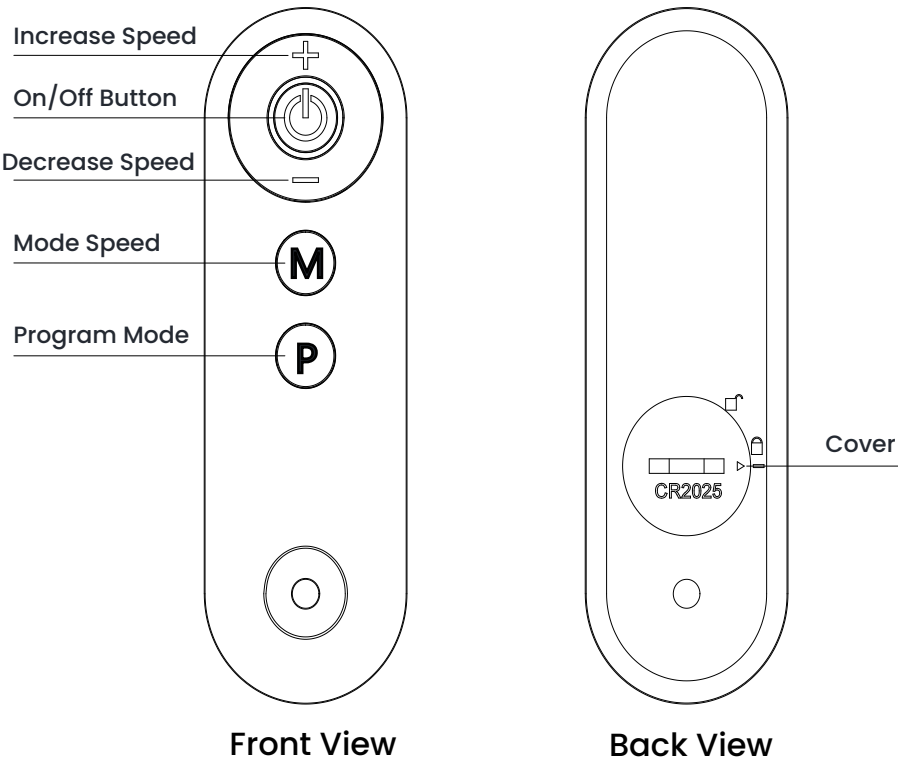
Digital Display Panel indicates the following parameters Time, Speed, Distance, Calories, and Rotating Work Lights.



## B. Armrest Control Panel



## C. Remote Control



## Instructions for Use

### A. Power On

Plug one end of the power cord into a power outlet and the other end into the power port at the front of the product. Then, press the power switch located in front of the product.

## **B. Startup**

Standby mode definition: The state in which the machine is powered on and the security key is inserted.

**1.** In standby mode, press the “on/off” button on the remote control for 3 seconds and start normally after counting down.

**2.** In standby mode, press the “Start Stop” button on the armrest panel for 3 seconds before starting normally.

**Note:** Both of the above methods can be used to turn on the machine.

## **C. Armrest Control Panel Guide**

### **1. Speed+**

Increase the speed in 0.5 km increments per press until you reach the maximum designated speed.

To quickly accelerate to the highest speed, press and hold the “Speed +” button for two seconds.

### **2. Start/Stop**

Press this button while the treadmill is in standby mode. The speed will display “1.0,” and the treadmill will start. Press the shutdown button again to stop.

### **3. Mode Key (M/P)**

In standby mode, press and hold this key for 3 seconds to switch to another mode after hearing the beeper sound inside the machine. The selected mode will be saved after a power failure.

### **4. Speed-**

Decrease the speed in 0.5 km increments per press until you reach the minimum designated speed.

To quickly decelerate to the lowest speed, press and hold the “Speed -” button for two seconds.

## **D. Remote Control Guide**

### **1. On/Off Button**

- In standby mode of the treadmill, press this button; the speed will display “1.0”, and the treadmill will start.

- When the treadmill is running, press this button to reset all data to zero, and the treadmill will automatically slow down until it stops.

## 2. The "+" Button

Increase the speed in 0.5 km increments per press until you reach the maximum designated speed. To quickly accelerate to the highest speed, press and hold the "+" button for two seconds.

## 3. The "-" Button

Decrease the speed in 0.5 km increments per press until you reach the minimum designated speed. To quickly decelerate to the lowest speed, press and hold the "-" button for two seconds.

## 4. The "M" Button (Mode Button)

Press this button in standby mode to set the countdown time, distance countdown, and calories countdown.

## 5. The "P" Button (Program Mode)

In standby mode, you can choose any program from P1–P12. After selecting a program, press the start button to begin, and the machine will automatically adjust to a 30-minute exercise session by default. To adjust the program time, press the M button, then press the "-" button to set the minimum program time to 5 minutes. Once the adjustment is complete, press the "On/Off" button to start.

## E. Display Function Guide

### 1. Time

The timer value set for the current mode or the running time in both current mode and program is displayed. The timer starts from 0–99:59 and restarts after reaching its highest point. There are two modes for displaying time in the window:

- a. Counting the time forward from 00:00 to 99:59.
- b. When the number reaches 99:59, the machine slowly stops and enters standby mode.

### 2. Speed

The screen displays the speed value of the current mode operation.

- a. The walking mode speed range is 1.0–6.0 km/h. When reaching the maximum speed, pressing the acceleration button will sound a beep.
- b. The running mode speed range is 6.0–10.0 km/h. When reaching the maximum speed, pressing the acceleration button will sound a beep.

### 3. Distance

**a.** Display the total running or walking distance of the current mode and the program mode.

**b.** In forward timing mode, the distance ranges from 0 to 99.99 kilometers, and the machine slowly stops when it reaches 0.

### 4. Calories

**a.** Display the calorie accumulation during exercise in the current mode and program mode.

**b.** Calories range from 0 to 9999, reaching their highest point and recalculating.

### 5. Window

The window will display in a 5-second cycle of time, speed, distance, and calories.

### 6. Range of Displayed Data

- Time: 00:00 – 99:59 (min)
- Speed: 1.0 – 12.0 (km/h)
- Distance: 0.01 – 99.99 (km)
- Calories: 0 – 9999 (c)

### F. Power Off

**1.** Press the "On/Off" button on the remote control to stop the machine.

**2.** Press the "Start Stop" button on the armrest to stop the machine.

**3.** In emergencies, stop the machine by pulling the safety key directly.

**4.** Use the power switch button on the machine to stop it (NOT recommended while in use).

**5.** To shut down, simply unplug the power cord (NOT recommended during operation).

### G. Auto-Standby Mode

When the product is on but detects no gravitational weight, it will halt and switch to standby mode after 15 seconds. To continue your exercises, press the "On/Off" button or the "M/P" button.

### H. Mode Switching

This machine has two modes: walking mode and running mode. To switch modes, press and hold the "M/P" button on the armrest for 3 seconds while the machine is in standby mode. After hearing the



buzzer inside the machine, you can switch to another mode. The newly selected mode will be saved even after a power failure.

I. Notes

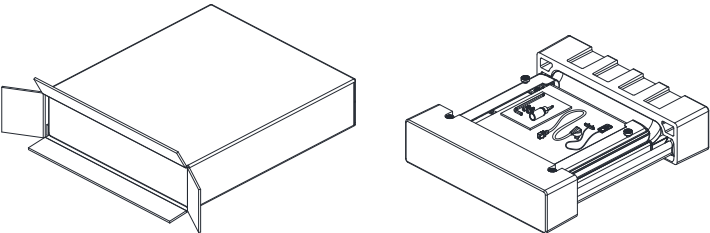
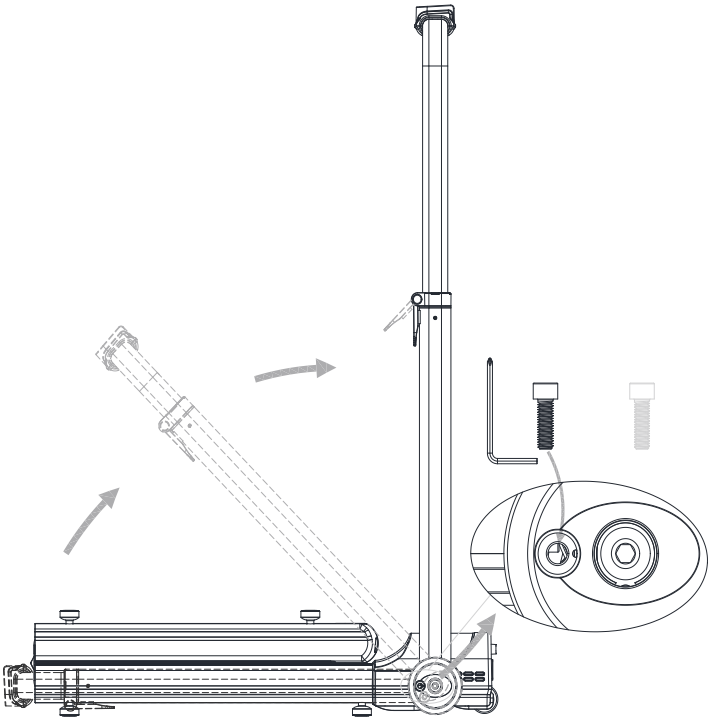
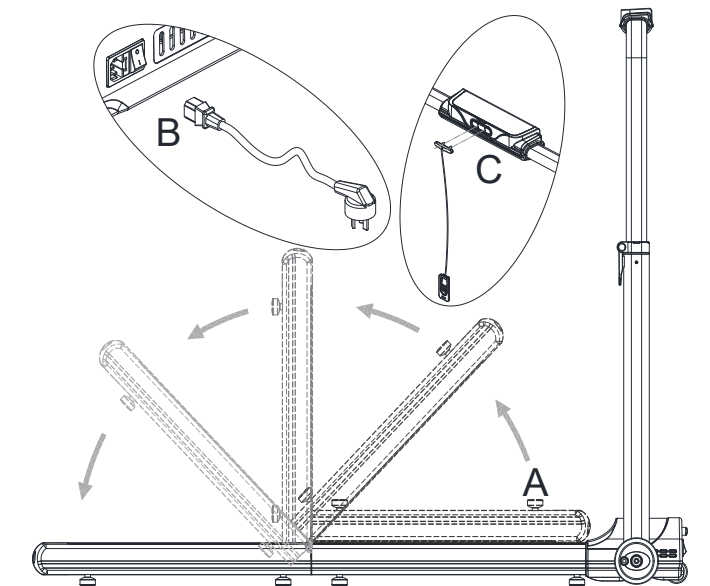
- a. The standard calorie expenditure is 30 kcal/kilometer.
- b. The acceleration step is 0.5 km/s, and the deceleration step is 0.5 km/s.

Troubleshooting

Error Code	Description	Solution
U5	Over-current Protection Activated	The load current of the treadmill is excessively high. To address this, regularly maintain and lubricate the treadmill to reduce friction. If this does not resolve the issue, consider replacing the motor or adjusting the lower control unit.
U6	MOSFET Protection Activated	Replace the controller or motor.
U7	Communication Failure	Ensure the 4-core connection wire is properly connected and secure. If there are issues with the connection, replace either the lower or upper control unit.
U8	Over-voltage Protection Activated	Inspect the motor wires for looseness. If necessary, replace the motor.

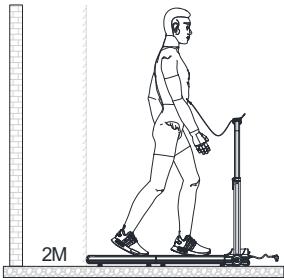

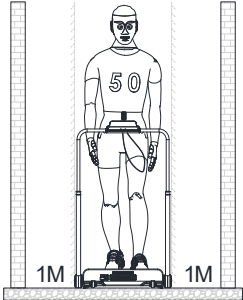

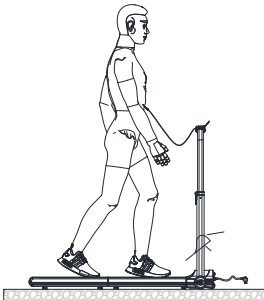



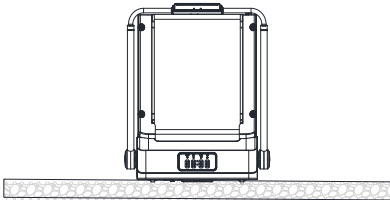

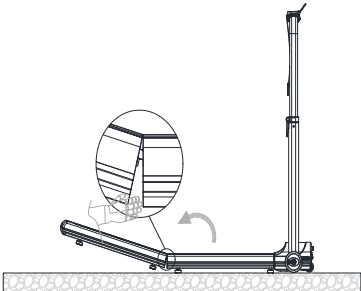

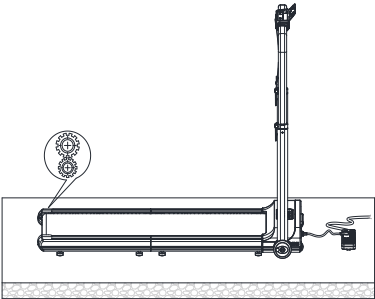

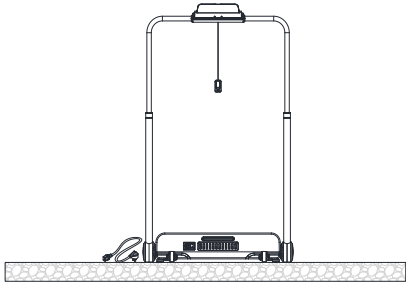

Product assembly

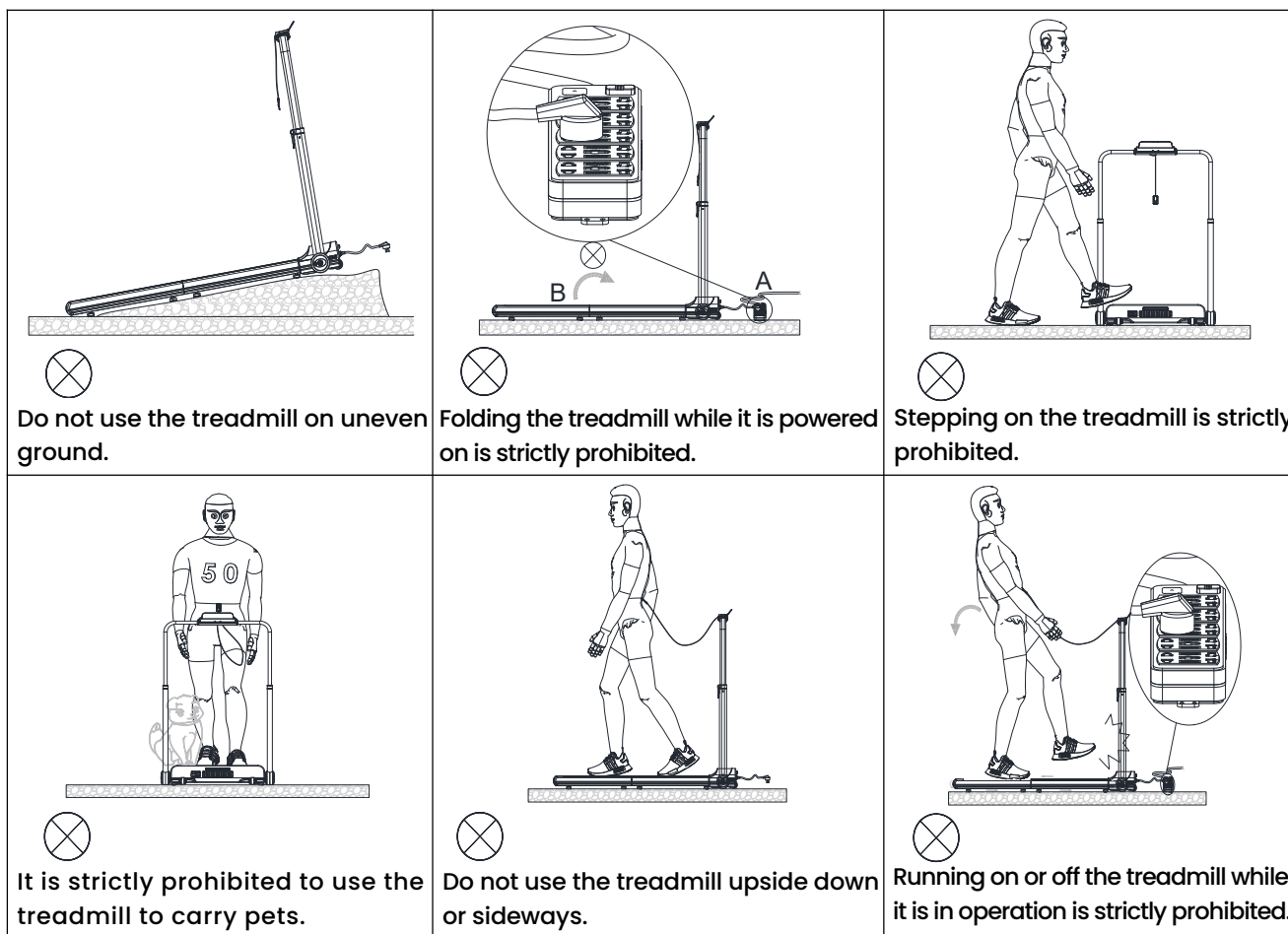
Open the box and remove the product. Rotate the armrest and install 2 screws. Once open, plug in and assemble the product as illustrated below:

Step No.	Instructions	Diagram
1	Open the packaging box and remove the package items.	
2	<p><b>A.</b> Rotate the armrest to a position perpendicular to the machine as shown in the diagram.</p> <p><b>B.</b> Secure the column to the frame using the cylindrical head hexagonal screws from the toolkit as shown in the diagram. Install one screw on each side. If the armrest becomes loose after use, securely tighten the screws on both sides again.</p> <p><b>C.</b> Release the handle of the adjustment sleeve. Set the armrest to your desired height, and then press down on the handle to firmly secure the armrest in place.</p>	
3	<p><b>A.</b> Open the product as illustrated in the diagram.</p> <p><b>B.</b> Connect the power cord and turn on the power.</p> <p><b>C.</b> Insert the safety key.</p> <p><b>Note:</b> If you need to store the product, please follow the steps for installation in reverse order to properly store it back.</p>	

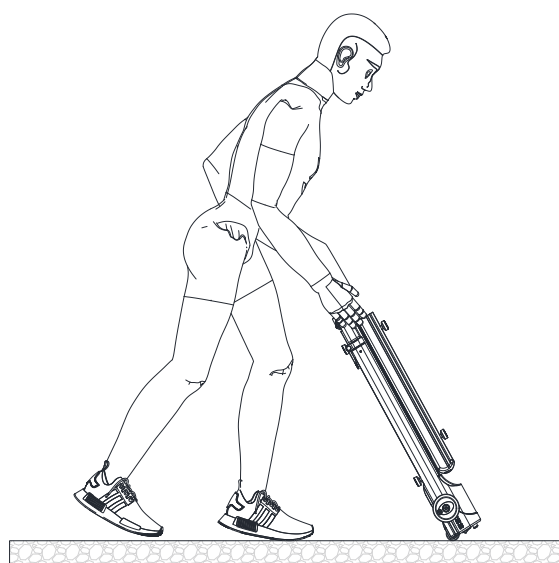
# Safety Instructions

Numerous safety considerations have been addressed and mitigated in the design and manufacturing of our products. However, different types of devices and various usage scenarios may require training tailored to your specific circumstances. It is crucial to remember and follow the safety instructions provided with your purchase.

 <p>2M</p> <p></p> <p>Ensure a safety zone of at least 2 meters is maintained behind the treadmill. This allows you to safely exit the treadmill quickly in case of an emergency.</p>	 <p>1M 1M</p> <p></p> <p>Maintain a safety zone of at least 1 meter on both sides of the treadmill. This allows for quicker and safer stepping off the treadmill in case of an emergency.</p>	 <p></p> <p>Please wear appropriate sports shoes and clothing, and exercise according to your own capabilities. If you experience discomfort during exercise, stop immediately and consult a doctor to prevent the risk of injury.</p>
 <p></p> <p>Elderly individuals, children, and pregnant women should exercise caution when using this equipment.</p>	 <p></p> <p>When storing the treadmill upright, ensure it is placed in an area with support points on both sides and kept out of reach of children.</p>	 <p></p> <p>Exercise caution to avoid pinching your hands.</p>
 <p></p> <p>Ensure personal belongings do not get caught or entangled in the treadmill's structure.</p>	 <p></p> <p>Unplug the power cord when the treadmill is not in use.</p>	



## Safe Handling



## Cleaning, Maintenance, and Adjustment

### A. Daily Cleaning and Maintenance

#### A.1 Cleaning:

For daily cleaning, gently wipe the machine using a soft cloth to remove dust. Avoid using abrasive cleaners or harsh chemicals on plastic parts. After each use, promptly wipe away any sweat.

## A.2 Maintenance

1. Avoid exposure to direct sunlight, especially in summer, as it will damage the electronic components.
2. Keep the treadmill in a clean and dry environment.
3. Keep away from the reach of children and pets.
4. Check all components assembled on the treadmill for looseness on a weekly basis. Keep the components securely fixed.
5. Regularly add silicone oil to the treadmill to ensure smoother operation of the equipment.

## B. Lubrication

After using the running belt for a period of time, special lubricating oil must be used for lubrication.

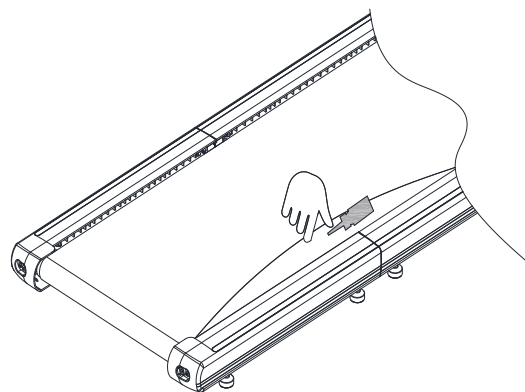
### B.1 Recommended Lubrication Schedule

1. Use for less than 3 hours per week: lubricate once every 5 months.
2. Use for 4–7 hours per week: lubricate once every 2 months.
3. Use for more than 7 hours per week: lubricate once a month.

**Note:** Do not add too much oil each time.

### B.2 Check if Lubrication is Required

Grasp the running strap with your hand and touch the central area on the back of the strap as much as possible. If there is silicone oil on your hand (or if it feels a bit damp), it means lubrication is not needed. If the running board feels dry and there is no silicone oil on your hand, it indicates the need for oil lubrication.



### B.3 Lubrication Instructions

To lubricate the device, ensure the treadmill is powered off and the power cord is unplugged. Insert your hand into the center of the running belt (refer to the picture on the right) and spray silicone oil on the inside of the running belt. Run the treadmill at a speed of 1 kilometer to evenly apply the silicone oil, and gently run the belt from left to right. After a few minutes, the silicone oil will be absorbed by the running belt.

### C. Elastic Running Straps Adjustment

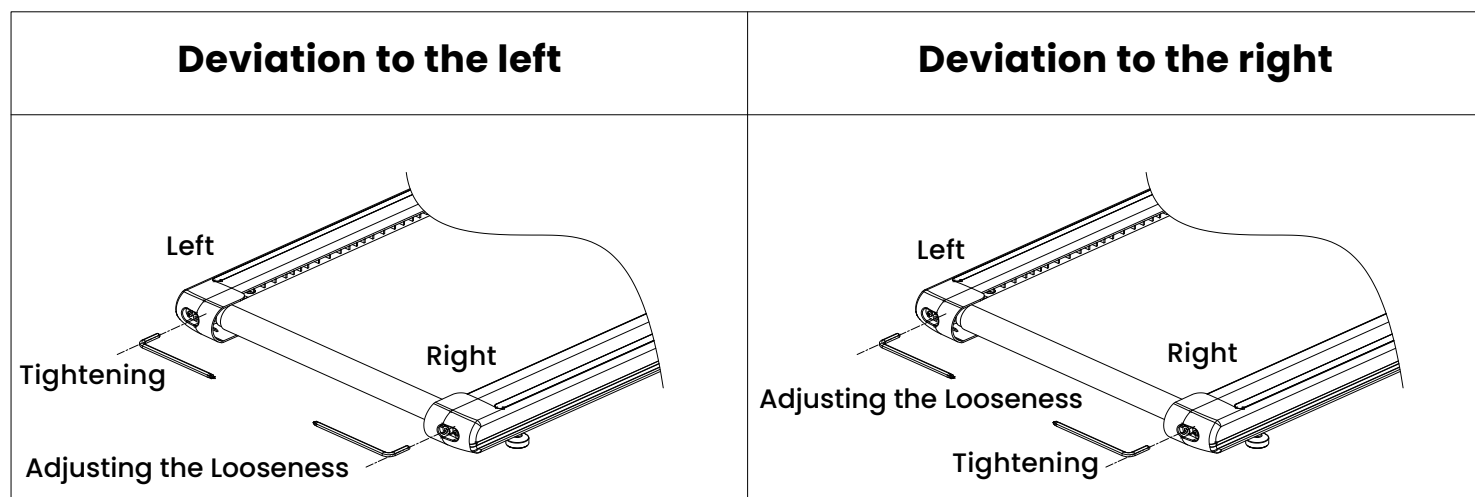
All treadmills have their running strap tightness adjusted during production. However, the straps may become loose over time. The specific signs of this are pauses and slipping during normal use. When this occurs, adjust the running belt adjustment bolt clockwise by half a turn, and ensure both sides are synchronized.

### D. Running Belt Deviation Adjustment

All treadmills have the running belt adjusted before leaving the factory. However, after using it for a period, it may still experience running belt deviation, which can be caused by the following reasons:

1. The treadmill is placed unevenly.
2. The user's feet are not in the center of the running belt during exercise.
3. The user's feet exert uneven force.

Deviation caused by these factors will automatically return to normal after a few minutes of no-load operation. For deviations that do not automatically correct, adjust the running belt adjustment screw by half a turn. The specific operation is as follows:



**Warning:** Running the belt off track can seriously damage the belt and affect its service life. Please make timely adjustments if deviation is found.

## Recommended Stretching Exercises

It is crucial to practice stretching exercises before exercising to help muscles stretch more easily.

### 1. Extend Downwards

Bend your knees slightly, slowly bend your body forward to prevent looseness in your back and shoulders, and try to touch your toes with both hands. Hold for 10–15 seconds, then relax. Repeat three times (see Figure 1).

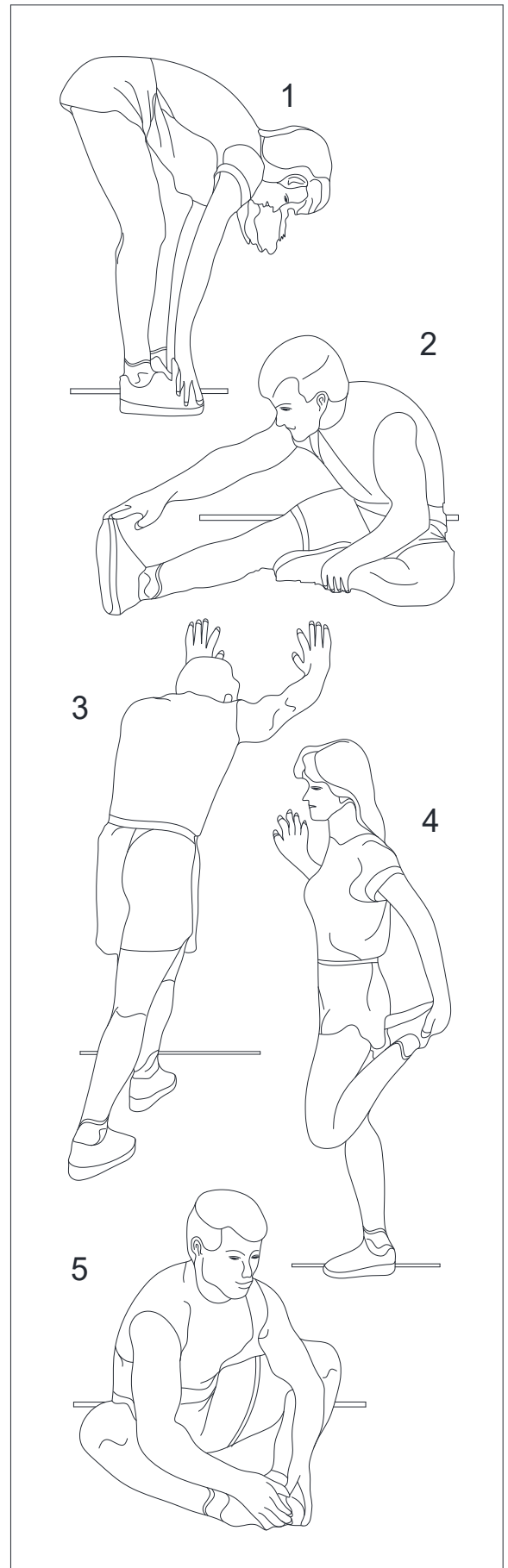
### 2. Foot Tendon Extension

Sitting on a clean mat, straighten one leg. Draw the other leg inward, making it tightly against the inner side of the extended leg. Try to touch your toes with your hands. Hold for 15–10 seconds, then relax. Repeat for each leg three times (see Figure 2).

**3. Extension of Calf and Heel Tendons**  
Stand straight with both hands on a wall or tree, and one foot behind. Keep your back foot upright and on the ground, tilting towards the wall or tree. Hold for 10–15 seconds, then relax. Repeat for each leg three times (see Figure 3).

### 4. Head Muscle Extension

Use your left hand to balance against a wall or table, then extend your right hand backward, grab your right ankle, and slowly pull towards your buttocks until you feel the muscles in front of your thighs tense. Hold for 15–10 seconds, then relax. Repeat for each leg three times (see Figure 4)





## **Warranty**

Products that you buy directly from our **Powerology** website or shop come with a 24-month warranty.

The 24-month warranty applies to products purchased directly from our **Powerology** website or store. If **Powerology** products are bought from any of our verified retailers, then the product is eligible for only a 12-month warranty. To extend your product's warranty, visit our website **powerology.me/warranty** and fill in your details in the provided form along with an uploaded picture of the product to process your request. Once approved, you will receive a confirmation email of the extended product warranty. Upload the required information within 48 hours of purchase to be eligible for a 24-month warranty period.

For more info, please check:  
**powerology.me/warranty**

## **Contact Us**

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