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

Vitalwalk
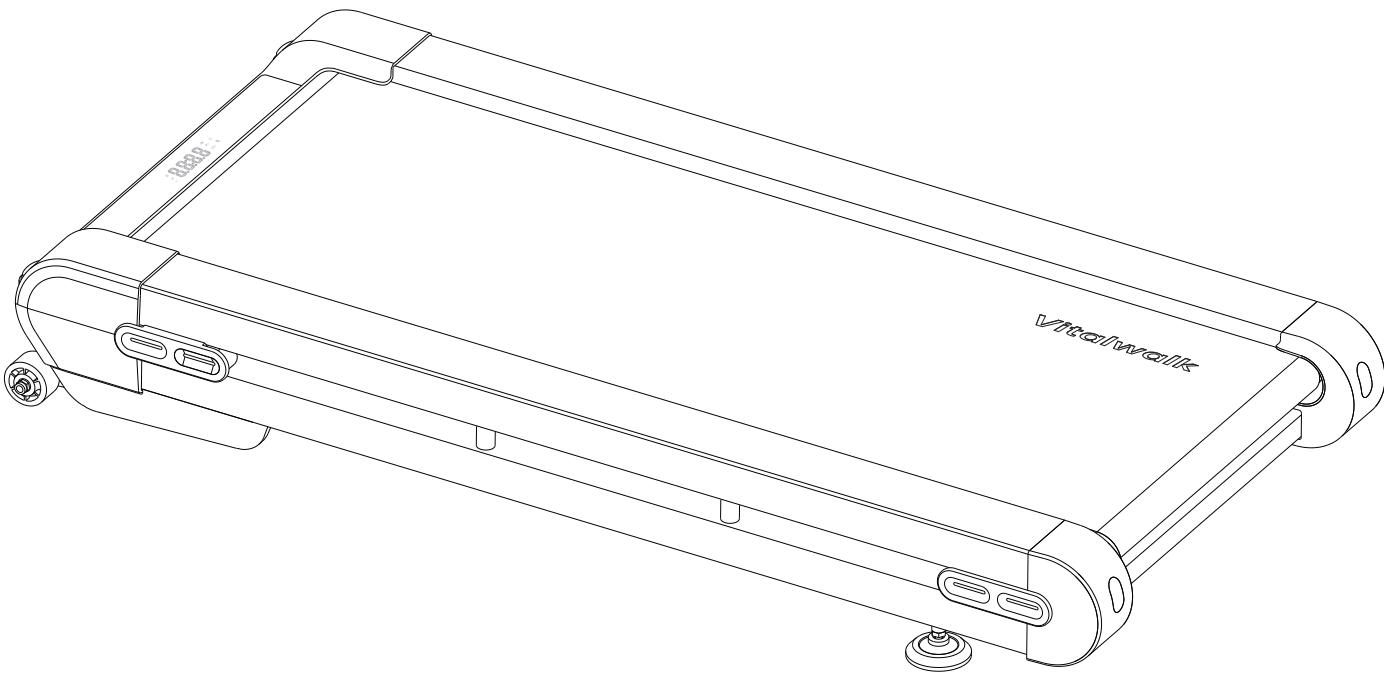
User Manual

MODEL: TM11GY

Apollo 11 - Max

Full Deck Walking Treadmill
With Auto Incline and APP connection

UK CA   C€   FC   ⌧

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.

Response Time **24/7**

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

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 400 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
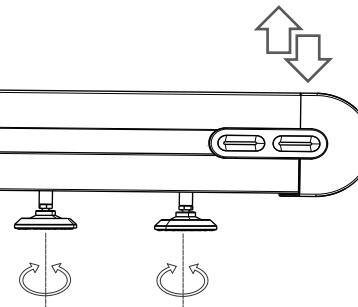
FCC& IC Radiation Exposure Statement:

• 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.

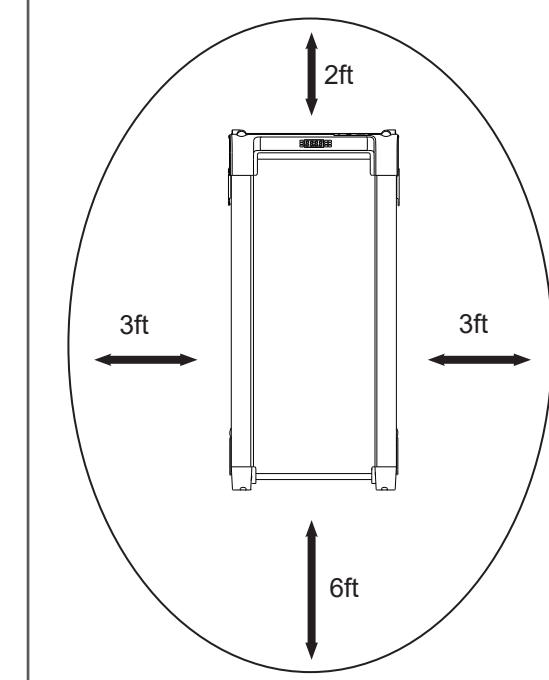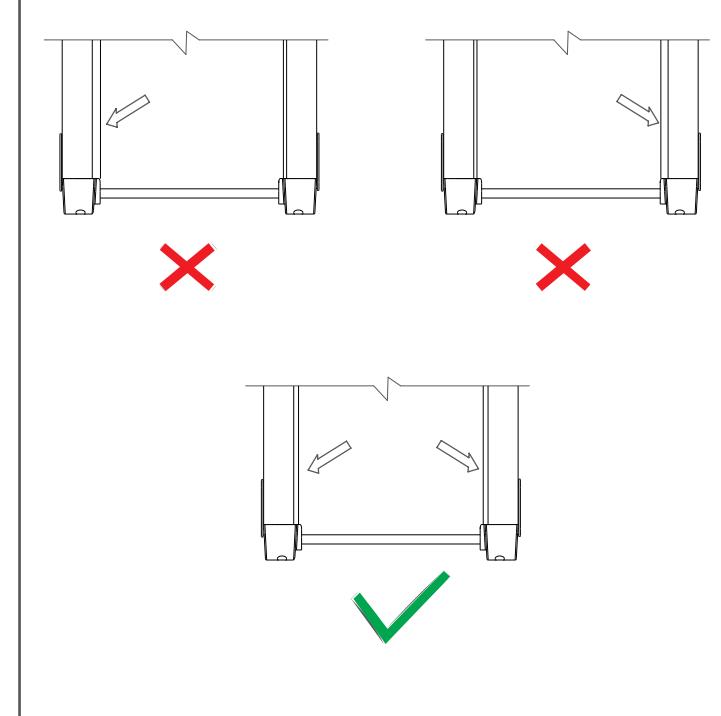### GROUNDING METHOD
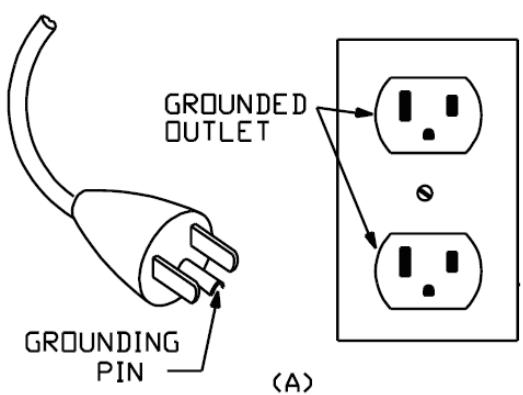
⚠ Warning!

Floor stabilizer adjustment

Always keep adequate space.

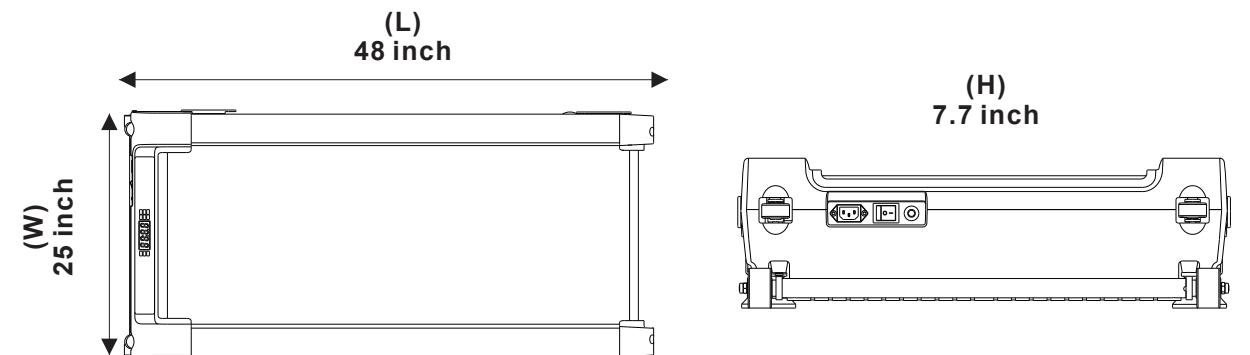Make sure the running belt is centered before use.

PRODUCT SPECIFICATIONS
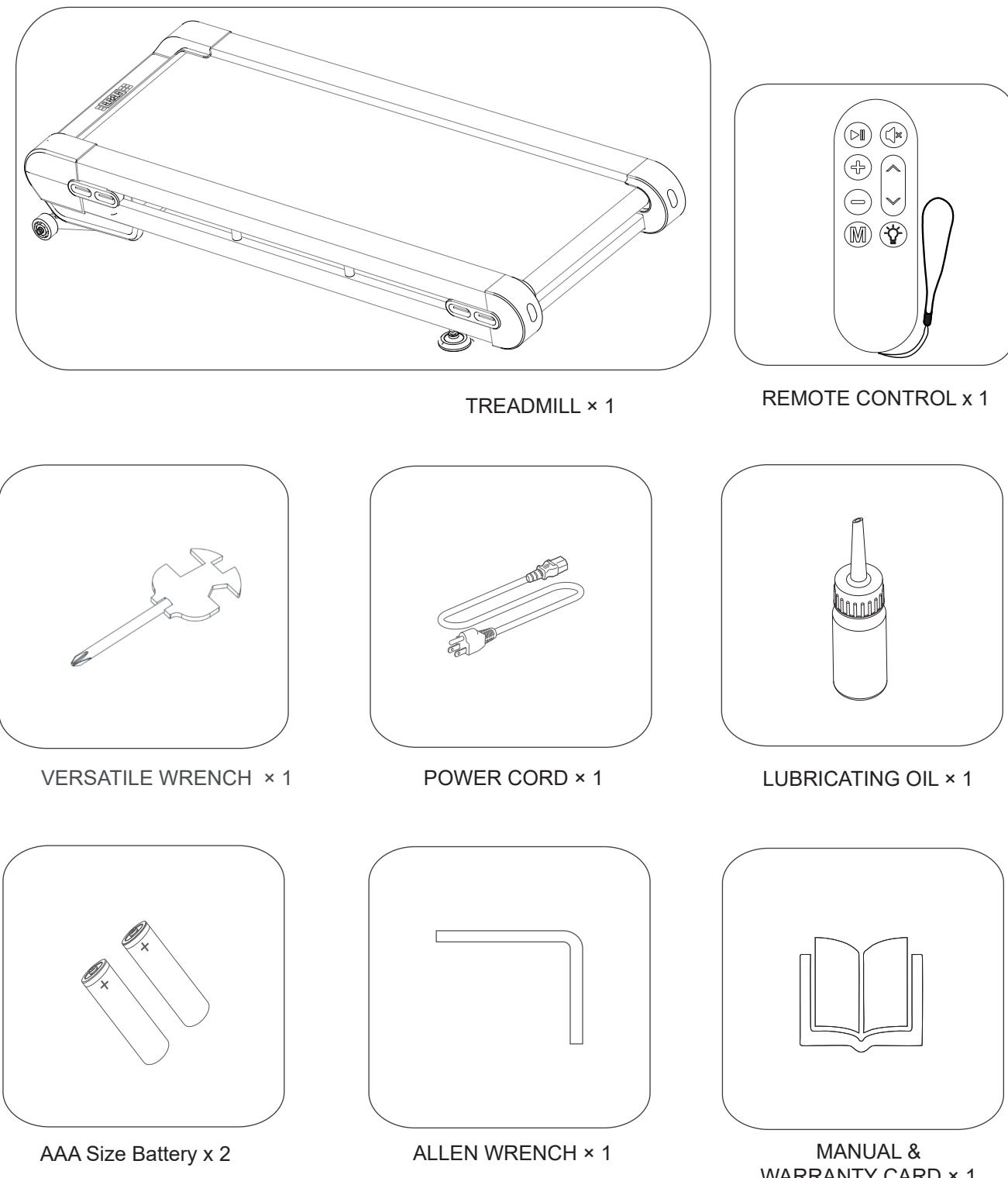
Product configuration	Technical parameter
Input voltage	110~120 V
Range of speed	0.6-5.0 mph
Maximun incline percentage	20 %
Incline sections	20 Level
Maximun load capacity	400 lbs
Packaging size	52 X 27.6 X 8.7 inches
Product size	48 X 25 X 7.7 inches
Deck area	18 X 43 inches
Ambient Light	Green : 0.6-2.0mph Orange : 2.1-3.8mph Red : 3.9-5.0mph
APP connection	Fitshow ; Zwift ;Kinomap APP
Suggest user age	13-60 years old
Rated power	735W
Peak horsepower	3.5Hp
Net / Gross weight	75LBS / 86LBS

⚠ Warning!

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

(L) 48 inch

(W) 25 inch

(H) 7.7 inch

PACKAGE LIST

TREADMILL × 1

REMOTE CONTROL x 1

VERSATILE WRENCH × 1

POWER CORD × 1

LUBRICATING OIL × 1

AAA Size Battery x 2

ALLEN WRENCH × 1

MANUAL &
WARRANTY CARD × 1

PRODUCT STRUCTURE

Motor Case Upper

Display Panel

Foot Rail

Running Belt

Ambient light strips

Rear Roller Guard

Motor Case Lower

Absorber

Rear bar

Floor Stabilizer

Vertical Transport Wheel

Transport Wheel

Adjustable Incline System

Power Socket

Main Power Switch
" O " -- OFF
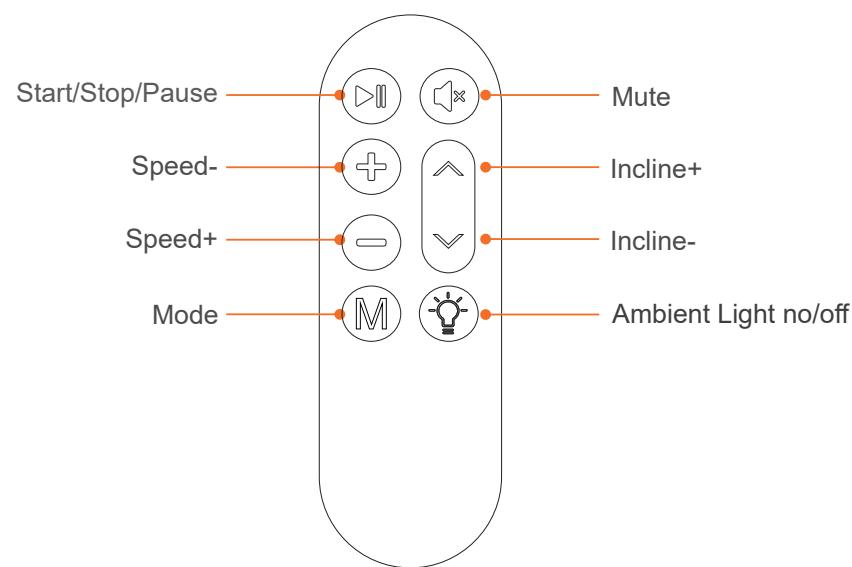" ▬ " -- ON

Circuit Breaker

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

Incline Level

Speed

Distance

Calories

Time

Light Indicator

BT Connection

Step

Window		Content Description
Incline Level		• Displays the incline from 0-20 level.
Speed		• Metric(MPH):The speed range is 0.6-5.0 MPH. 0.6MPH is the default running speed and 0.2MPH increment • Imperial(KMH):The speed range is 1.0-8.0 MPH. 1.0KMH is the default running speed and 0.2KMH increment
Distance		• 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		• 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		• 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		• Displays the number of steps from 0 to 9999. When the count reaches 9999, it will reset and start back from 0.
✳	BT Connection	• The indicator will be constant on after the APP connected ,otherwise flashes continously.
💡	Light Indicator	• Illuminated symbol indicates active side ambient lighting; extinguished denotes deactivation.

REMOTE CONTROL INSTRUCTIONS

Start/Stop/Pause ——— Mute
Speed- ——— Incline+
Speed+ ——— Incline-
Mode ——— Ambient Light no/off

Button	Functions	Operation	Operation
▷❙❙	Start	Short press	Start the walking treadmill
	Stop	Long press for 2"	·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)	·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	·Increase incline level. ·In standby mode(0000) by holding " ⋀ " button 5 seconds,the treadmill lift to max incline level 20 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/Calrioes/Step) and count down.
Mute		Short press	Mute buzzer voice options .
Composite key	💡 & Speed+		In standby mode, Hold both buttons to adapting system between metric (MPH) and the imperial (KMH).(Long press for 5")
	💡 & Incline+		·Active or Deactive "Auto- Pause" program by long press both buttons 5 seconds . ·Auto - Pause --- Detecting idle users on a treadmill within 20 seconds APA1: Actived (Default set) APA0: Deactive
	M &Speed-		Default setting : Accumulate no-loading motion data.Cancel default setting : Hold press both buttons 5 seconds and disaplay " off" with a beep alarm .

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 comtrol, 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 subcribered APP (Kinomap & Zwift)
• A: Unable to control the walking treadmill, neither via Kinomap nor Zwift APP
• B: Eligible for paied sucribers via APPs

TRANSPORTATION AND STORAGE
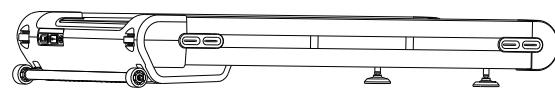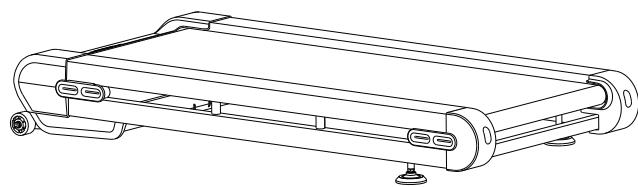
DUAL OPTIONS FOR TREADMILL MOBILITY
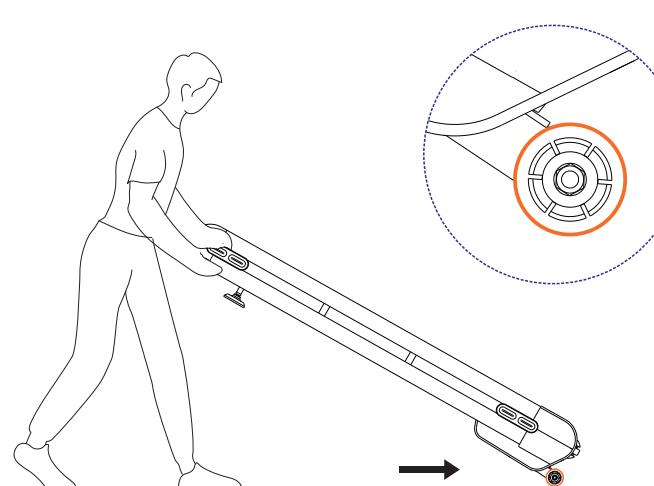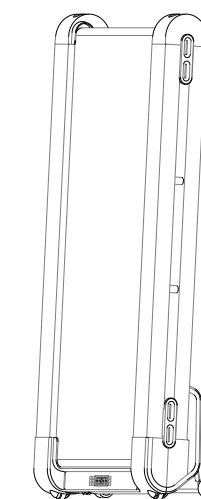

Barrow Move
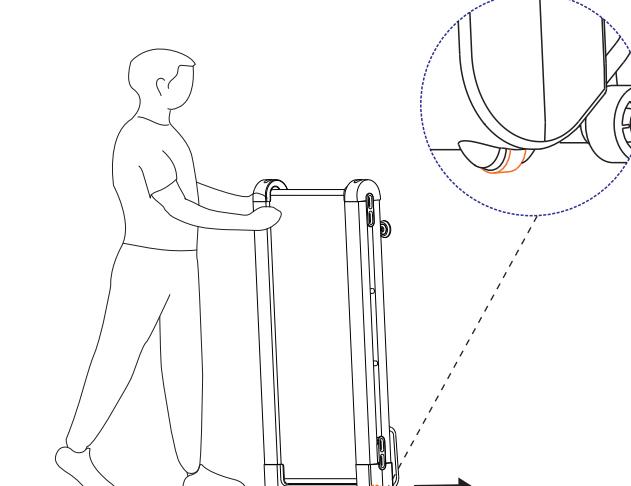
Stand Move

VERSATILE STORAGE

Keep Flat

Maximum thick of product is 7.7inch with 8.3 (sq.ft) footprints ,please make sure enough space before intends to store under bed or sofa .
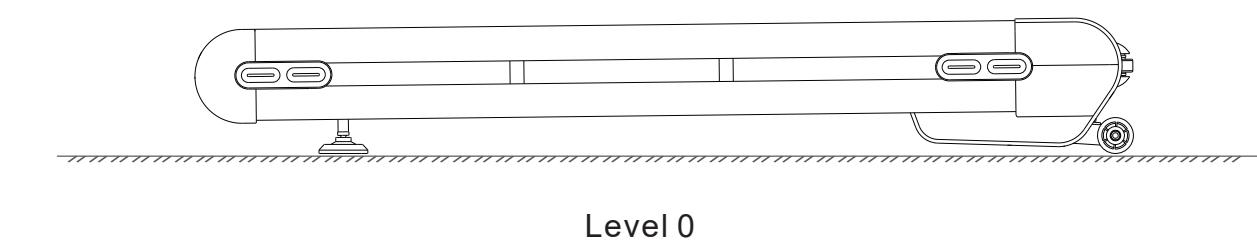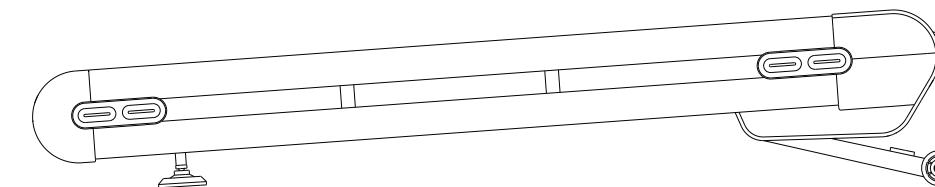
Upright storage

Upright storage ,footprints 2.1 (sp.ft), product height 48 inches.

Auto Incline Feature Introduction

·20 incline levels :ajustable with remote control .

·Change the incline of walking treadmill as desired.

Level 0

Level 20

·Friendly remind of Auto incline features

Will perform POST(Power On Self Test) to identify incline level and back to " Zero" level as soon as repower on.

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

Warning: Before cleaning or maintaining the product, make sure to unplug the power plug of the treadmill.
Friendly remind: A thorough cleaning will prolong the lifespan of the treadmill.
Regularly dust remove to keep the components clean. The surface of the running belt should be scrubbed with a damp cloth dipped in soap. Please note that do not let water splash onto the electrical components or under the running belt.

HOW TO LUBRICATE:
1. Raise the Running Belt up on one side and apply lubricant to the Running Board.
Use a rag to thoroughly wipe the lubricant over the running board. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
3. DO NOT LOOSEN OR MAKE ANY ADJUSTMENTS TO THE RUNNING BELT WHILE APPLYING LUBRICANT. which would cause of incidents or person injuries .

Timetable recommended:
Light user (less than 3 hours/ week) every Six months
Medium user (3-5 hours/ week) every Three months
Heavy user (more than 5 hours/ week) every Two months
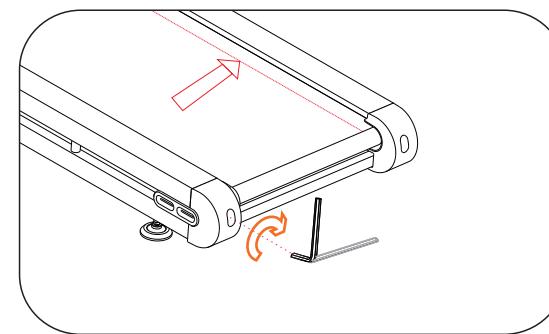

Running Belt

Running deck
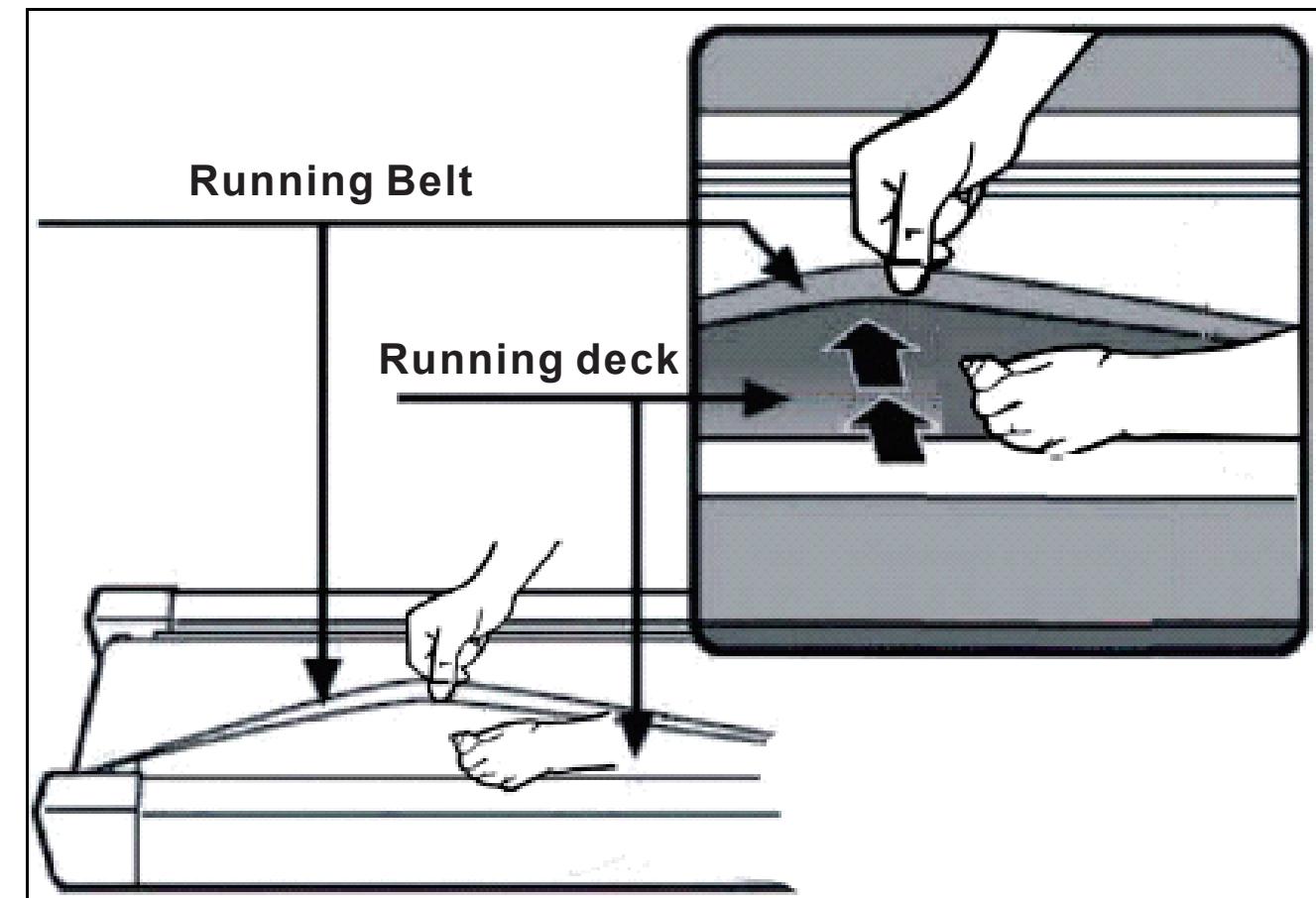
BELT ADJUSTMENT INSTRUCTION

ATTENTION :Before belt tension or centering process, please make sure " Auto Pause " mode has been inactived. (APA1 : actived ;APA0: inactived)

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.
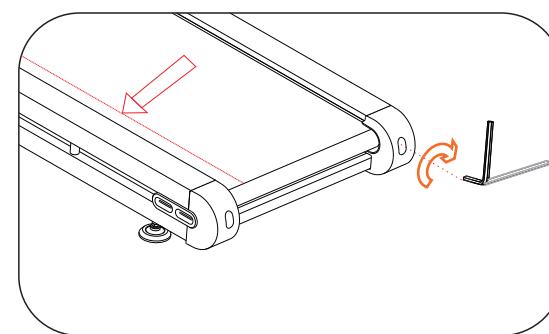
CAUTION: Verify belt is stationary before use.

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 lossen bit.
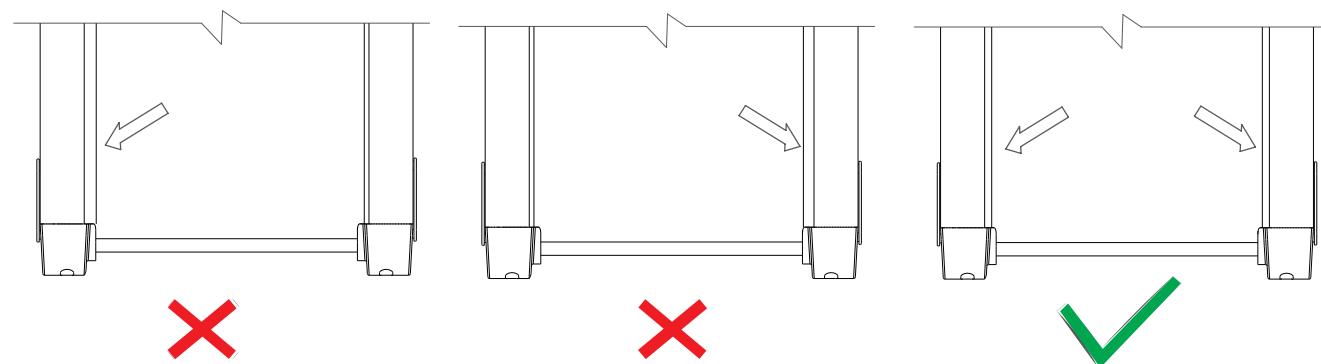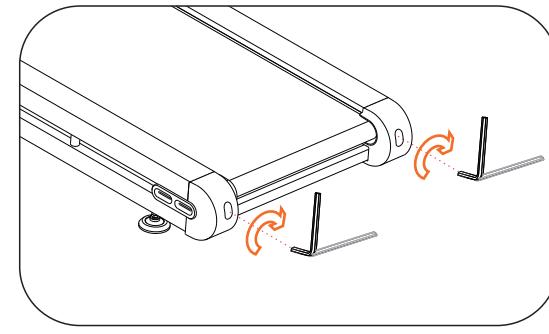
Note:
1. A running belt that is too tight can cause damage to the belt itself and its rollers.
2. Strange noises are an indication your belt is too tight and must be loosened for a safe experience.
3. Use of your treadmill with the running belt out of place can cause preventable wear with the potential 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 Cod	Definitions	Solutions Steps
E01	Communication fault	• Open hook to check if signal terminal block was loosen or cables punctured , Free to charge to supply replacement parts
E03	Over current protected - Main PCBA.	• Power off treadmill and restart • Replace new motor
E04	Low-voltage supply error	• Check home power supply voltage
E05	Over current protected by software	• Over load weight limit protected ,unplug treadmill and restart.
E06	Malfunction of main PCBA	• Open hook to check if power supply terminal was drop out.
E08	Motor block protected	• Check any object block rotating idler
E09	Over- voltage supply error	• Check home power supply voltage

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	1. Tighten belt tension with Allen wrench under Chapt 2. Product maintenance - Belt adjustment Instruction

Remote control doesn't work	1. The battery were not installed correctly
	2. Run out of battery
	3. The remote control is not paired
	4. dysfunctional remote control
		1. Reinstall the battery and make sure to distinguish the positive and negative terminals of the battery
		2. Replace with new AAA batteries
		3. Re-pairing process
		  a. Plug in power cord to socket ,but don't turn on power switch.
		  b. Press and hold " ▷❙❙ " button for 5 seconds.
		  c. While continuing to hold " ▷❙❙ " button, turn on power switch, Beep...sound will indicate that pairing is successful.
		4. Contact with after sale service to replace new remote control.

Friction noise	Runing belt out of centered	Refer to Chart : Product maintenance - Belt adjustment Instruction

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.
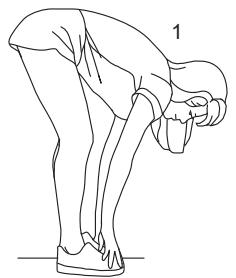
2.   Hamstring stretch

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.
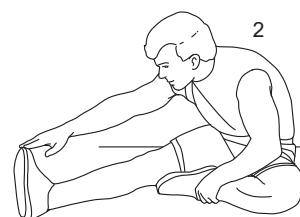
3.   Calf / tendon stretch

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.
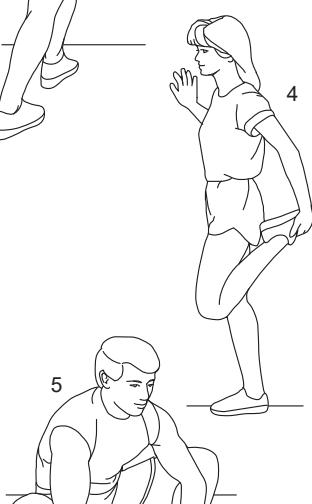Stretched parts: Calf, achilles tendon and ankle.
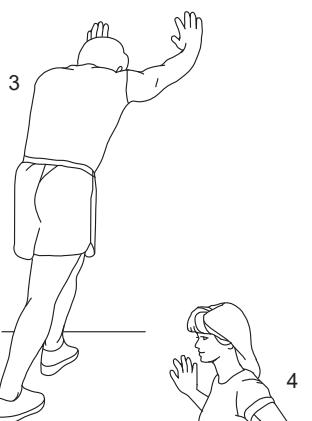
4.   Quadriceps stretch

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:

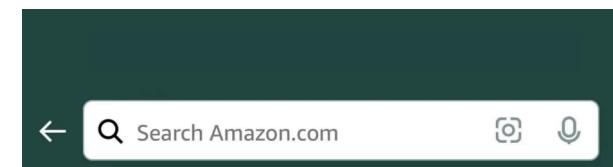## service@vitalseris.com

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 " .**
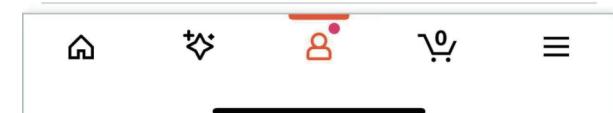
Vitalwalk

Connect Health, Embrace Life