



**Powerology**

## **Incline Folding Treadmill**

SKU: PSM001

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## Important Safety Instructions

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

**Warning:** Follow this guideline to reduce the risk of burns, fire, electric shock, or injury to persons:

- 1.** A treadmill should never be left unattended while plugged in. Unplug from the outlet when not in use and before putting on or taking off parts.
- 2.** Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury.
- 3.** Close supervision is necessary when this treadmill is used by, on, or near children, invalids, or disabled persons.
- 4.** Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 5.** Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, has been dropped, or submerged in water. Return the treadmill to a service center for examination and repair.
- 6.** Do not carry this treadmill by the supply cord or use the cord as a handle.
- 7.** Keep the cord away from heated surfaces.
- 8.** Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- 9.** Never drop or insert any object into any opening.
- 10.** Do not use outdoors.
- 11.** Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

**Caution:** To reduce the risk of injury from moving parts, unplug before servicing.

**Warning:** To reduce the risk of electric shock, unplug before cleaning or servicing.

**Warning:** To avoid the risk of personal injury, keep children under the age of 13 away from the machine.

**12.** To disconnect, turn all controls to the off position, then remove the plug from the outlet.

**13.** Connect this treadmill to a properly grounded outlet only. See grounding instructions.

**Warning:** This treadmill is not intended for use by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning the use of the treadmill by a person responsible for their safety.

**14.** The maximum weight capacity for this product is 120 kg (265 lbs). Do not exceed the maximum weight capacity.

**15.** Save these instructions.

## Grounding Instructions

**Warning:** This product must be grounded.

In the event of a malfunction or breakdown, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

**Danger:** Improper connection of the equipment-grounding conductor can result in a risk of electric shock.

If you are in doubt as to whether the product is properly grounded,

consult a qualified electrician or serviceman. Do not modify the plug provided with the product. If it does not fit the outlet, have a proper outlet installed by a qualified electrician.

## **FCC Statement**

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

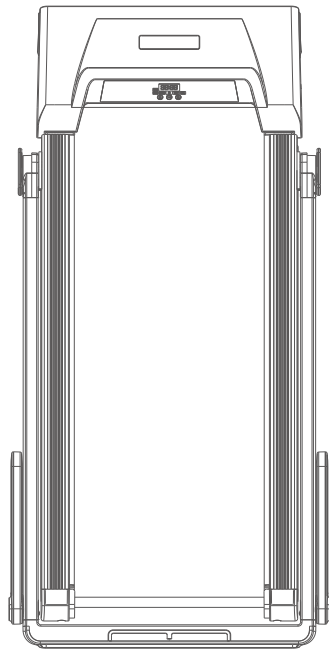
If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

Reorient or relocate the receiving antenna.

Increase the separation between the equipment and receiver.  
Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for help.  
This Class B digital apparatus complies with Canadian ICES-003.  
Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

## Package Contents



Treadmill



Remote Control



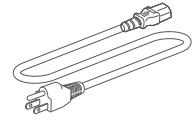
Hex Tool



Lubricating Oil



Table Mount



Power Cord



Safety Key

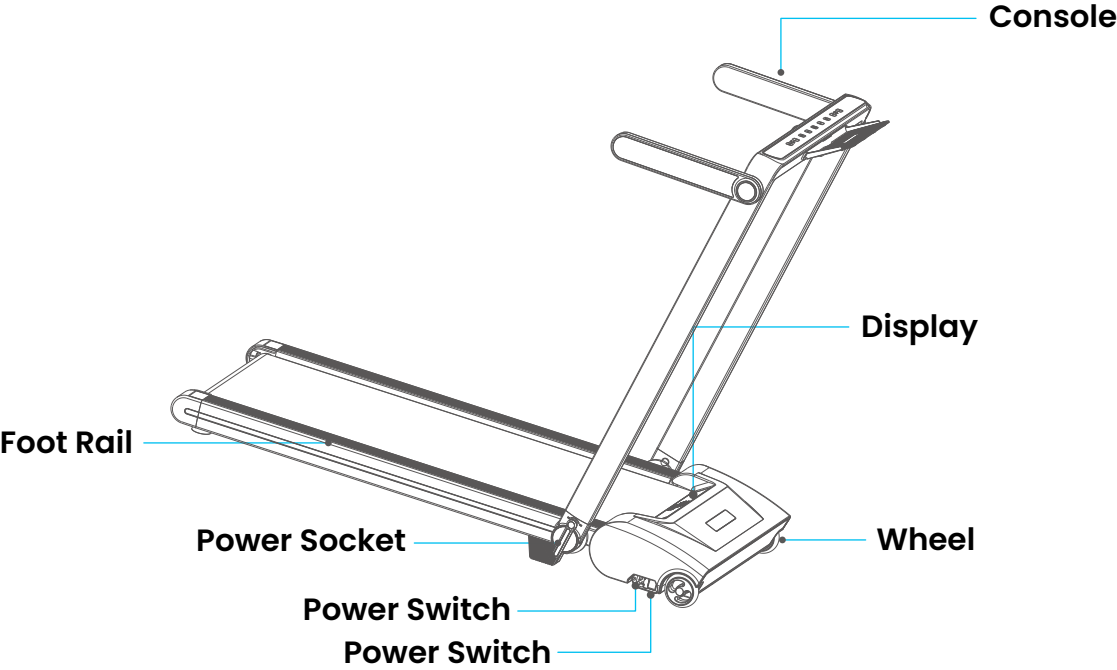
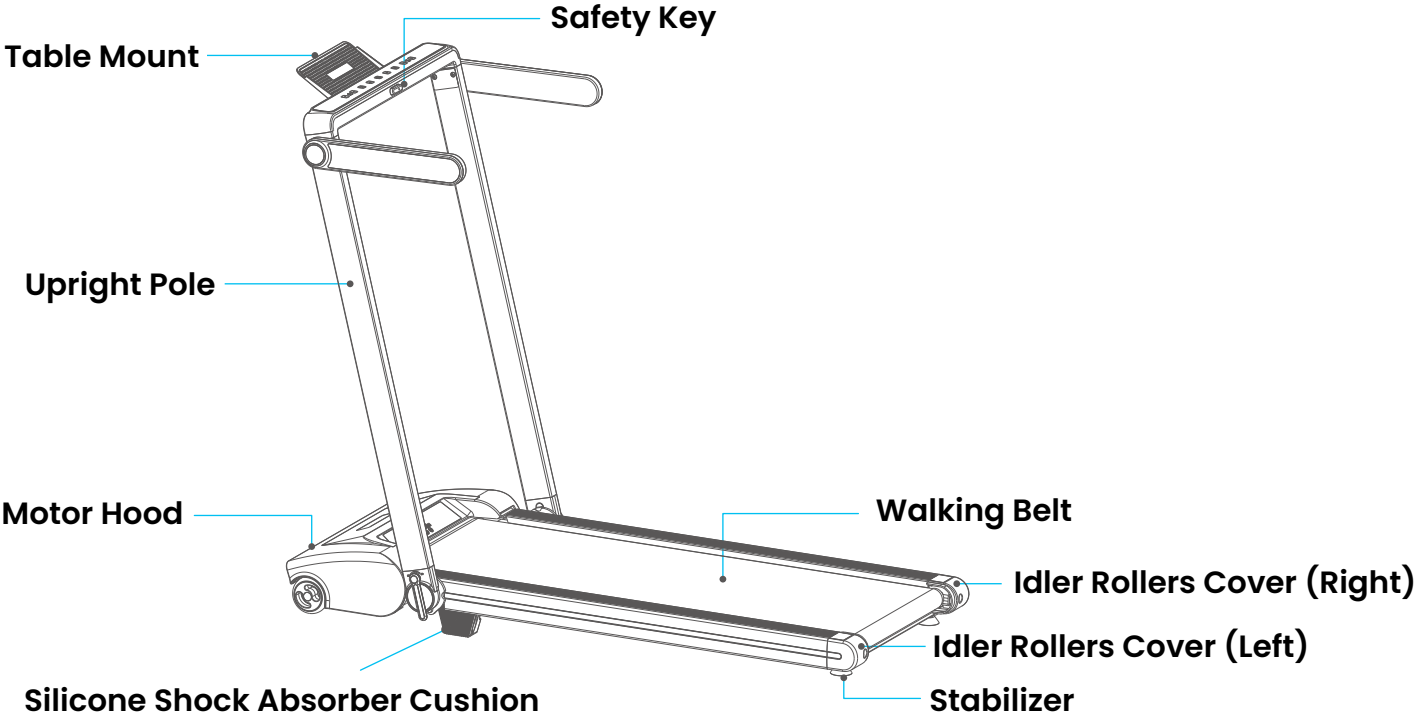


Battery

## Specifications

Rated Voltage	220-240V, 50Hz
Motor Peak Power	0.75HP
Function	Walking and Running Mode
Incline Levels	5 Levels
Speed Range	1 to 12km/h
Load Capacity	Up to 120kg
Power Cord	UK 3-Pin Plug
Net Weight	29.5kg
Product Size	1300 x 601 x 145mm (Folded Size), 1230 x 601 x 1060mm (Unfolded Size)

# Schematic View

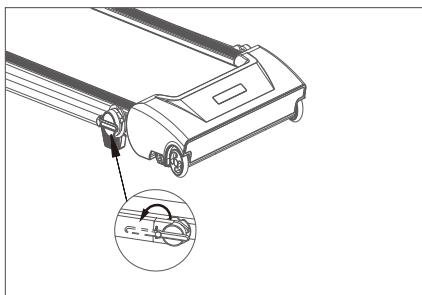


# Instructions for Use

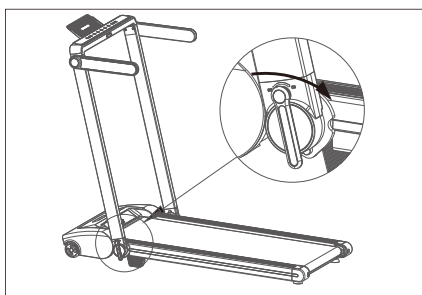
## A. Unfolded to Run

**Speed range:** 1 to 12km/h

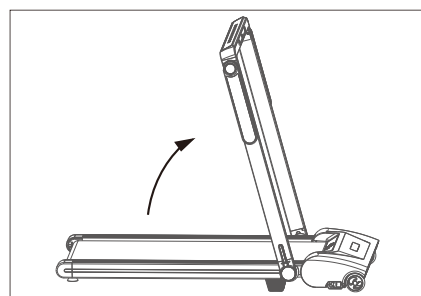
**1.** Unbox the treadmill with the related accessories, then place the treadmill on flat ground.



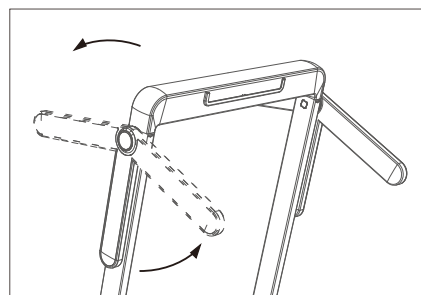
**2.** Rotate the fold lever counterclockwise to unlock.



**4.** Rotate the fold lever clockwise to lock.

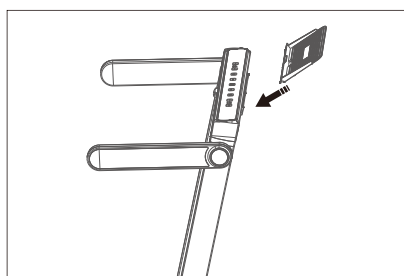


**3.** Lift the uprights to the end position.

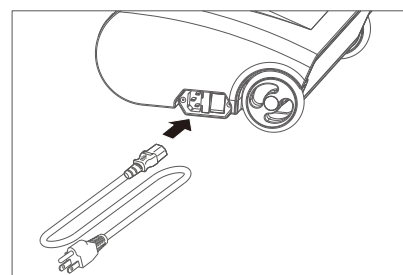


**5.** Fold down the handrail horizontally.

**Note:** The upright must be fixed safely before running.

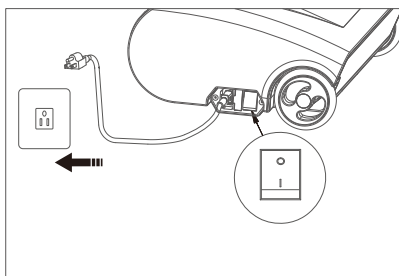


**6.** Insert the tablet mount according to the arrow sign.



**7.** Plug the power cord into the power connector.





**8.** Power on and begin running.

## **B.** Folded to Walk

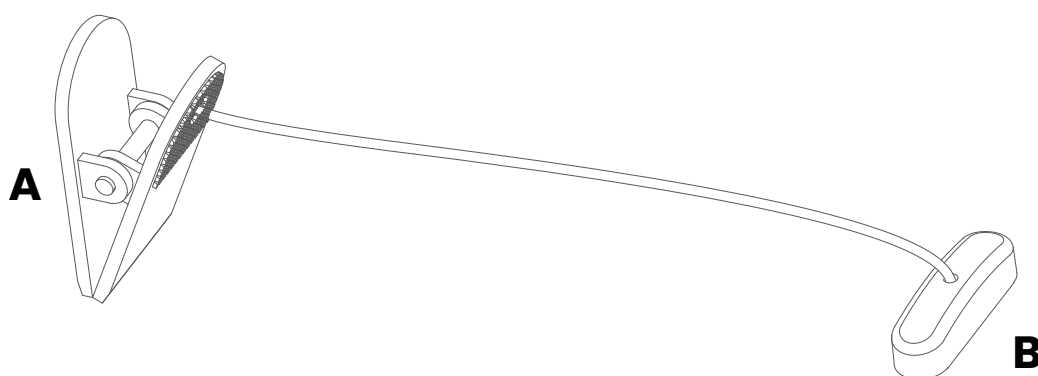
**Speed range:** 1.0 to 6.0km/h

- 1.** Detach the tablet mount.
- 2.** Fold down the handlebar subassembly using the reverse procedure.
- 3.** Enjoy your walk exercise with the remote control.

## **Safety Key**

In the event of an emergency, the treadmill stops automatically and displays "—" when the safety key is pulled out from the console.

**Note:** Attach the clip (A) to the waistband of your clothes, and place the magnetic key (B) under the console.

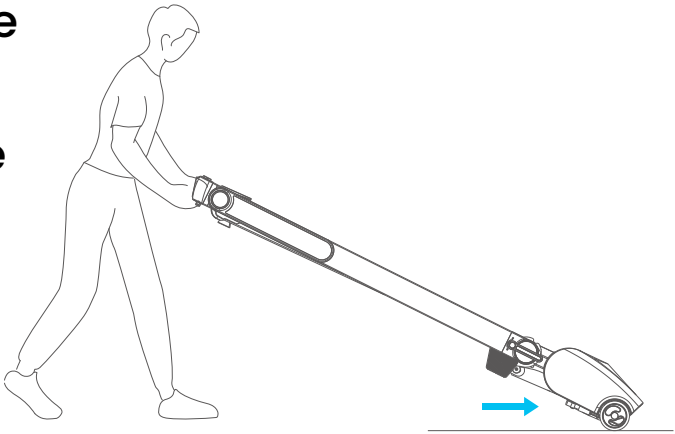


## **Transportation**

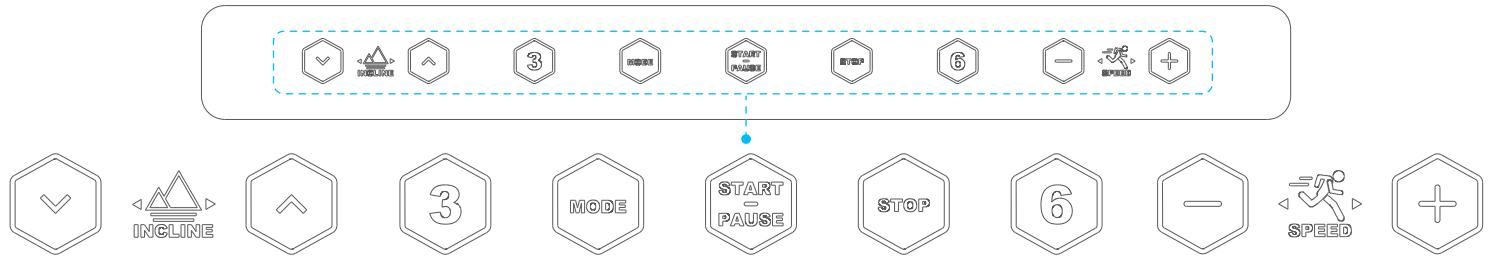
- 1.** If transportation is needed, please unplug the power cord and tablet mount before lifting the terminal of the treadmill.
- 2.** The treadmill is easy to transport with the bottom transportation

wheels, which assist in moving it like a wheelbarrow.

**Note:** Before moving or storing the treadmill, ensure that the power switch is turned off and the power cord is unplugged.



## Control Console



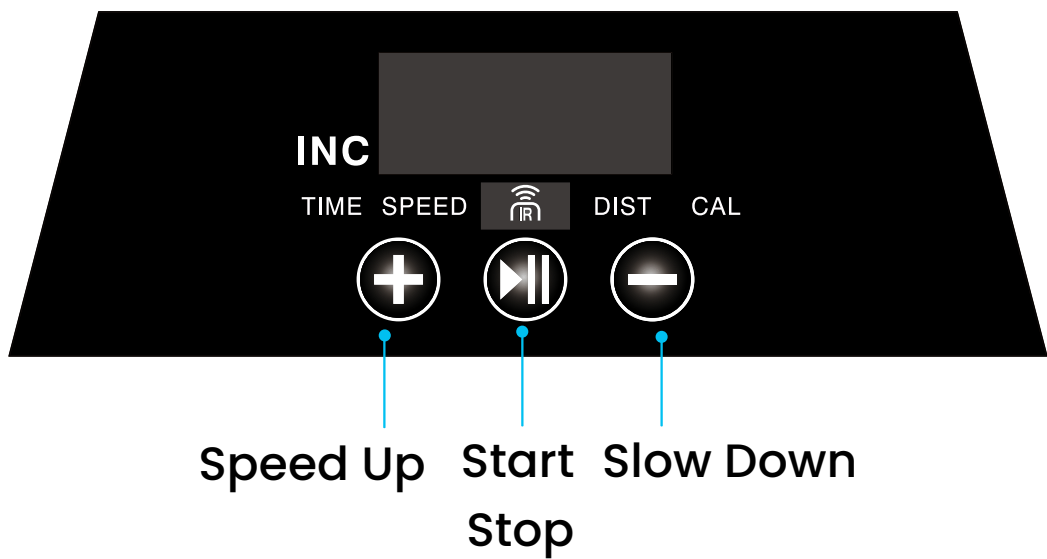
### Touch Buttons

Button	Function
	Reduce incline level.
	Increase incline level.
	3 km/h button: Short touch this button, and the speed will gradually increase until 3 km/h.
	Customize workout goals (e.g., Time, Calories, Distance).
	To start the walking belt, the initial speed setting is 1 km/h. To stop the walking belt for a short pause or break, re-touch it again to resume.
	Short touch this button to stop the walking belt when your workout is completed.
	6 km/h button: Short touch this button, and the speed will gradually increase until 6 km/h.
	Decelerate: Short touch or hold down this button, and the speed setting will change by 0.5 km/h.
	Accelerate: Short touch or hold down this button, and the speed setting will change by 0.5 km/h.

# Standby Mode

If the pause time exceeds 10 minutes, the treadmill will automatically switch to "standby mode." In standby mode, not only will the console light turn off, but also the previous workout data will be erased to zero. You can wake the console by touching any button.

# Display Screen

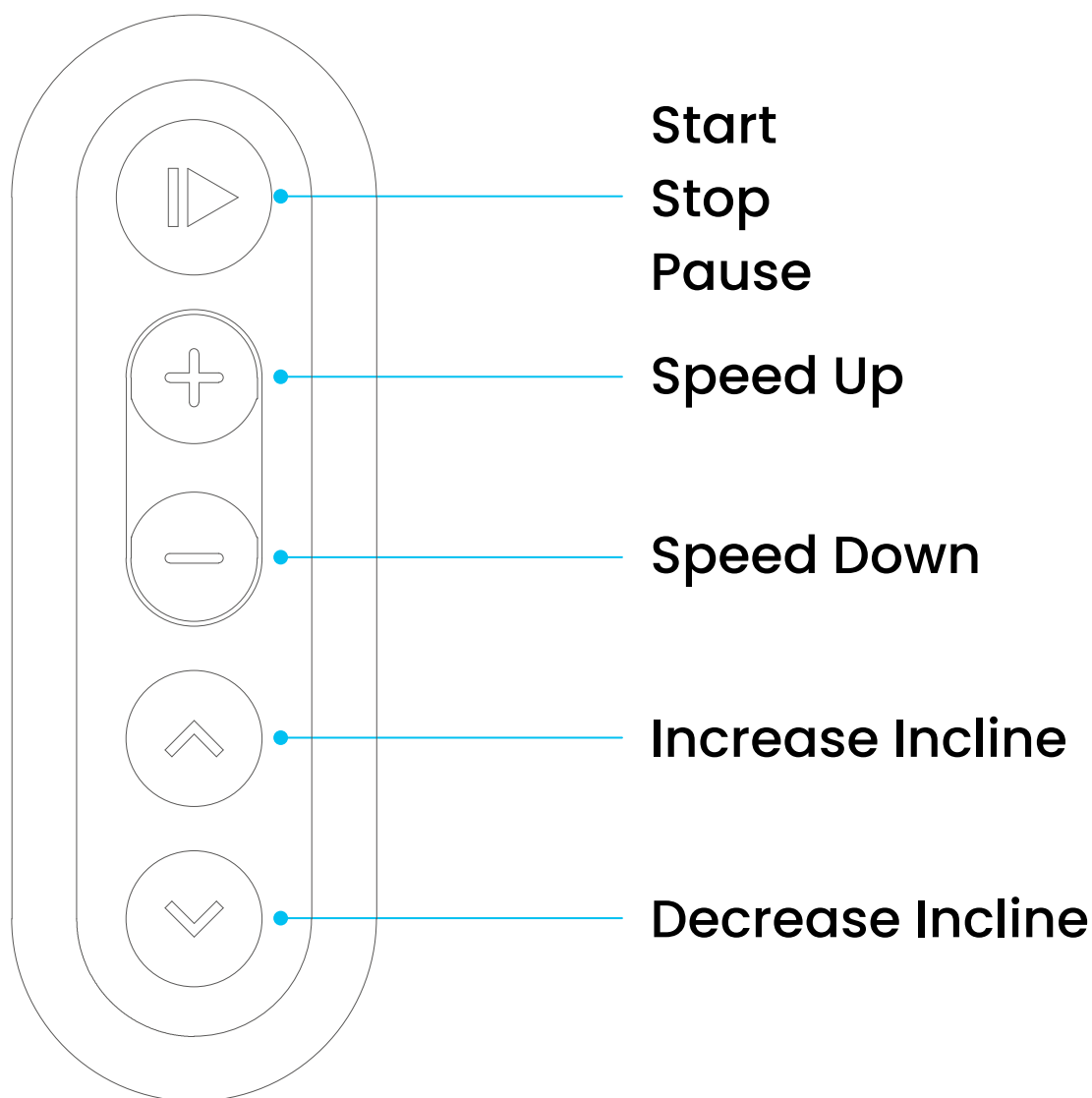


As you walk or run on the treadmill, the display can show the following workout information:

Item	Range	Display
Speed	1 to 12km/h	Displays the speed of the walking belt.
Calories	0 to 9999Kcal	Displays the approximate number of calories you have burned.
Inc	0 ,1 ,2 ,3 ,4 ,5	Displays the incline level of your setting.
Time	00 to 99 min	Displays the elapsed time.
Distance	00.00 to 99.99km	Displays the distance that you have walked or run.






**Note:** The autonomy is 99 minutes. If your exercise time exceeds 99 minutes, you will need to restart the treadmill. Previous workout data will be erased and recounted accordingly.

## Remote Control



**Note:** Ensure that the walking treadmill is powered on and that the remote control has a battery installed. The speed can be adjusted up to 6 km/h with the remote control. For more acceleration, use the console.

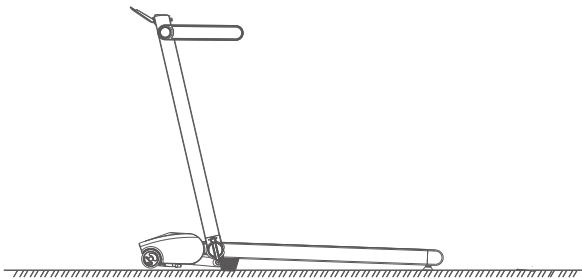
# Operation Guide

Button	Functions	Operation	Instruction
	Start	Short press	Start the walking treadmill
	Stop	Long press for 2 seconds	The display will show "End" and the walking belt will slowly down until it completely stops. The display will turn off if the "End" status lasts longer than 10 minutes.
	Pause	Short press (in start mode)	The walking belt will slow down until it completely stops, and the display will show "PAU." The workout data will be preserved. To resume, re-press this button. The display will turn off if the pause lasts longer than 10 minutes.
	Increase Incline	Short press	Increase incline level.
	Decrease Incline	Short press	Decrease incline level.
	Accelerate	Short press	Walking belt speed up. The increment is 0.5 km/h.
	Decelerate	Short press	Walking belt speed down. The decrement is 0.5 km/h.

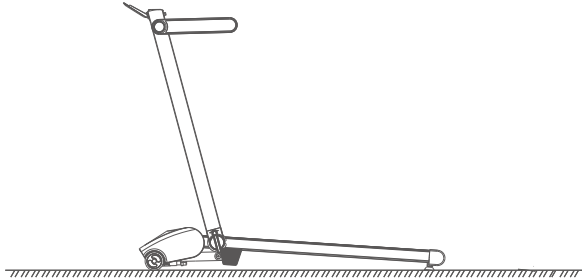
## Auto Incline Function

**Incline levels:** 0-1-2-3-4-5

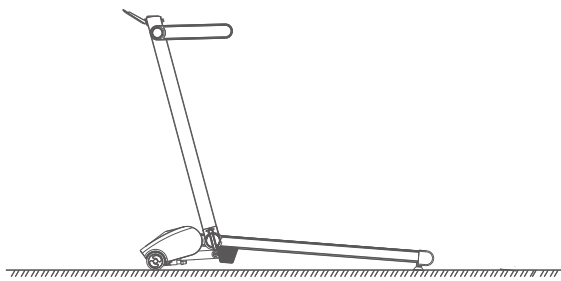
Change the incline of the treadmill as desired.



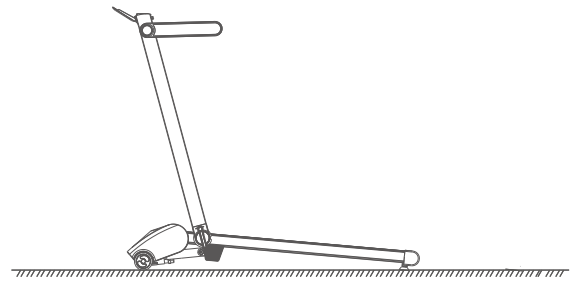
Level 0: 4%



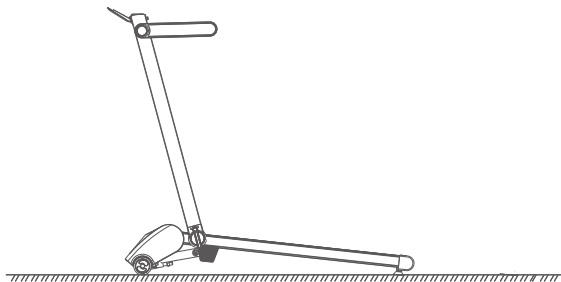
Level 1: 8%



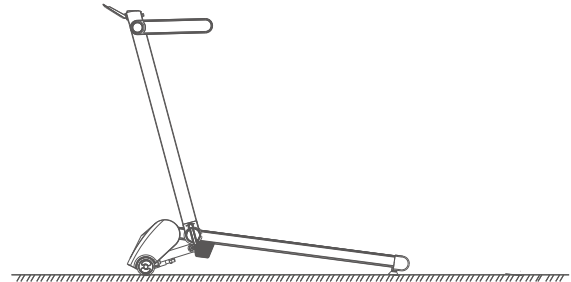
Level 0: 10%



Level 1: 11%



Level 0: 12%



Level 1: 13%

Friendly reminder of Auto incline features:

1. The incline level should be set to "Zero" when you finish exercising.
2. Perform POST (Power On Self Test) to identify the incline level and automatically return to "Zero."
3. The incline interval is up to 5 seconds, with a total incline stroke from "Zero" to Level 6 taking approximately 30 seconds.

## Care and Maintenance

**A.** Walk belt is off-center or slips

1. Centering the walk belt process: Power off the treadmill and unplug the power cord.
2. Manual centering process:
  - 2.1 If the walk belt has shifted to the left, use the hex tool to turn the left idler roller screw clockwise by 1/4 turn (refer to figure 1).
  - 2.2 If the walk belt has shifted to the right, use the hex tool to turn

the right idler roller screw clockwise by 1/4 turn (refer to figure 2).

**2.3** The treadmill must run for 1-2 minutes. Repeat the manual centering process until the walk belt is centered.

**3.** Belt slip correcting process:

**3.1** Power off the treadmill before starting the operation.

**3.2** Use the hex tool to turn both idler roller screws clockwise by 1/2 turn (refer to figure 3).

**3.3** After correcting, attempt to walk for 1 to 2 minutes under a 2-3 mph speed setting. Repeat until the walk belt is properly tightened.

**Note:** The tread-belt should not be adjusted too tightly, as this could damage it.

**4.** Attentions:

**4.1** To prevent injury, do not place any debris around the treadmill before maintenance.

**4.2** Always use the associated hex tool.

**4.3** Exercise caution during the maintenance process. Do not pinch fingers.

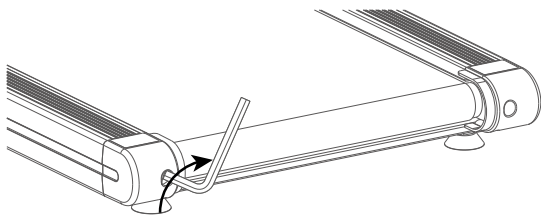


Figure 1

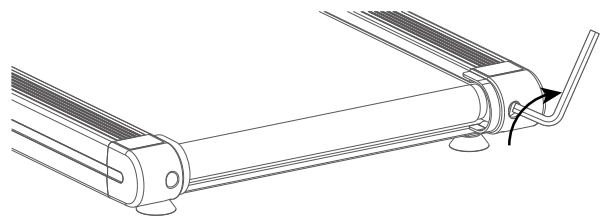


Figure 2

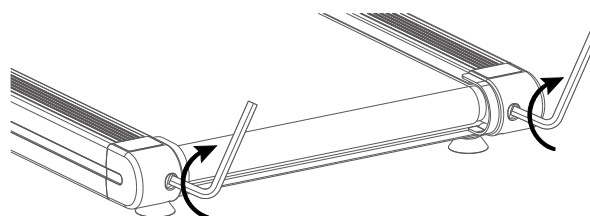


Figure 3

## **B. Belt Lubrication Process:**

Follow the instructions below to lubricate the belt.

- 1.** Power off the treadmill and unplug the power cord.
- 2.** Using the hex tool, turn both idler roller screws counterclockwise until the belt loosens and lifts easily.

**Tip:** Please note the number of hex tool rotation cycles when loosening the belt, as it helps adapt the belt tension after the lubrication process.

- 3.** Lift the edges of the belt and spray lubrication oil at the center of the walk platform evenly. It is not necessary to apply spray lubrication oil on the entire walk platform.

- 4.** Lubrication oil volume per time of maintenance: 5 to 10ml.

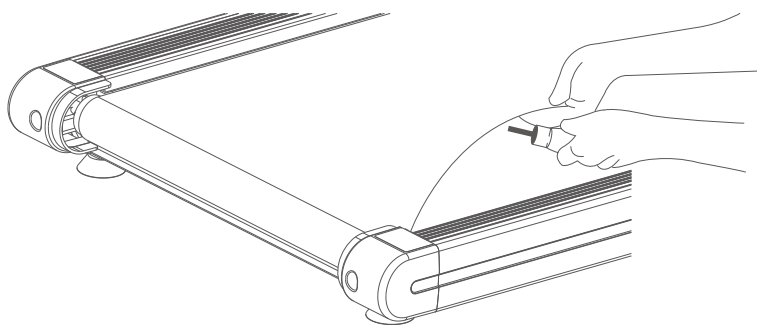
**Attention:** Using too much spray may cause the belt to slip.

- 5.** Using the hex tool, turn both idler screws clockwise by the previously noted number of turns until the walk belt tightens properly.

- 6.** Power on the treadmill and work out for a few minutes to spread the lubrication oil evenly across the belt surface.

**Attention:** Please hold the handrail when working out at 4 mph.

**Lubrication frequency:** Highly recommended every 100 miles.

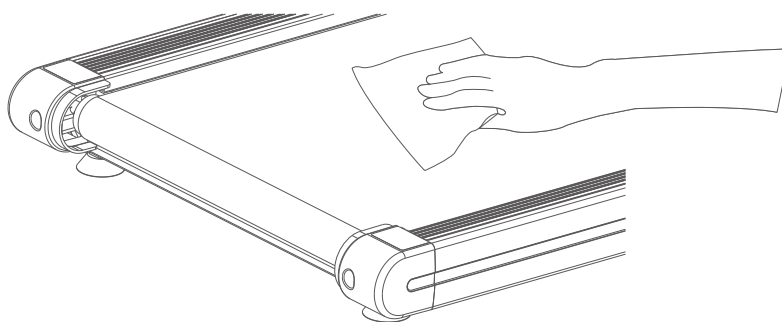


## **C. Treadmill Cleaning**

- 1.** Power off the treadmill and unplug the power cord before cleaning.
- 2.** Wipe and clean with a damp cloth. Do not use acidic or caustic detergents.
- 3.** Do not clean the opposite side of the walk belt.



**4.** It is normal to find a small amount of black powder residue under the treadmill after extended use.



## Error Code

Error Code	Problem	Solution
E01	Communication interrupted between the controller and numeric display.	Unscrew motor hood and verify connection between controller and numeric display. Please contact a service center if the E01 code has not been eliminated. Notice: Always power off and unplug the power cord before processing.
E02	Flame protection.	1. Unscrew the motor hood and verify the connection between the controller and the motor. 2. If power supply is interrupted due to a connector loosening or coming out, please unscrew the motor hood to check. 3. Please contact a service center if the problem cannot be solved by the above steps.
E05	Over current protection.	1. Due to user weight exceeding 120 kg. 2. Open the treadmill to check for any foreign objects blocking moving parts (e.g., drive motor, idler roller, drive roller, walking belt). 3. The walking belt may be overtightened or lacking lubrication. Please refer to the relevant chapters on belt tension and lubrication.
E06		

E07	Software bug.	Replace with a new controller.
E10	Communication interrupted between the signal cable and console.	<ol style="list-style-type: none"> <li>1. Unscrew the console box and verify the connection between the signal cable and console.</li> <li>2. Unscrew the console box and verify that the internal lead wires are not damaged or pierced.</li> <li>3. Replace the new console PCBA board.</li> </ol>

**Important:** If an error code appears, you must stop the workout immediately. Please contact after-sales service if the problem cannot be resolved after restarting.

## Troubleshooting

Problem	Possible Cause	Solution
The treadmill is not working.	<ol style="list-style-type: none"> <li>1. The power rock switch is malfunctioning.</li> <li>2. The power supply is interrupted.</li> <li>3. The power cord is damaged.</li> </ol>	<ol style="list-style-type: none"> <li>1. Replace the power rock switch if it doesn't light up.</li> <li>2. Ensure that the power cord is plugged into a properly grounded outlet.</li> <li>3. Replace the power cable.</li> </ol>
The walking belt slips.	The walking belt is loose.	Tighten the walking belt tension using the hex tool.
The remote control does not work.	<ol style="list-style-type: none"> <li>1. Incorrect use of the default settings.</li> <li>2. The battery power is low.</li> <li>3. The remote control is malfunctioning.</li> </ol>	<ol style="list-style-type: none"> <li>1. The remote control should be aimed directly at the receiver port when in use.</li> <li>2. Replace the battery cells in the remote control.</li> <li>3. Replace the remote control if needed.</li> </ol>
There is friction noise.	The walking belt is off-center.	See Care and Maintenance section.

## Suggested Stretches

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

**1. Toe Touch Stretch:** Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Hamstrings, back of knees, and back.

**2. Hamstring Stretch:** Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg.

Stretches: Hamstrings, lower back, and groin.

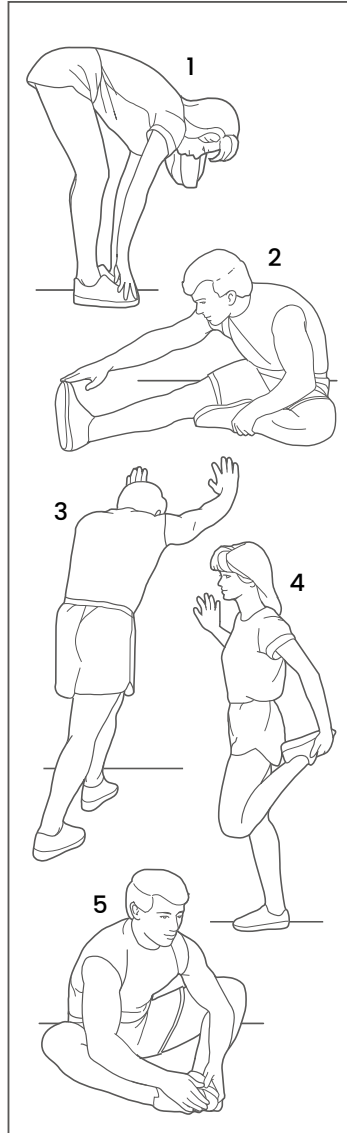
**3. Calf/Achilles Stretch:** With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward, and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the Achilles tendons, bend your back leg as well.

Stretches: Calves, Achilles tendons, and ankles.

**4. Quadriceps Stretch:** With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg.

Stretches: Quadriceps and hip muscles.

**5. Inner Thigh Stretch:** Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times.  
Stretches: Quadriceps and hip muscles.



## Disposal

This product must not be disposed of as unsorted household waste. It is important to separate such waste for proper treatment and recycling, in compliance with local waste management regulations.

## **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](https://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](https://powerology.me/warranty)**

## **Contact Us**

If you have any questions about this Privacy Policy, please contact us at: **[hey@powerology.me](mailto:hey@powerology.me)**

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