

Please read these instructions carefully
before use and keep for future reference

Vitalwalk

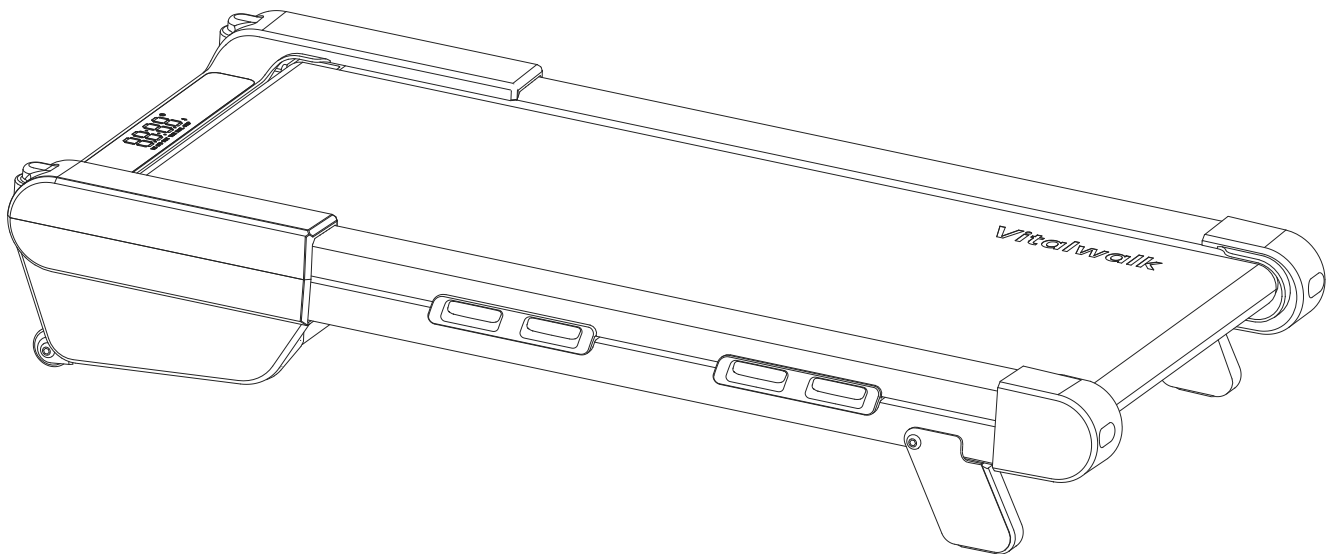
User Manual

MODEL: TM06BK

Apollo 11 - Elite

Full Deck Walking Treadmill

With Auto Incline and APP connection



   
MADE IN CHINA

Will response rapidly by email exchanges:
service@vitalseris.com

Thank you for purchasing our product. If you have questions, need product information or parts replacement, please contact our customer service department to obtain a complete service experience.
Please email us at **service@vitalseris.com** with your order number.



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

service@vitalseris.com

FOR RETURNS OR REPLACEMENTS RELATED WARRANTY SERVICE, PLEASE CONTACT OUR CUSTOMER SERVICE TO ENSURE THE PROBLEM AND FOLLOW THE RIGHT SERVICE PROCEDURES.

CONTENT

Service2

Safety Information4

Product Specifications.....5

Package List6

Product Structure7

Introduction to Display.....8

Remote Control Instructions.....9

App Connection.....10

Transportation and Storage.....11

Auto Incline Feature Introduction12

Instructions For Incline Stand Use13

Product Maintenance14

Troubleshooting and Handling17

Workout Guide19

Warranty.....20

SAFETY INFORMATION

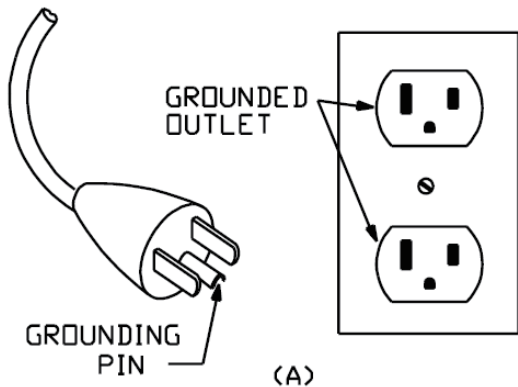
TO REDUCE THE RISK OF INJURY, PLEASE READ INSTRUCTIONS IN FULL BEFORE USE.

- Intended for at-home use only. Please only use in an area with 3 - 6 feet of free space around your device. Do not operate your device on a carpet more than 0.5 inches thick or near water.
- Treadmill is not intended for use by children or those with physical, sensory, or cognitive impairments.
- To avoid injury, do not disassemble this machine without guidance of manufacturer.
- This product only works with electrical outlets with a voltage between 100 and 120VAC. If your product's plug does not fit your home's outlets, do not attempt to use.
- Check all parts before use to ensure the screws and nuts are not loose.
- Keep fingers away from moving parts. Don't put your hands or feet in the space under the running belt. Keep children or pets away from the treadmill.
- Wear appropriate exercise clothes and athletic shoes while using the treadmill. Loose fitting or oversized clothing can get caught in machine.
- Unstable power supply may overload the circuit. Do not plug high-power devices such as a computer into an outlet on the same circuit.
- This product can only be used by one person at a time.
- Always unplug the power cord after use before cleaning and performing maintenance.
- Only use manufacturer's accessories. Never exceed product's maximum weight capacity of 350 lbs.
- Moisture and overheating will affect the use of the product. Please keep the machine, motor, power cord and plug away from water and high temperatures.
- If the treadmill overheats, emits smoke or a burning smell during use, please stop using it immediately and contact customer service for replacement
- The company is not responsible for any harm caused by improper use

FCC& IC Radiation Exposure Statement:

- This equipment complies with FCC and Canada radiation exposure limits set forth for an uncontrolled environment.
- This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

GROUNDING METHOD



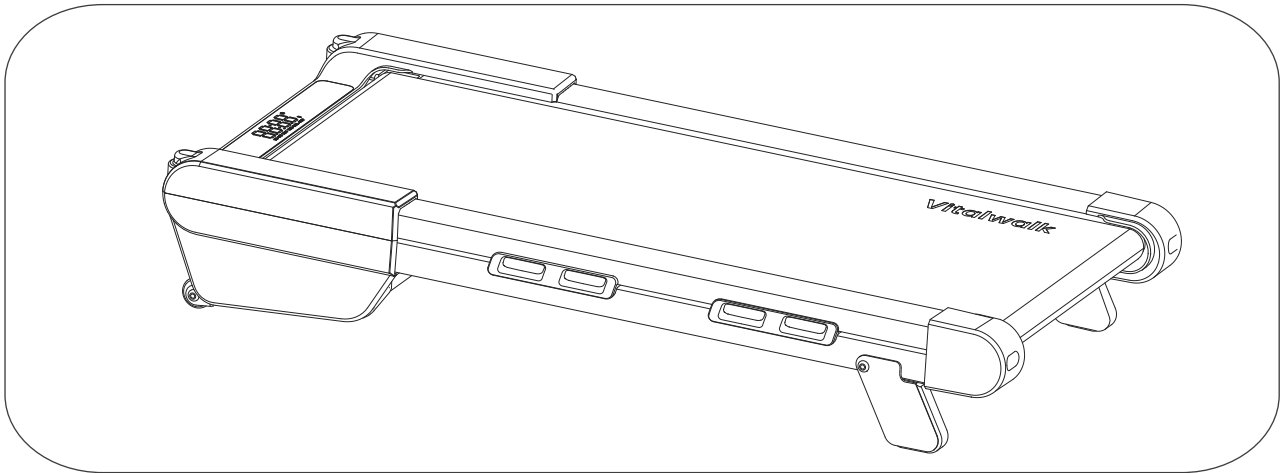
PRODUCT SPECIFICATIONS

Product configuration	Technical parameter
Input voltage	110-120 V
Range of speed	0.6-4.0 mph
Maximun incline percentage	15 %
Incline sections	6
Maximun load capacity	350 lbs
Packaging size	46.9 X 23 X 8.7 inches
Product size	43.6 X 20.6 X 7.9 inches
Deck area	16 X 40 inches
Ambient Light	Green : 0.6-2.0mph Orange : 2.1-3.0mph Red : 3.1-4.0mph
APP connection	Fitshow ; Zwift ;Kinomap APP
Suggest user age	13-60 years old
Rated power	735W
Peak horsepower	3.0Hp
Net / Gross weight	51.4LBS / 58.4LBS

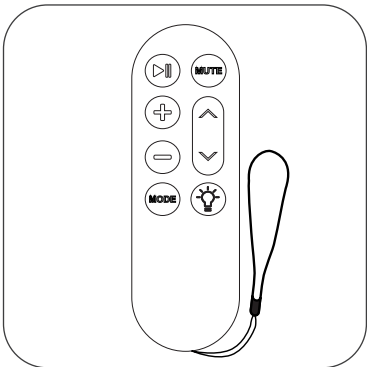
⚠ Warning!

Risk of persond injury, Keep children under the age of 13 away from machine.

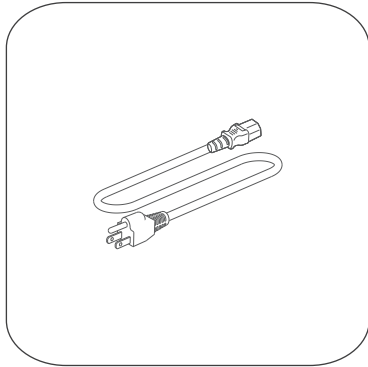
PACKAGE LIST



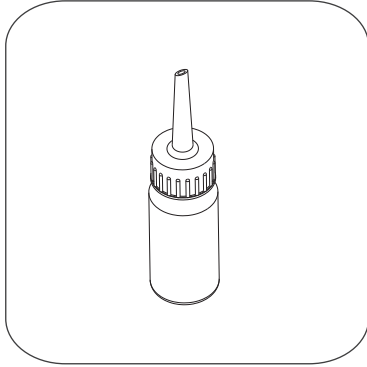
TREADMILL × 1



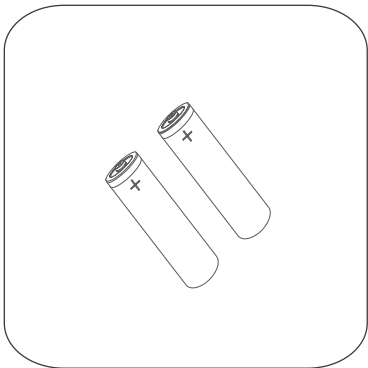
REMOTE CONTROL × 1



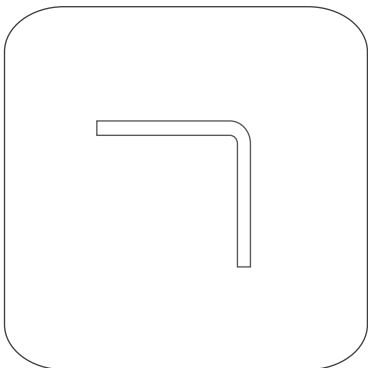
POWER CORD × 1



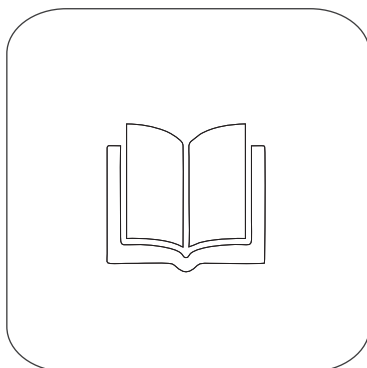
LUBRICATING OIL × 1



AAA Size Battery × 2

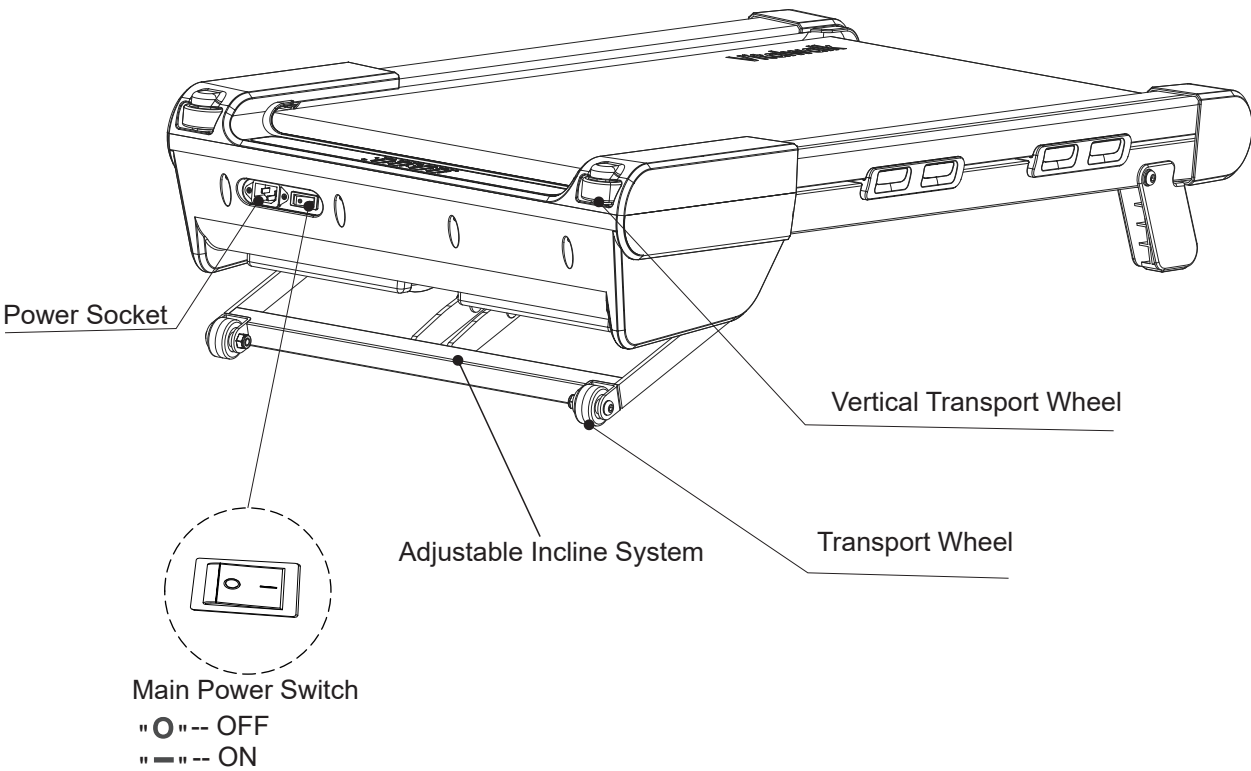
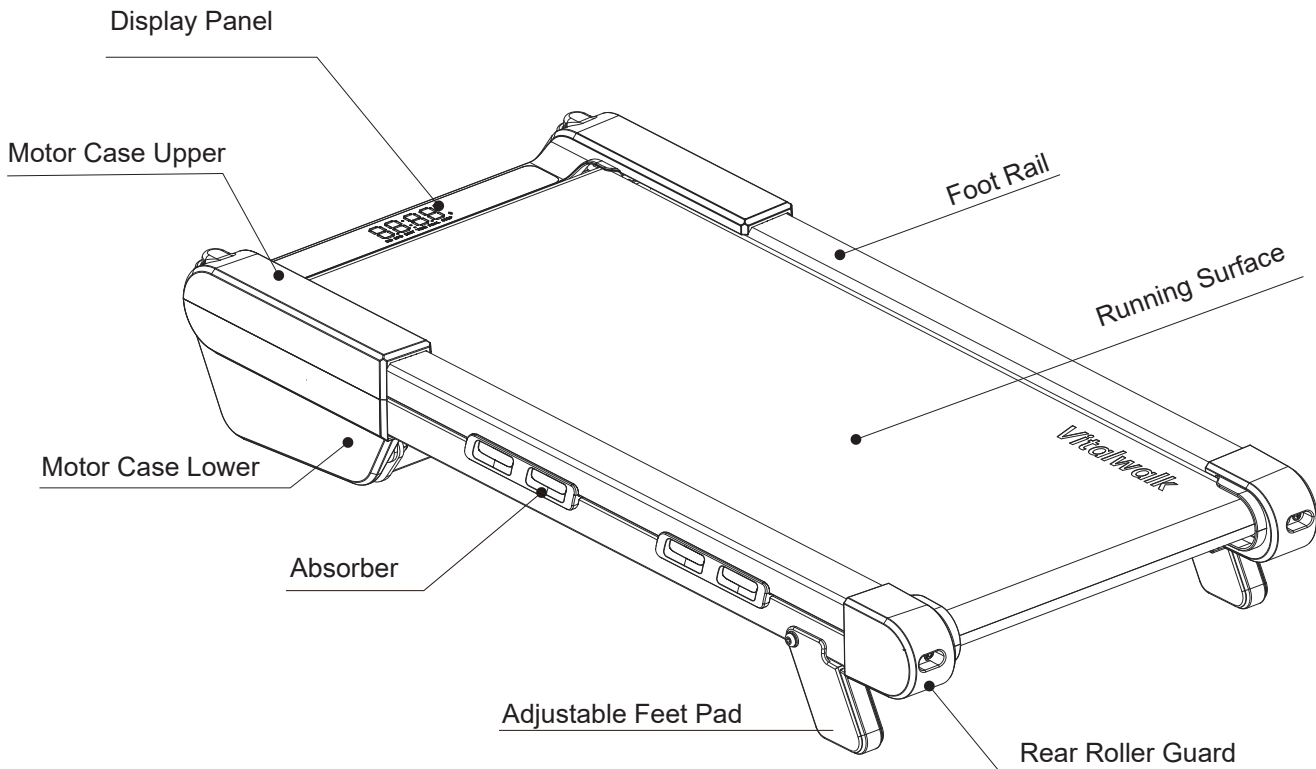


ALLEN WRENCH × 1



MANUAL &
WARRANTY CARD × 1

PRODUCT STRUCTURE



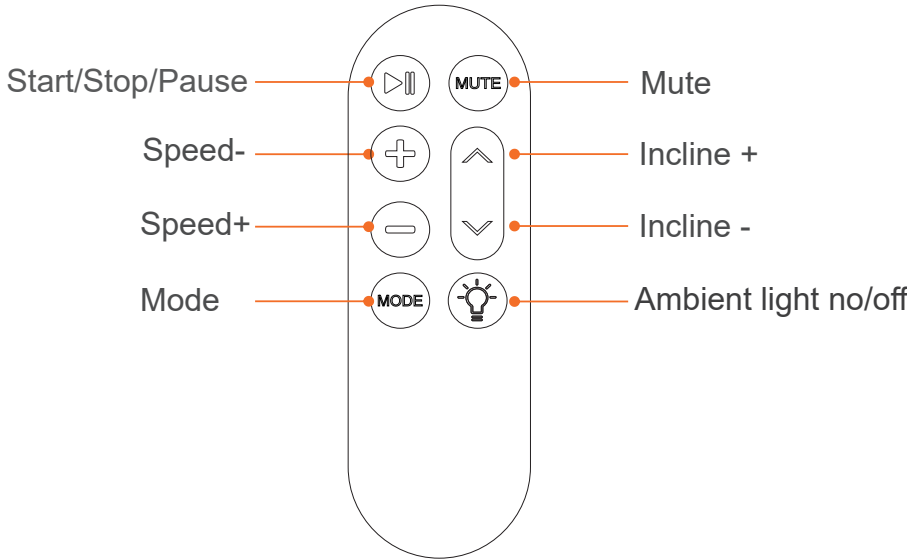
INTRODUCTION TO DISPLAY

THE LED DISPLAY WINDOW SHOWS THE FOLLOWING FUNCTIONS:
TIME, SPEED, DISTANCE, STEP, AND CALORIES ARE DISPLAYED IN A LOOP ON THE LED WINDOW



Window	Content Description
Incline Level	<ul style="list-style-type: none"> Displays the incline from 0-6 level.
Speed	<ul style="list-style-type: none"> The speed range is 0.6-4.0 MPH. 0.6MPH is the default running speed and 0.2MPH increment
Distance	<ul style="list-style-type: none"> Displays the distance traveled (0.00-999.9). When the distance reaches 999.9 MILE, it will reset to 0.00 and begin counting again from 0.00.
Time	<ul style="list-style-type: none"> Displays the time elapsed (0:00-99:59 MINS). If the time reaches 99:59, it will reset to 0.00 and begin counting again from 0:00.
Calories	<ul style="list-style-type: none"> Displays the number of calories burned from 0 to 6553 KCAL. When the count reaches 6553 KCAL, it will reset and start back from 0.
Step	<ul style="list-style-type: none"> Displays the number of steps from 0 to 9999. When the count reaches 9999, it will reset and start back from 0.
BT Connection	<ul style="list-style-type: none"> The indicator will be constant on after the APP connected ,otherwise flashes continously.
Light Indicator	<ul style="list-style-type: none"> Illuminated symbol indicates active side ambient lighting; extinguished denotes deactivation.

REMOTE CONTROL INSTRUCTIONS



Button	Functions	Operation	Operation
	Start	Short press	Start the walking treadmill
	Stop	Long press for 2"	<ul style="list-style-type: none"> Display show "End" and walking belt slow down untill completely stop. Display off "End" status longer than 10 minutes.
	Pause	Short press (in start mode)	<ul style="list-style-type: none"> Take a pause while exercising, walking belt slow down until completely stop, display show "PAU" and the workout data will be preserved, Re-press this button to resume. Metrics will be erased if pause longer than 10 minutes.
	Accelerate	Short press	Walkong belt speed up, the increment is 0.2 mph.
	Decelerate	Short press	Walkong belt speed down, the decrement is 0.2 mph.
	Incline +	Short press	<ul style="list-style-type: none"> Increase incline level. In initial mode(0000), by holding " " button 5 seconds,the treadmill lift to max incline level 6 automatically, then you are able to overturn treadmill for vertical mobility & storage.
	Incline -	Short press	Decrease incline level.
	Ambient light no/off	Short press	Switch on /off side ambient lighting .
Mode		Short press	To customize workout target(Ex: Time/Distance/Calrioies/Step) and count down.
Mute		Short press	Muted buzzer voices.
Composite key	& Speed+	In standby mode, Hold both buttons to adapting system between metric (MPH) and the imperial (KMH).(Long press for 5")	
	& Incline+	<ul style="list-style-type: none"> Active or Deactive "Auto- Pause" program by long press this button 5 seconds . Auto - Pause --- Detecting idle users on a treadmill within 15 seconds APA1: Actived (Default set) APA0: Deactive 	

APP CONNECTION

PREPARATION BEFORE USE:

1. Connect the Power.
2. Turn on the power switch , the display light up and treadmill enter in INITIAL mode
3. Treadmill will switch to " STANDBY " mode and display off in case inactive longer than 10 minutes , you can wake up treadmill by press any button on the remote control.

CONNECT SMART EQUIPMENT TO FITSHOW APP:

1. Scan to download Fitshow from the app store:



2. Ensure that the Bluetooth function is turned on from your mobile device.
3. Free of charge to register Fitshow account and log in .
4. Utilize Fitshow APP to gain metrics and includes on-location scenic workouts .

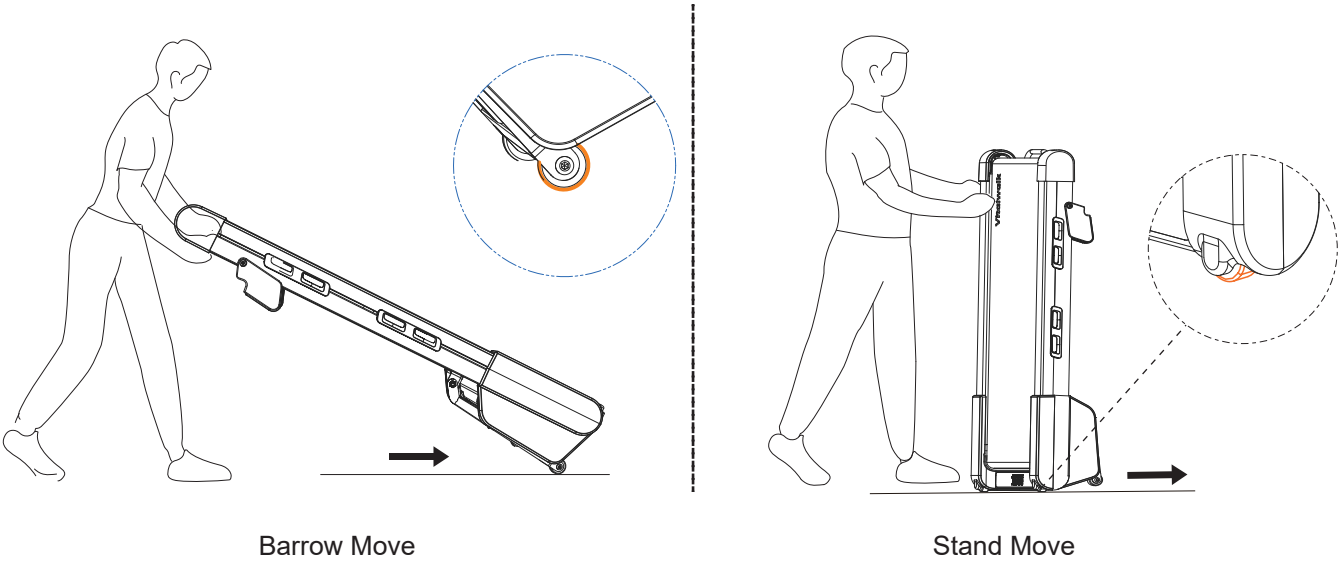
Friendly reminder :

·Built in -bluetooth FTMS .which is compatible with universal fitness APP ,such as :Zwift;Kinomap

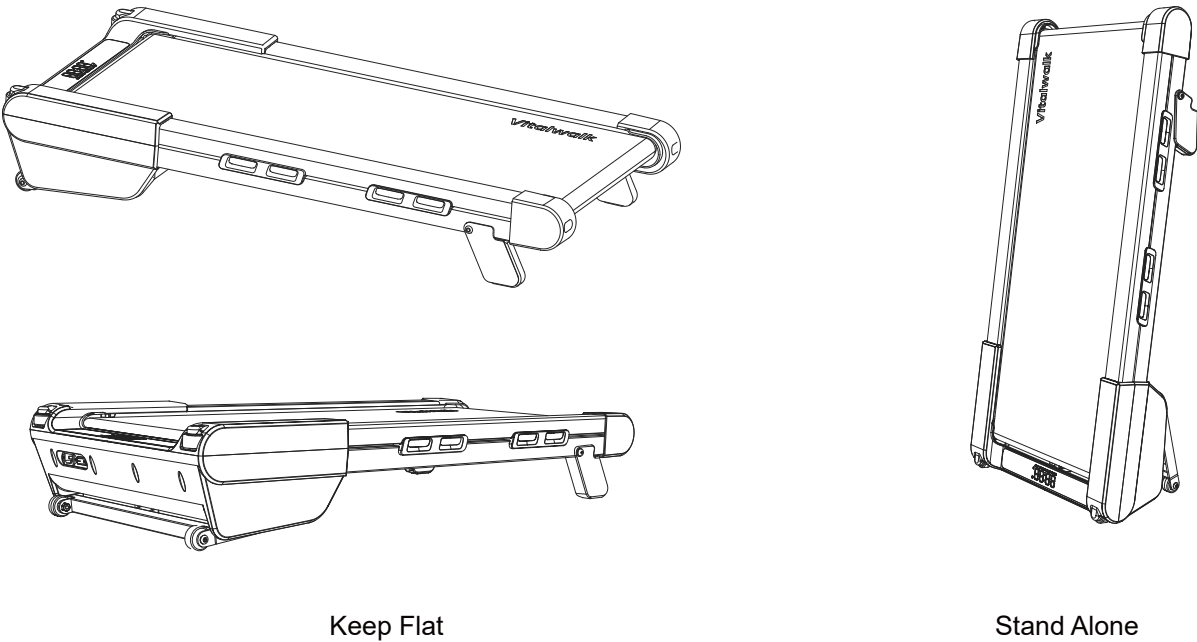
- Tips of Fitshow APP connection :
- A: Prior to connect Fitshow App, Please operate treadmill with Remote control, You're able to view data through the APP and can't control the treadmill via the APP .
- B: When Fitshow APP connected in "0000"standby state, The walking treadmill can be controlled by utilize with via Fitshow APP and remote control, In order to prevent accidental operation by .
- C: Eligible for Fitshow APP "Free of charge" memberships, You can enjoy the entertaining courses and metrics reports through it .
- Tips of subscribed APP (Kinomap & Zwift)
- A: Unable to control the walking treadmill, neither via Kinomap nor Zwift APP
- B: Eligible for paid subscribers via APPs

TRANSPORTATION AND STORAGE

DUAL OPTIONS FOR TREADMILL MOBILITY

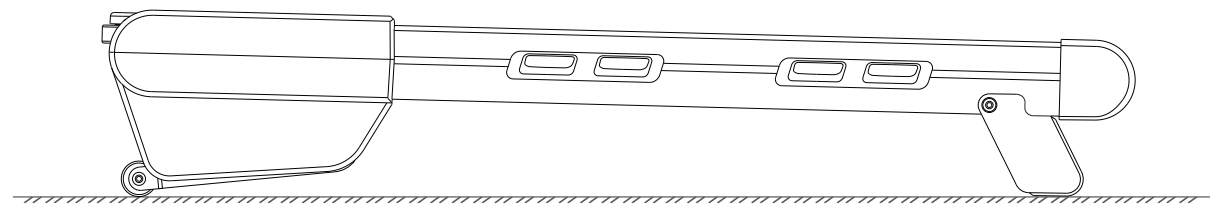


VERSATILE STORAGE

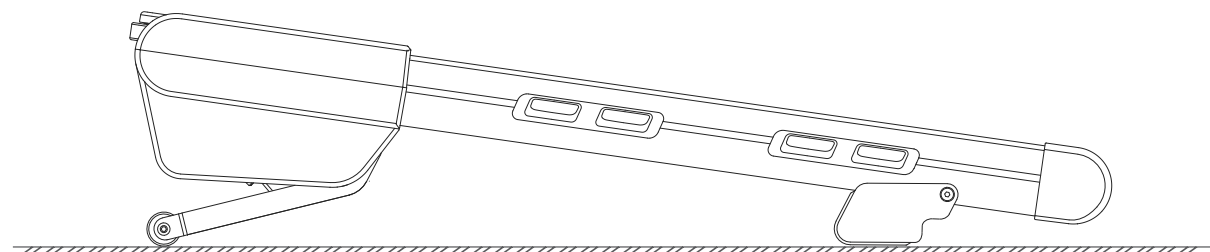


Auto Incline Feature Introduction

- 6 incline levels :adjustable with remote control .
- Change the incline of walking treadmill as desired.



Level 0



Level 6

•Friendly remind of Auto incline features

Incline level should be set to “Zero” when you are finished exercising. Perform POST (Power On Self Test) to identify incline level and back to “Zero” automatically.

Instructions For Incline Stand Use

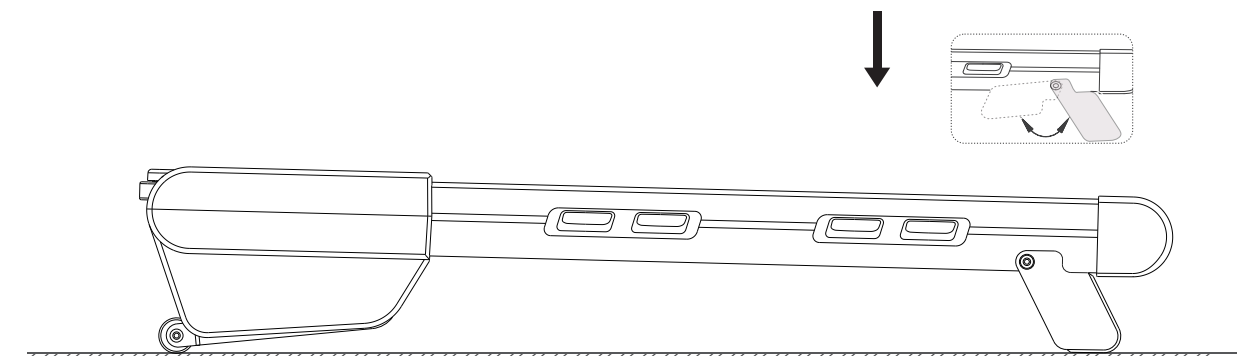
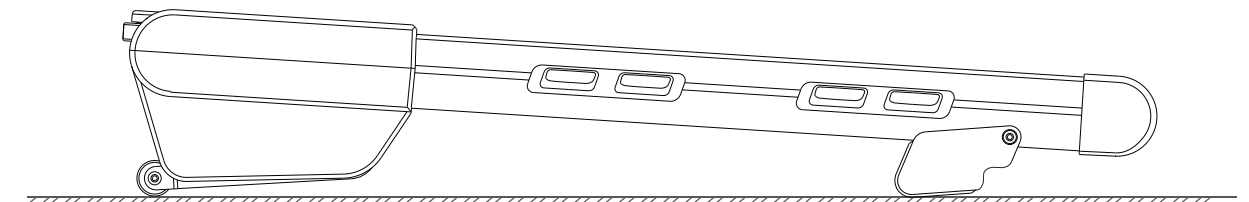
The unique foldable incline options that provides users of ability to increasing the intensity of exercise, you saw commensurate increases in fitness.

The rear support foot has an adjustment function.

1. Rotate forward to position, the rear part of the running belt lifts downward.
2. Rotate backward to position, the rear part of the running belt lifts upward.

⚠ Attention!

To adjust the rear support foot, make sure the running belt is completely stopped. Be careful to avoid pinching your hands during each folding operation; Ensure that the folding mechanism is rotated to the fixed position.



• Standby Mode

When the treadmill is paused during operation, if the pause is not released within 10 minutes, it will return to the standby interface “0000”, and at the same time, the previous operation data will be reset to zero; if there is no operation for 10 minutes on the standby interface, it will enter the sleep mode; in the sleep mode, pressing any key will return to the standby interface “0000”.

PRODUCT MAINTENANCE

REGULAR MAINTENANCE IS IMPORTANT FOR YOUR SAFETY AND TO EXTEND THE LIFE OF YOUR PRODUCT. PLEASE CHECK AND TIGHTEN ALL PARTS BEFORE YOUR FIRST USE AND REPLACE WORN PARTS OVER TIME AS NEEDED.

DAILY CLEANING

Clean your treadmill regularly. The running belt and console must be clean and dry for long term safe use. Power off and unplug your treadmill. Wipe the exterior with a damp cloth and a small amount of mild soap. The display console must be kept dry, however; wipe it with a dry, soft towel. Dry the treadmill thoroughly with a soft towel.

Note: Do not spray liquid directly on the treadmill. To avoid damaging the console, keep it dry at all times.

ROUTINE MAINTENANCE

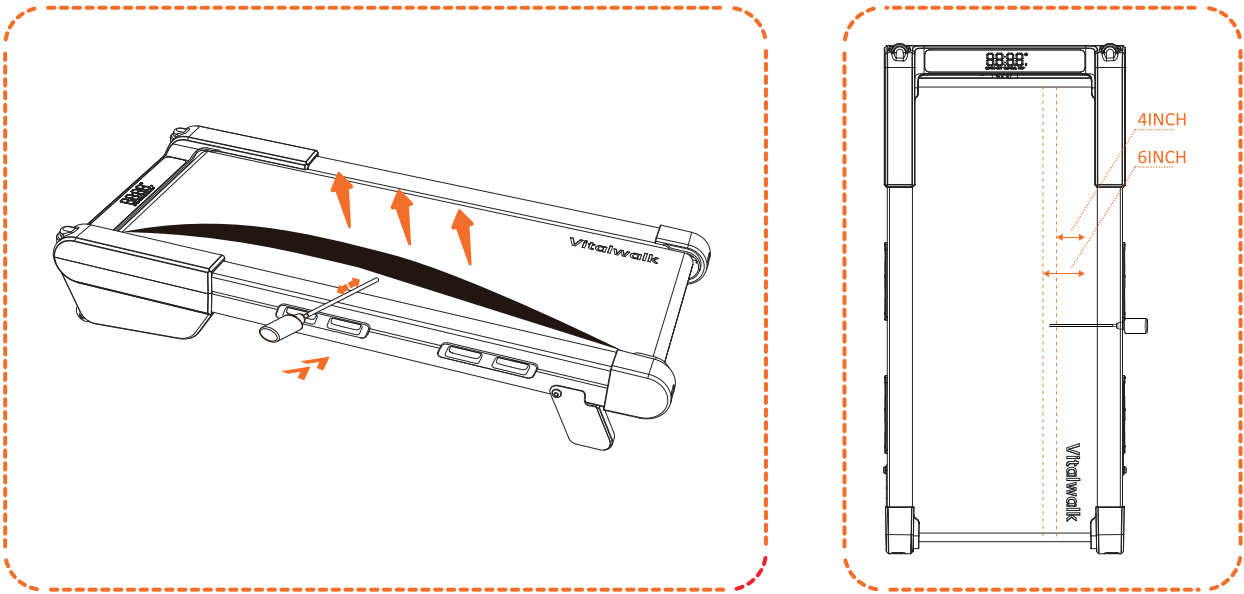
Use of Silicone Lubricant

The treadmill has been lubricated before shipment. The interaction between the running belt and the running board significantly impacts the product's service life and performance. To ensure optimal maintenance, it is recommended to lubricate every 3 months or after 100 miles of use, using a volume of 10ml of lubrication oil per maintenance session.

Securely insert the long tube applicator to the top of the lubricant bottle. Gently lift the running belt 2 - 3 inches upwards and place long tube applicator to the surface of the running board.

Note: Apply the lubricant in 4 - 6 inch strips on both sides of the board, ensuring that none gets into the motor shaft, which can cause the belt to slip.

Start the treadmill and let it run for 3 minutes to spread the silicone lubrication oil evenly.



Running Belt Adjustment

All treadmills are shipped with the running belt adjusted in place of immediate use.

The running belt may deviate from its ideal position over time, which can be caused by the following.

1. The main body is not in kept in a stable position.
2. The user's feet are not in the center of the running belt.
3. The user's feet exert uneven force.

If the deviation is due to issues 2 and 3 above, the treadmill can be returned to normal after 3 minutes of rotation with no weight on the running belt .

If the above does not solve the problem, adjust the running belt with the L-Wrench.

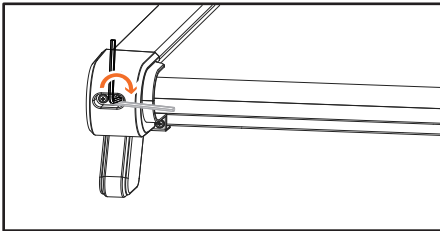
BELT ADJUSTMENT INSTRUCTION

CAUTION: Verify belt is stationary before use.

Running belt shifted to the left

Use the L-Wrench wrench to turn the left rear roller bolt clockwise 1/4 of a turn to tighten the running belt.

After running belt adjustment and run at maximum speed (no load) for 3 minutes, repeat above process in case off-center remained.

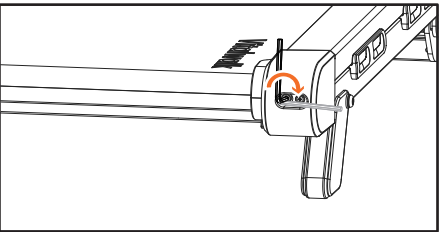


CAUTION: Verify belt is stationary before use.

Running belt shifted to the right

Use the L-Wrench to turn the right rear roller bolt clockwise 1/4 of a turn to tighten the running belt.

After running belt adjustment and run at maximum speed (no load) for 3 minutes, repeat above process in case off-center remained.



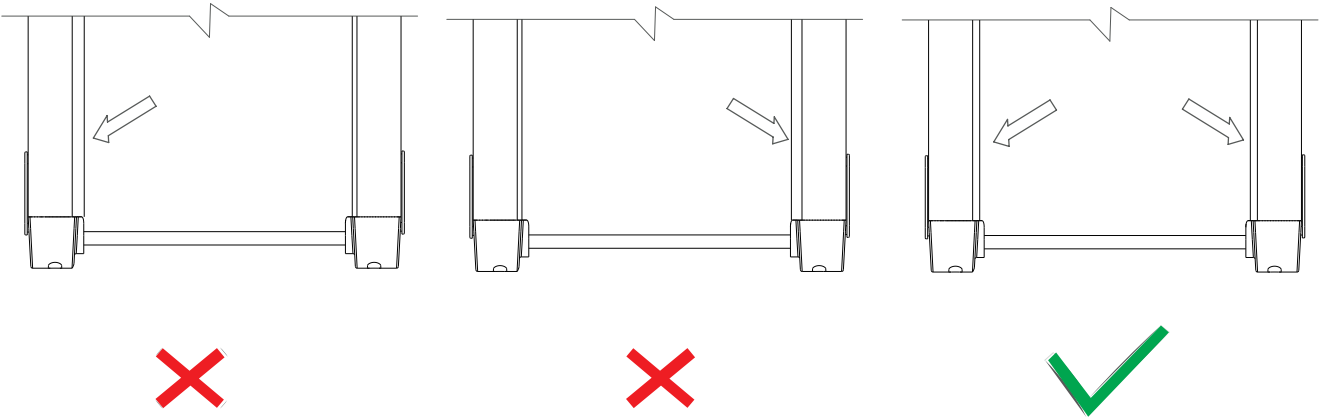
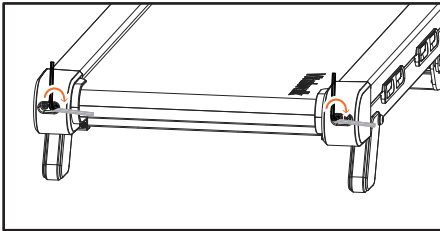
CAUTION: Verify belt is stationary before use.

Running belt is loose

The running belt will loosen over time. A loose running belt will not function properly.

Use the L-Wrench turn both rear idler bolts clockwise 1/4 of a turn to tighten the running belt.

After running belt tension process and run at maximum speed (no load) for 3 minutes, repeat above process in case belt still loosen bit.



Note:
1. A running belt that is too tight can cause damage to the belt itself and its rollers.
2. Strange noises are an indication your belt is too tight and must be loosened for a safe experience.
3. Use of your treadmill with the running belt out of place can cause preventable wear with the potential for injury.

TROUBLESHOOTING AND HANDLING

IF YOU ARE EXPERIENCING ISSUES THAT YOU CAN NOT FIND A SOLUTION FOR BELOW, PLEASE CONTACT CUSTOMER SERVICE.

1.Error Code

Error Code	Definitions	Solutions Steps
E01	Communcation interrupted	Unscrew motor hood and verify singal terminals connection. Otherwise,Please contact with our after sale service. WARNING : Always power off and unplug power cord before above process
E03	Over currenct protected	1: Restar treadmill , due to user over limited 350lbs. 2: Open to check any foreign objects blocked moving parts (such as: drive motor;ideler roller;drive roller,walking belt etc) 3: Walking belt is overtightened or lack lubricants (please see detail chapters relate to belt tension and lubricant process)
E04	Low vottage protected	1: Use with correct 110 voltage supply. 2: Replug power cord, due to socket loosen. Otherwise,Please contact with our after sale service.
E09	Over voltage protected	1: Use with correct 110 voltage supply. Otherwise,Please contact with our after sale service.
E08	Motor blocked	Open to check any foreign objects blocked moving parts (such as: drive motor;ideler roller;drive roller,walking belt etc) Otherwise,Please contact with our after sale service.
E05	Motor overloading protected	1: Due to user over limited 350lbs. 2: Remove foreign objects blocked moving parts 3: Walking belt is overtightened or lack lubricants Otherwise,Please contact with our after sale service.
E12	PCBA Controller self-check error	Please contact with our after sale service.

The error warning indicator light will illuminate on the treadmill when a treadmill error occurs, displaying the corresponding error code.

Additionally, an integrated buzzer will sound an alert. It is crucial to stop exercising immediately upon encountering an error code and hearing the alert. If the issue persists after restarting the treadmill, please seek further assistance from our customer service at service@vitalseris.com.

2. Troubleshooting

Problem	Problem Analysis	Solutions Steps
Treadmill does not work	1: No power supply to treadmill 2: Power cord damage	1: Plug in power cable and turn on power switch 2: Replace new power cord
Runing belt slipped	Belt loosen	Tighten belt tension with Allen wrench under Chapt : Product maintenance - Belt adjustment Instruction
Remote control does not work	1: Out of battery power 2: Remote control dysfunction	1: Replace new battery cell (Type of battery AAA) 2: Contact with after sale service to inquire new remote control. Follow " Resync process " refer to chapt : How to use -Remote control instruction .
Friction noise	Runing belt out of centered	Refer to Chart : Product maintenance - Belt adjustment Instruction

Pairing prcoess instructions , either remote control dyfunction or singal interference when more than 2pcs treadmills working together.

Step 1: Plug in power cord

Step 2: Hold " MODE" & " Speed+" buttons more than 5 seconds .

Step 3: Turn on power switch of treadmill as soon as remote control start blinking .

Step 4: Pairing prcess succeed once " Beep..." sound from buzzer of treadmill .

BATTERY TYPE OF REMOTE CONTROL : AAA alkaline battery

WORKOUT GUIDE

THE CORRECT FORMS FOR SEVERAL BASIC STRETCHES ARE SHOWN ON THE RIGHT.
PLEASE MOVE SLOWLY WHEN YOU STRETCH.

1. Toe touch stretch

Stand with your knees bent slightly and slowly bend forward from the hips. Relax your back and shoulders and allow your hands to reach your toes as far as possible. Hold for 15 seconds, then relax. Repeat 3 times.

Stretched parts: Hamstrings, back of knees and the back.

2. Hamstring stretch

Sit with one leg extended. Bring the sole of the other foot toward you, resting against the inner thigh of your extended leg. Reach for your toes as far as comfortable . Hold for 15seconds , then relax. Repeat 3 times with each leg.

Stretched parts: Hamstrings, lower back and groin.

3. Calf / tendon stretch

With one leg in front of the other, reach forward and place your hands against the wall. Straighten your back leg, keeping the foot flat on the floor. Bend your front leg, lean forward, and move your hips toward the wall. Hold for 15 seconds,

then relax. Repeat 3 times with each leg. To stretch the tendon further, bend your back leg as well.

Stretched parts: Calf, achilles tendon and ankle.

4. Quadriceps stretch

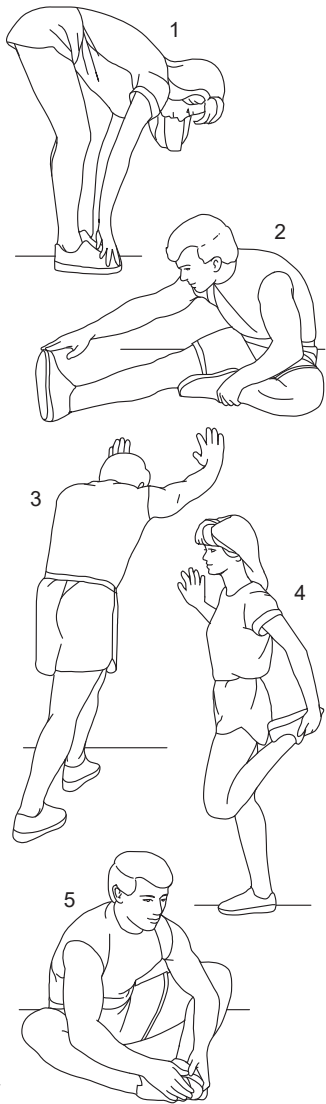
With one hand against the wall for balance, reach back and grab one foot with the other hand. Bring your heels as close to your hips as possible. Hold for 15 seconds, then relax. Repeat 3 times with each leg.

Stretched parts: Quadriceps and glutes.

5. Inner thigh extension

Sit with the soles of your feet together and knees facing out. Pull your feet as far as possible toward your groin. Hold for 15seconds, then relax. Repeat 3 times.

Stretched parts: Quadriceps and glutes.



WARRANTY

Manufacturer’s Limited Warranty

This product is under warranty by Vitalwalk covering manufacturing defects in material and workmanship.

Full Unit: 1 Year

Core Components:· Frame: 5 Years· Motor: 2 Years

Exclusions of warranty:

Warranty does not cover damage due to reasons below:

Improper installation or non-compliance with Mixdollar’s installation guidelines;

1. The product is used for non-household purposes or for purposes other than intended;
2. Surface damage: such as scratches, dents or discoloration;
3. Damage caused by normal wear and tear, vandalism, accident or animals;
4. Any natural disaster (such as fire, flood, snow, ice, hurricane, earthquake, lightning or other natural disasters), environmental conditions (such as air pollution, mold, mildew, etc.) or contamination by foreign substances (such as dirt, grease, oil, etc.);
5. Normal weathering is due to exposure to sunlight, weather and atmosphere, which can cause dust, the accumulation of dirt or stains, and damage from debris.
6. Improper Operation, modification, handling, storage, misuse or neglect of the product.
7. Vitalwalk will, at its sole discretion, repair or replace, any part that proves to be defective in normal household use. Any repairs or replacements will not renew the warranty period. This warranty is provided only to the original purchaser and is non- transferable. Original proof of purchase is required.

Email for replacement parts:

service@vitalseris.com

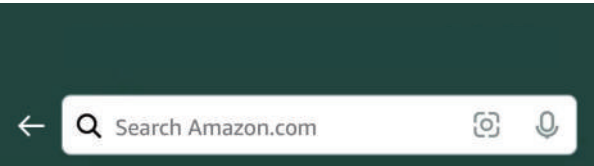
We will respond to your message within 24 hours.

If you need after-sales support, please prepare the following information:

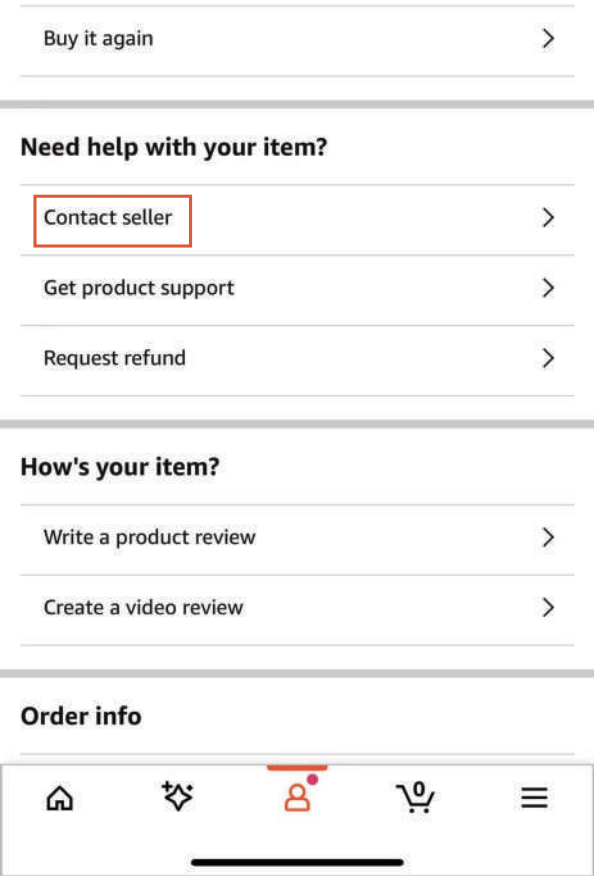
1. Order number
2. Part description (a photo or video will help)
3. Part number
4. Purchase date
5. Recipient’s full address and phone number

HOW TO CONTACT US ON AMAZON ?

Step 1: Login your Amazon account



Step 2: Entry Your Orders ,Select the item you purchased from us.



Step 3: Click " Contact seller " .

Vitalwalk

Connect Health, Embrace Life