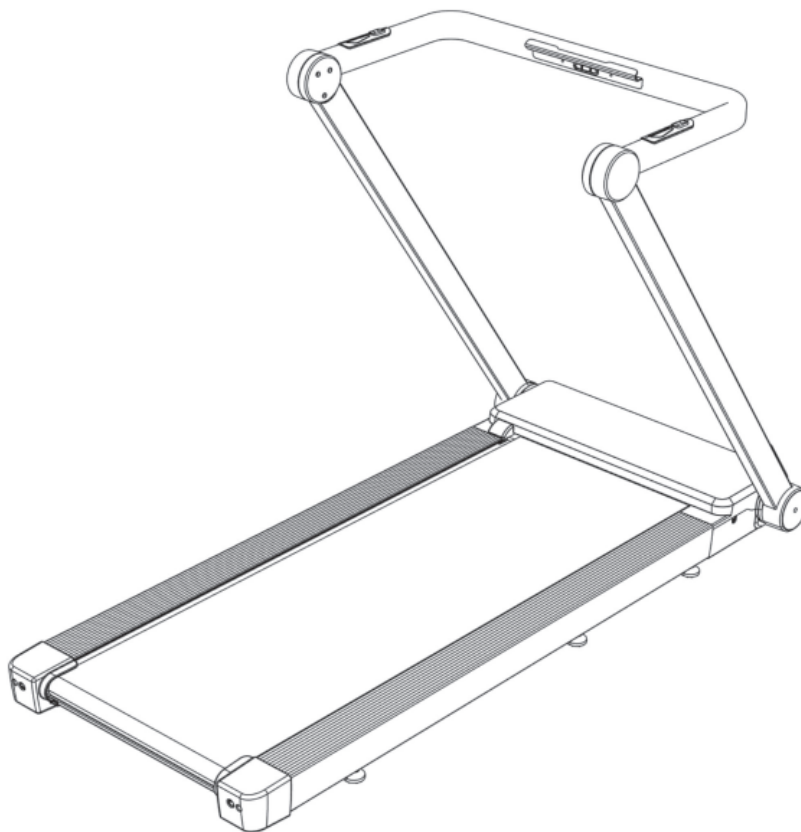


BodyMax

Assembly and Operating Instructions



max. 125 kg



~ 30 Min. 



 38 kg

L 147 | W 74 | H 100

BMTM10.01.01

SKU: BM-TM10 / BM-TM10-DESK

BodyMax Treadmill TM10

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Dear customer,

Thank you for choosing training equipment from BodyMax.

BodyMax is your reliable partner for home and commercial gym equipment. We are specialized in cardio and strength training machines for home and commercial use. Our products are not only strong, durable, and affordable but also designed to fit your personal needs.

The BodyMax headquarter is based in Rutherglen, Glasgow. Our brand was created with the intention of providing innovative exercise equipment at affordable prices for users of all training levels.

You can find further information at www.bodymax-fitness.com.

Intended Use

The equipment may only be used for its intended purpose.

The equipment is only suitable for home use. The equipment is not suitable for semi-professional (e.g. hospitals, associations, hotels, schools, etc.) and commercial or professional use (e.g. fitness studios).

Disclaimer



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Product and manual are subject to change. Technical data can be changed without advance notice.

ABOUT THIS MANUAL

Please carefully read the entire manual before installation and first use. The manual will help you to quickly set up the system and explains how to safely use it. Make sure that all persons exercising with the equipment (especially children and persons with physical, sensory, mental or motor disabilities) are informed about this manual and its contents in advance. In case of doubt, responsible persons must supervise the use of the equipment.

Due to ongoing changes and software optimisations, the manual may have to be updated. If you notice any discrepancies during assembly or use, please refer to the manual uploaded to the webshop. The latest manual is always available there.



This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to carefully follow the instructions and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The following safety instructions may appear in this manual:

► **ATTENTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in property damage.

⚠ **CAUTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in slight or minor injuries!

⚠ **WARNING**

This notice indicates potentially hazardous situations which, if not avoided, may result in death or serious injuries!

⚠ **DANGER**

This notice indicates potentially hazardous situations which, if not avoided, will result in death or serious injuries!

ⓘ **NOTICE**

This notice indicates further useful information.

Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

1.1 Technical Data

LED display:

- + Speed in km/h
- + Calorie consumption in kcal
- + Pulse in beats per minute (BPM)
- + Time in minutes
- + Steps
- + Distance

Training programmes in total:	18
Thickness of running mat:	1.4 mm
Thickness of running deck:	15 mm
Guiding roller:	Ø 38 mm
Size of running surface:	121 x 44 cm
Motortype:	1 HP
Speed:	1 - 12 km/h in steps of 0.1 km/h

Weight and Dimensions

Article weight (gross, incl. packaging) approx.:	45 kg
Article weight (net, excl. packaging) approx.:	38 kg
Packaging dimensions (L x W x H) approx.:	164 cm x 77.9 cm x 14 cm
Set-up dimensions (L x W x H) approx.:	146.5 cm x 73.4 cm x 99.6 cm
Folding dimensions (L x W x H) approx.:	150.5 cm x 73.4 cm x 12 cm
Maximum user weight:	125 kg

TM10 Treadmill Desk (Optional)

Article weight (gross, incl. packaging) approx.:	1.8 kg
Article weight (net, excl. packaging) approx.:	1.3 kg
Packaging dimensions (L x W x H) approx.:	74 cm x 32 cm x 5 cm
Set-up dimensions (L x W x H) approx.:	73 cm x 27.5 cm x 2 cm
Maximum load:	15 kg

1.2 Personal Safety

DANGER

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.
- + Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.

WARNING

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.

CAUTION

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.

ATTENTION

- + Do not insert any objects of any kind into the openings of the device.

1.3 Electrical Safety

DANGER

- + In order to reduce the risk of an electric shock, always unplug the equipment from the mains socket immediately after your workout, before assembly or dismantling, and before maintenance or cleaning. Do not pull on the cable.

WARNING

- + Do not leave the equipment unattended while the mains cable is plugged into the mains socket. During your absence, the mains cable must be removed from the mains socket to prevent improper use by third parties or children.
- + If the mains cable or plug is damaged or defective, contact your contract partner. Until repair, the equipment must not be used.

ATTENTION

- + The equipment requires a mains connection of 220-230 V with 50 Hz mains voltage.
- + The equipment may only be connected directly to an earthed socket using the supplied mains cable. Extension cables must conform to VDE guidelines. Always completely unwind the mains cable.
- + The socket must be protected by a fuse with a minimum fuse rating of "16 A, slow blow".
- + Do not make any changes to the mains cable or the mains plug.
- + Keep the mains cable away from water, heat, oil and sharp edges. Do not route the mains cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.
- + If your purchased item is equipped with a TFT console, software updates must be carried out regularly. Follow the instructions on the console to perform the update(s).
- + The software systems on gym equipment with TFT consoles are set up only for the pre-installed apps. Do not install any additional apps.

NOTICE

- + The pre-installed apps on TFT consoles are produced and provided by external manufacturers. Sport-Tiedje does not take any responsibility for the availability, functionality or contents of these apps.

1.4 Set-Up Place



WARNING

- + Do not place the equipment in main corridors or escape routes.



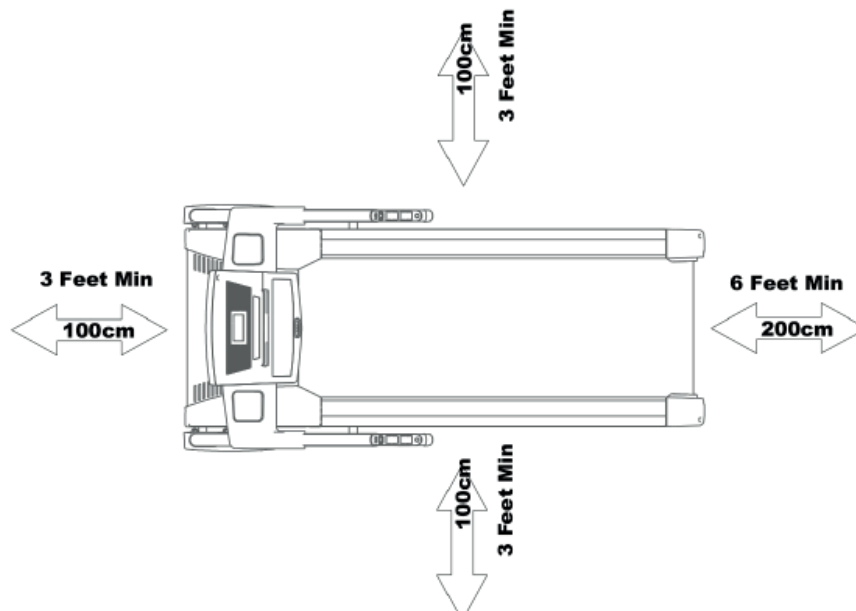
CAUTION

- + Make sure that there is a safety area behind the treadmill with a length of at least 2 m and a width at least equal to the width of the treadmill.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.

ATTENTION

- + The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.
- + A floor protective mat/equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.

Recommended free zone:



2.1 General Instructions



DANGER

- + Do not leave any tools, packaging materials such as foils or small parts lying around, as otherwise there is a danger of suffocation for children. Keep children away from the equipment during assembly.



WARNING

- + Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.



CAUTION

- + Ensure to have sufficient room for movement in each direction during assembly.
- + The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of a third technically skilled person.



ATTENTION

- + To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.



NOTICE

- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

2.2 Scope of Delivery

⚠ WARNING

Around the treadmill there is a strap that prevents the treadmill from opening during transport. This strap must be removed before assembly.

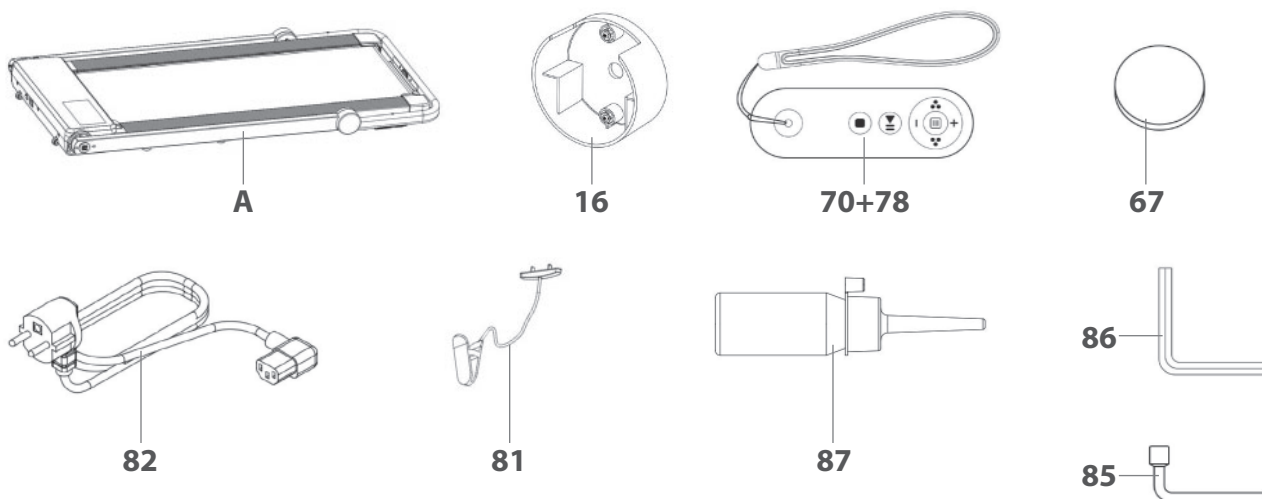
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

⚠ CAUTION

If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.

ℹ NOTICE

For the scope of delivery and assembly, the treadmill frame is referred to as part "A". The treadmill frame consist of several frame parts with different parts numbers.



No.	Name	Qty.
A	Treadmill frame	1
16	Upright side cover	2
67	Magnet	1
70+78	Remote control with rope	1
81	Safety key	1
82	Power cord	1
85	L-shaped wrench	1
86	Allen wrench	1
87	Lubrication oil	1

Optional (BM-TM10-DESK)

64	Dekstop	1
----	---------	---

2.3 Assembly

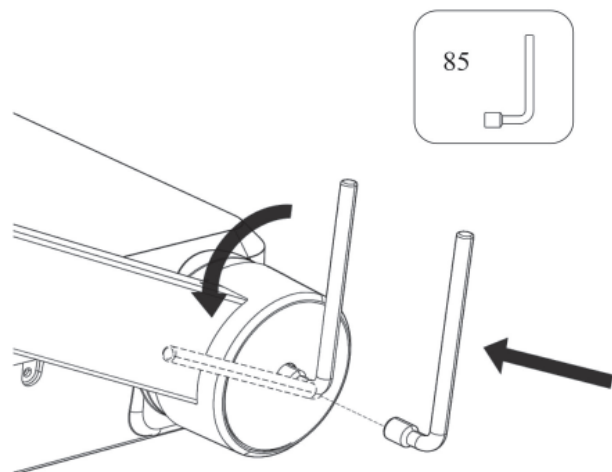
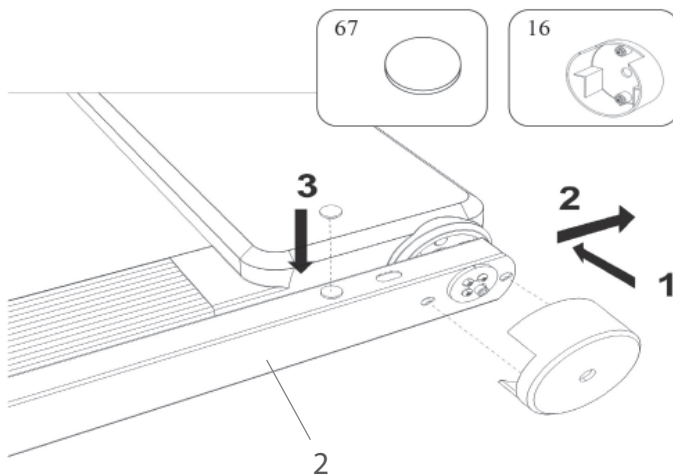
Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

ⓘ NOTICE

- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer.

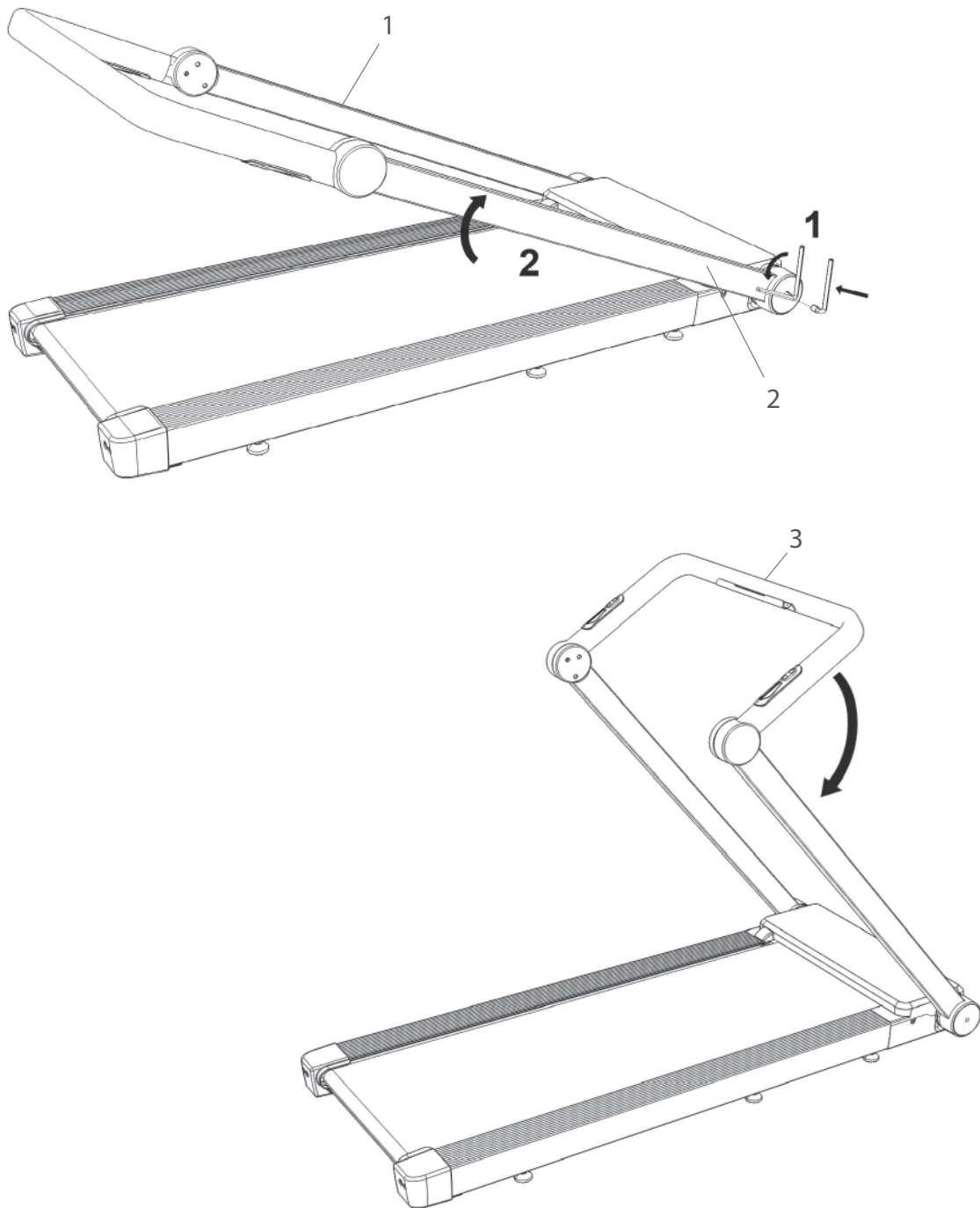
Step 1:

1. Attach one round magnet (67) to the right upright tube (2).
2. Attach one upright side cover (16) to the left and right upright tubes (1 & 2).
3. Unlock the bolt on the right upright tube (2) with the wrench (85) by turning counterclockwise.



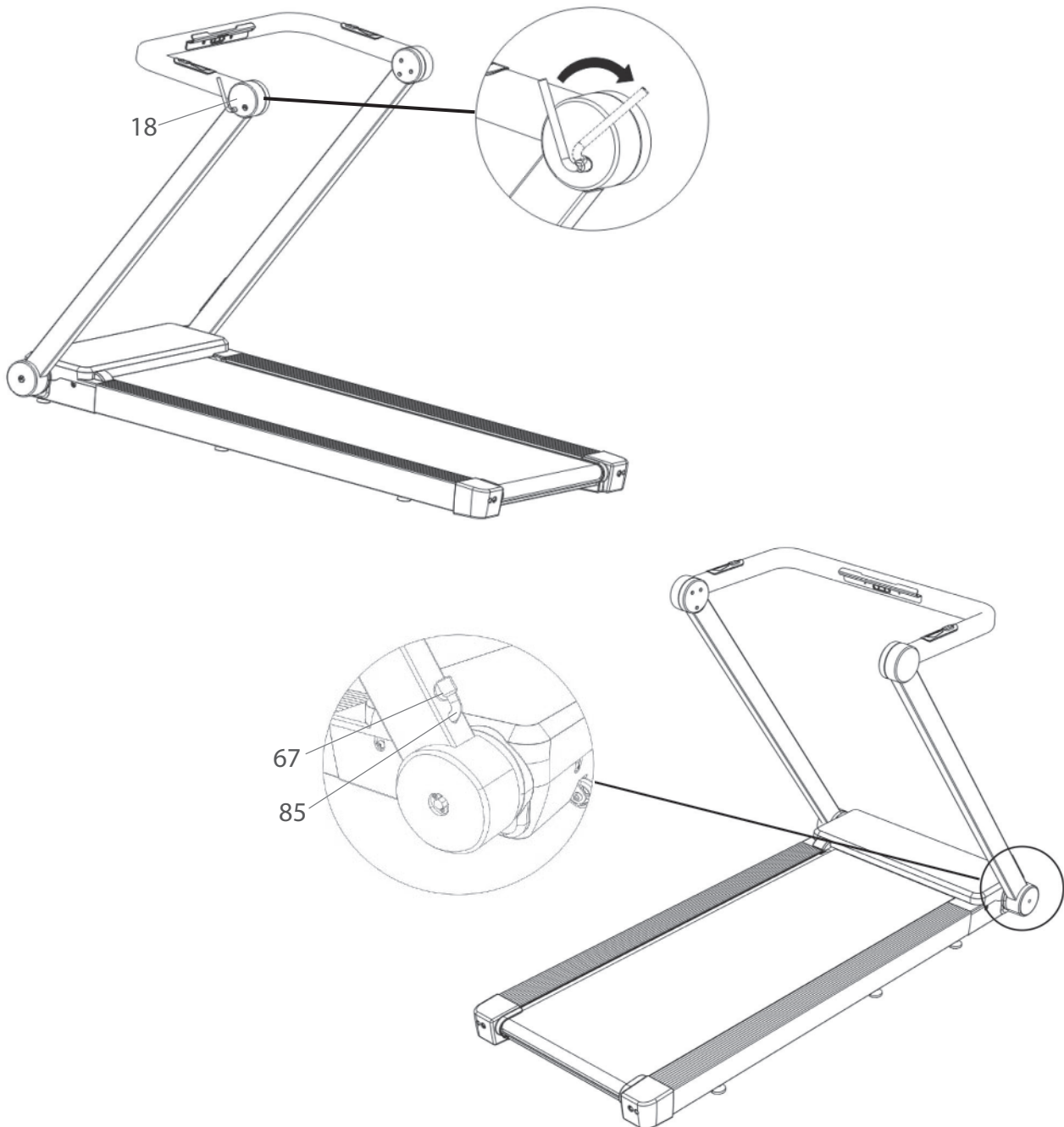
Step 2:

1. Once the bolt is unlocked, lift up the upright tubes (1 & 2).
2. Fold down the handle bar (3).



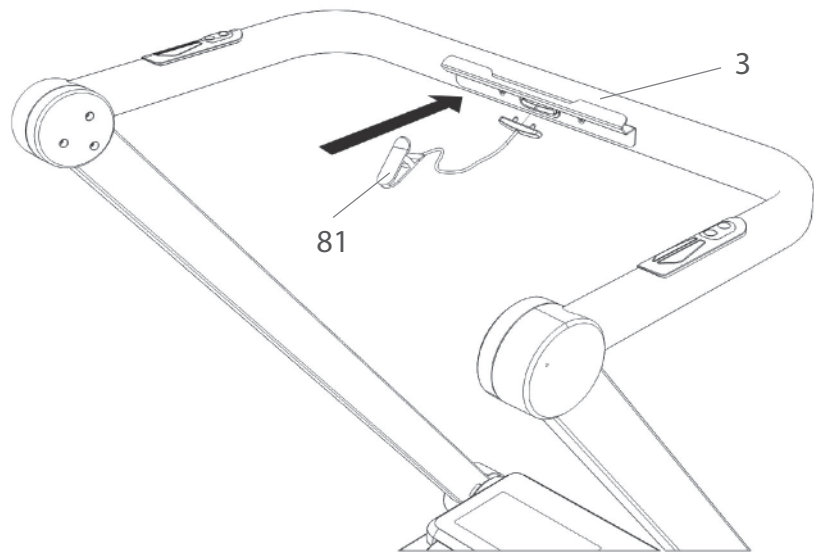
Step 3:

1. To secure the handlebar, tighten the bolt on the left handle bar cover (18) with the L-shaped wrench (85) by turning clockwise.
2. Attach the L-shaped wrench (85) to the round magnet (67).



Step 4:

Insert the safety key (81) into the slot on the handle bar (3).



Alignment of the Feet

If the floor is uneven, you can stabilize the treadmill by turning the two setting screws under the main frame.

1. Lift the treadmill on the desired side and rotate the setting screws under the main frame.
2. Rotate the screws clockwise in order to remove them and to raise the running surface.
3. Rotate them counterclockwise in order to lower the running surface.

Connecting the Equipment to the Mains Supply

► **ATTENTION**

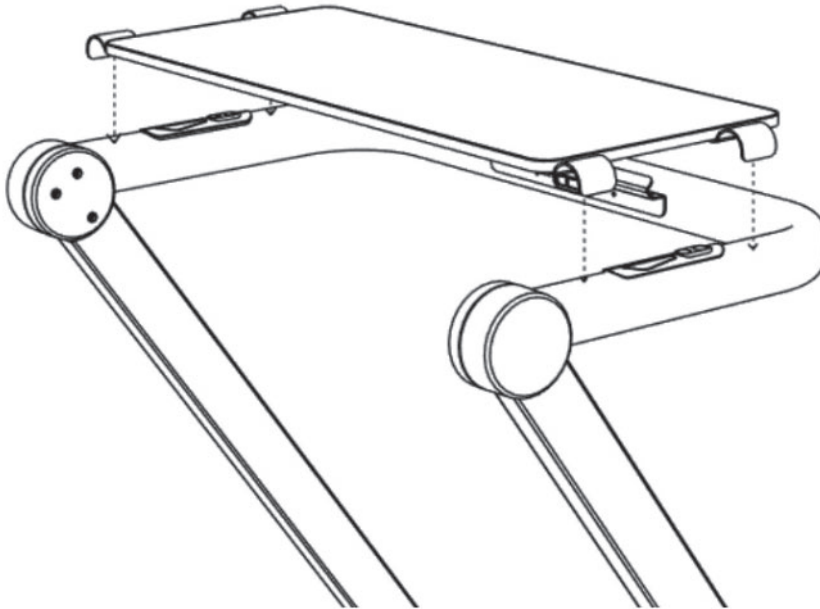
The equipment must not be connected to a multiple socket, otherwise it cannot be guaranteed that the equipment will be supplied with sufficient power. Technical errors can result.

Plug the power plug into a wall outlet that complies with the instructions in the chapter on electrical safety.

Assembly of the Desk (Optional)

The desk is available as an optional accessory for the treadmill. It is not included in the scope of delivery of the treadmill.

Simply attach it to the rails like shown in the drawing below.



NOTICE

Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.

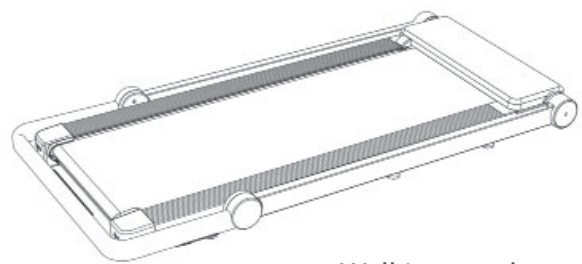
SAFETY KEY

WARNING

- + For your safety, the device is equipped with an EMERGENCY STOP function. The equipment can only be operated if the safety key is correctly attached to the contact point of the cockpit. If the safety key is no longer on the contact point, the equipment automatically stops. Therefore, the Safety Key cord with the clip must be attached to your clothing before every training session. If you want to quickly stop the treadmill, if you can no longer control the speed, or if another emergency occurs, remove the safety key from the cockpit using the cord.
- + To enable the safety key to detach from the contact point of the cockpit in the event of a fall, the safety key clip must be firmly attached to your clothing!
- + Make sure that the safety key is not accessible to children.

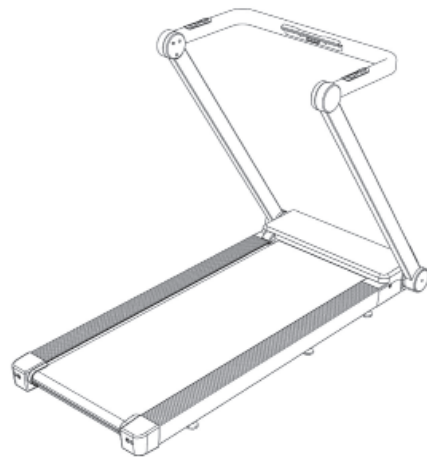
3.1 Walking and Running Mode

When the treadmill is folded flat, it can be used as a walking pad. During walking mode, the speed range is from 1.0-6.0 km/h.



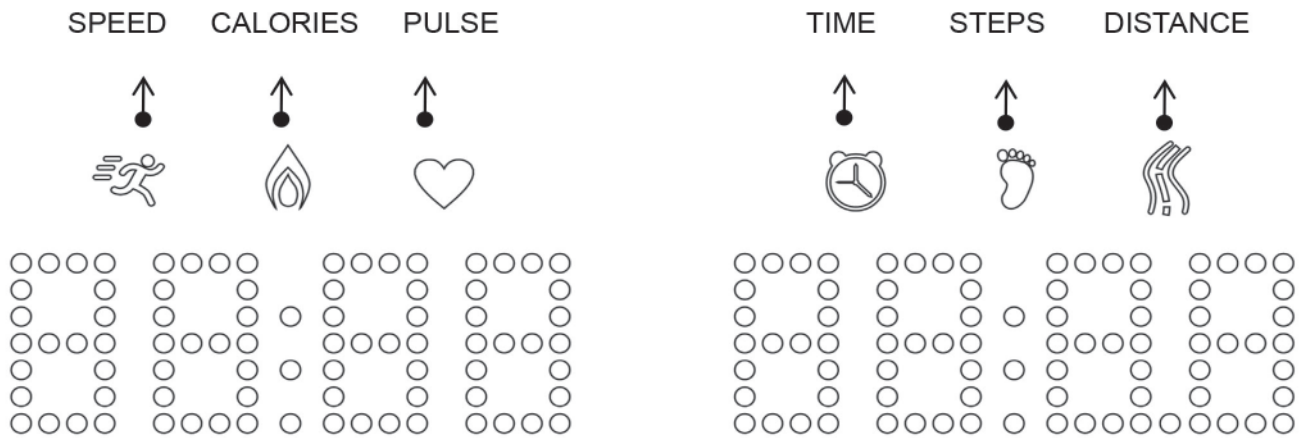
Walking mode

When the treadmill is unfolded, it can be used as a running treadmill. In running mode, the speed range is from 1.0 - 12.0 km/h.



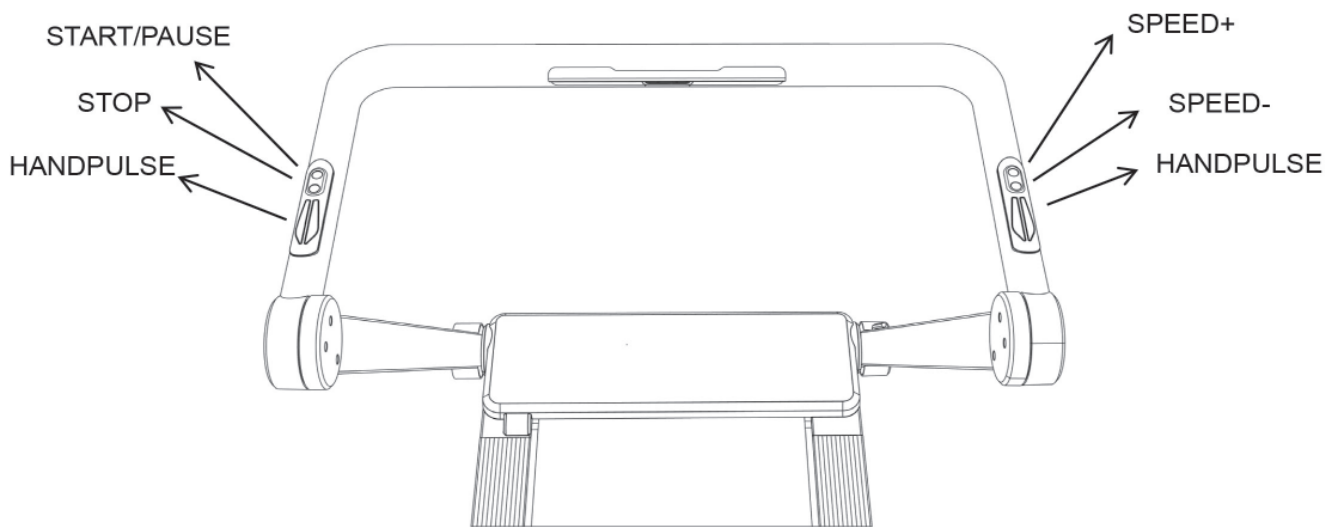
Running mode

3.2 Display Functions



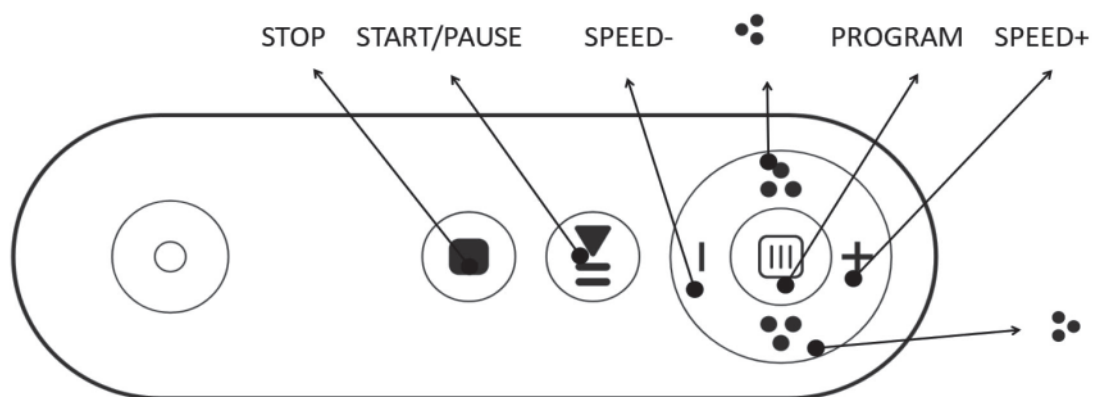
<p>SPEED (KM/H)</p>	<ul style="list-style-type: none"> + Display of the current speed in km/h + Display and setting range walking mode: 1.0 - 6.0 km/h + Display and setting range running mode: 1.0 - 12.0 km/h 	
<p>CALORIES</p>	<p>NOTICE</p> <p>These data serve as a rough guide for comparing your training sessions, they must not be used for medical purposes.</p> <ul style="list-style-type: none"> + Display of burned calories in kcal + Display range: 0.00 - 9999 	
<p>PULSE</p>	<p>WARNING</p> <p>Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid.</p> <ul style="list-style-type: none"> + Display of your current pulse in beats per minute (BPM) + Display range: 50 - 200 bpm + A heart symbol blinks when a pulse is detected 	
<p>NOTICE</p> <p>TIME/STEPS/DISTANCE share the same slot - they are shown in turn every 3 seconds.</p>	<p>TIME</p>	<ul style="list-style-type: none"> + Display of the training time in minutes + Display range: 00:00 - 99:59 + Setting range: 5:00 - 99:00
	<p>STEPS</p>	<ul style="list-style-type: none"> + Display of accumulated steps + Display range: 0.00 - 9999
	<p>DISTANCE</p>	<ul style="list-style-type: none"> + Display of the training distance in km + Display range: 0.0 - 999.9 + Setting range: 1.00 - 999


3.3 Button Functions



START/PAUSE	<ul style="list-style-type: none"> + Press to start training + Press to pause during training
STOP	<ul style="list-style-type: none"> + Press to stop training
SPEED +	<ul style="list-style-type: none"> + Press to increase the speed
SPEED -	<ul style="list-style-type: none"> + Press to reduce the speed
HANDPULSE	<p>⚠ WARNING Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid.</p> <ul style="list-style-type: none"> + Grasp both handpulse sensors to measure your pulse

3.3.1 Remote Control



START/PAUSE	<ul style="list-style-type: none"> + Press to start training + Press to pause during training
STOP	<ul style="list-style-type: none"> + Press to stop training
SPEED +	<ul style="list-style-type: none"> + Press to increase the speed/the training time
SPEED -	<ul style="list-style-type: none"> + Press to reduce the speed/the training time
PROGRAM	<ul style="list-style-type: none"> + Press to enter the preset programmes
	<ul style="list-style-type: none"> + Walking mode: Press this button to set the speed to 3 km/h (target programmes: Time) or 6 km/h (target programmes: Distance). + Running mode: Press this button to set the speed to 5 km/h (target programme: Time) or 8 km/h (target programme: Distance). + Main menu: After you have chosen one of the preset programmes, press this button to confirm the setting. + Main menu: Press this button directly to start the target programmes (distance or time) via a Quick Start function.

		TIME INTERVAL= setting time/10 Programs under walking mode									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3.0	3.0	3.0	3.0	3.0	3.0	2.0	3.0	3.0	3.0
P2	SPEED	3.0	4.0	4.0	4.0	4.0	4.0	3.0	4.0	4.0	4.0
P3	SPEED	4.0	5.0	5.0	5.0	5.0	5.0	4.0	5.0	5.0	5.0
P4	SPEED	3.0	6.0	6.0	6.0	6.0	6.0	3.0	6.0	6.0	3.0
P5	SPEED	3.0	5.0	3.0	5.0	3.0	5.0	3.0	5.0	3.0	5.0
P6	SPEED	3.5	5.5	3.5	5.5	3.5	5.5	3.5	5.5	3.5	5.5
P7	SPEED	3.0	5.0	5.0	3.0	5.0	5.0	3.0	5.0	5.0	3.0
P8	SPEED	3.5	5.5	5.5	3.5	5.5	5.5	3.5	5.5	5.5	3.5
P9	SPEED	4.0	6.0	6.0	4.0	6.0	6.0	4.0	6.0	6.0	4.0

		TIME INTERVAL= setting time/10 Programs under running mode									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3.0	4.0	5.0	6.0	6.0	4.0	5.0	6.0	6.0	4.0
P2	SPEED	4.0	5.0	6.0	7.0	7.0	5.0	6.0	7.0	7.0	5.0
P3	SPEED	5.0	6.0	7.0	8.0	8.0	6.0	7.0	8.0	8.0	6.0
P4	SPEED	6.0	7.0	8.0	9.0	9.0	7.0	8.0	9.0	9.0	7.0
P5	SPEED	6.0	8.0	10.0	10.0	8.0	8.0	10.0	10.0	8.0	6.0
P6	SPEED	7.0	9.0	10.0	9.0	10.0	9.0	10.0	9.0	10.0	7.0
P7	SPEED	7.0	9.0	9.0	7.0	7.0	9.0	9.0	7.0	9.0	7.0
P8	SPEED	5.0	10.0	10.0	5.0	5.0	10.0	10.0	5.0	10.0	5.0
P9	SPEED	6.0	10.0	10.0	6.0	6.0	10.0	10.0	6.0	10.0	6.0

3.4 General Settings and Information

LUBRICATION

This machine has a function to remind you when the lubrication of the treadmill is due. After every total distance of 300 km, your treadmill needs to be maintained. An arcustic signal will be heard for every 10 seconds, and the console's display will show "OIL". Please refer to the chapter 5.4 below for futher instructions.

After you finishined lubricating the treadmill, please hold the "STOP" button for 3 seconds, and the arcustic signal will stop.

KILOMETER & MILE

In the main menu press an hold the "STOP" button for 5 seconds. Now you can choose between the parametres "mile" and "kilometre". The display will show "m" for mile and "k" for kilometre.

SAFETY LOCK FUNCTION

If you pull out the safety key, the treadmill will stop. The display will show "---" along with an arcustic signal. The treadmill will not operate again until the safety key is inserted back.

POWER SAVING FUNCTION

This treadmill has an energy saving function. If no is action is registrered for 10 minutes, the system will enter into energy saving mode and the display will turn black. Use any button to turn on the display.

4.1 General Instructions

⚠ WARNING

- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.

▶ ATTENTION

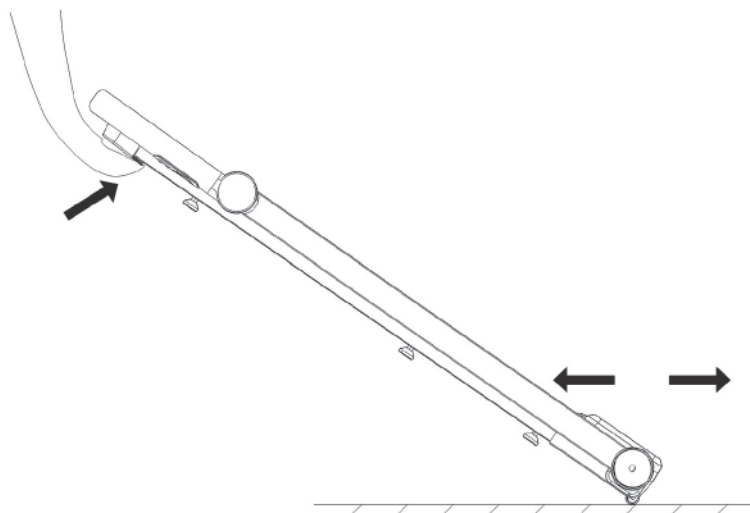
- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

4.2 Transportation Wheels

▶ ATTENTION

If you want to transport your equipment over particularly sensitive and soft floor coverings, such as parquet, planks or laminate, lay out the transport route with cardboard or similar to avoid possible floor damage.

1. Stand behind the equipment and lift it until the weight is transferred to the transportation wheels. After that, you easily can move the equipment to a new position. For long transport distances the equipment should be disassembled and safely packed.
2. Select the new location by following the instructions in the section 1.4 of this manual.



4.3 Folding Mechanism

WARNING

- + Do not lift the treadmill by the running mat or the transporting wheels. These parts do not lock and are difficult to grab.
- + The running surface must have come to a complete stop before folding.

NOTICE

The treadmill is foldable and thus saves space when it is stored. It also makes it easier to transport.

4.3.1 Folding the Treadmill

► ATTENTION

Make sure that nothing is standing next to or on top of the treadmill that can be spilled or thrown or that makes it impossible to unfold the treadmill.

1. Turn off the on/off switch and remove the plug from the outlet.
2. If attached, first remove the desk from the handle bar.
3. Unlock the console by turning the bolt counterclockwise with the L-shaped wrench (Fig. A).
4. Lift up the handle bar (Fig. B).
5. Hold the right upright tube (Fig. C).
6. Unlock the right upright tube by turning the bolt counterclockwise with the L-shaped wrench (Fig. D).
7. Carefully fold down the upright tubes until they lay flat (Fig. E).

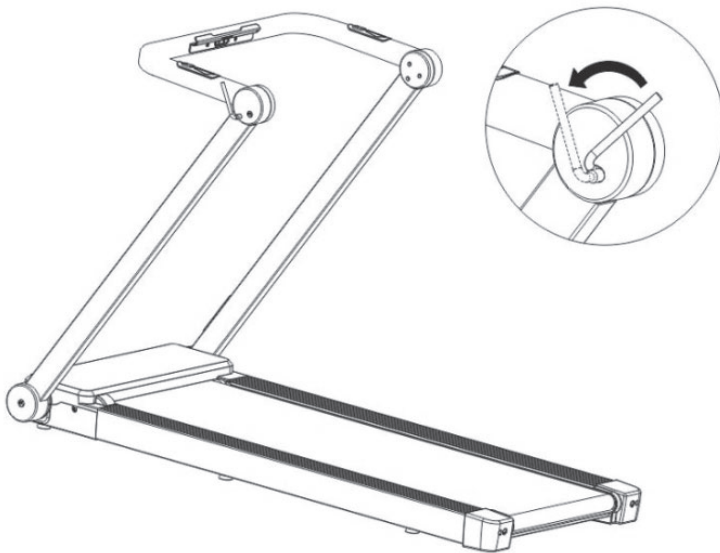


Fig. A

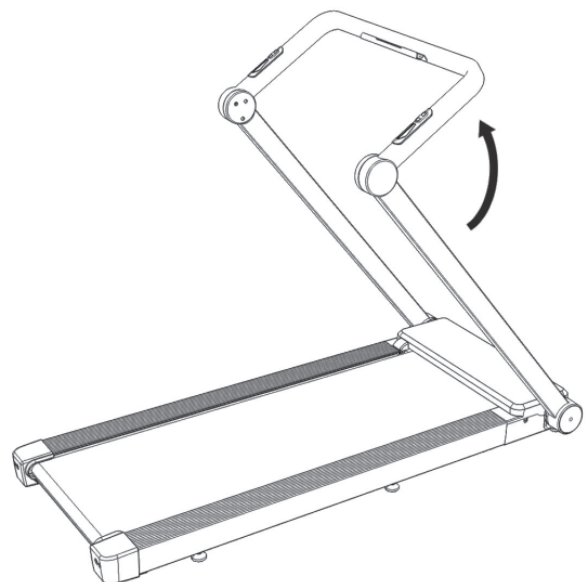


Fig. B

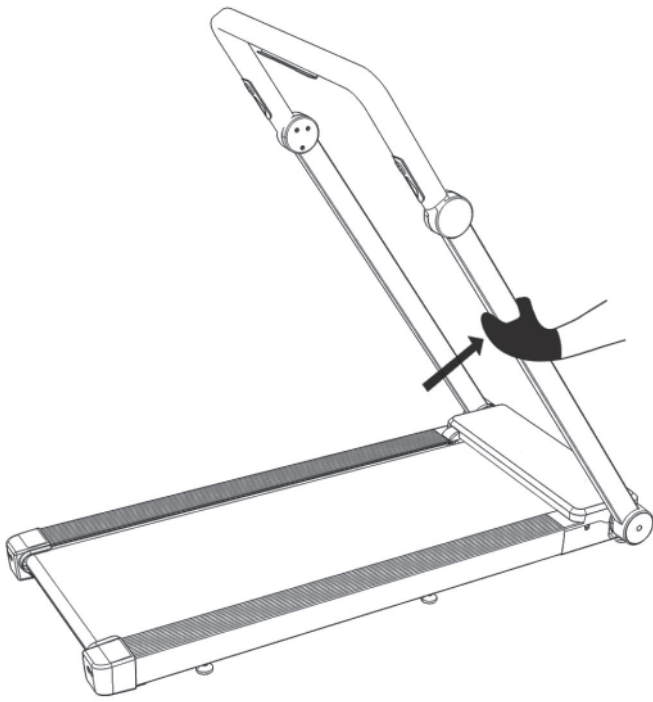


Fig. C

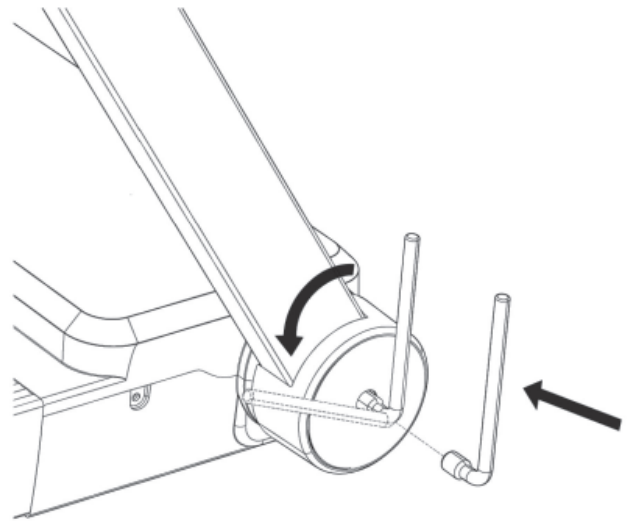


Fig. D

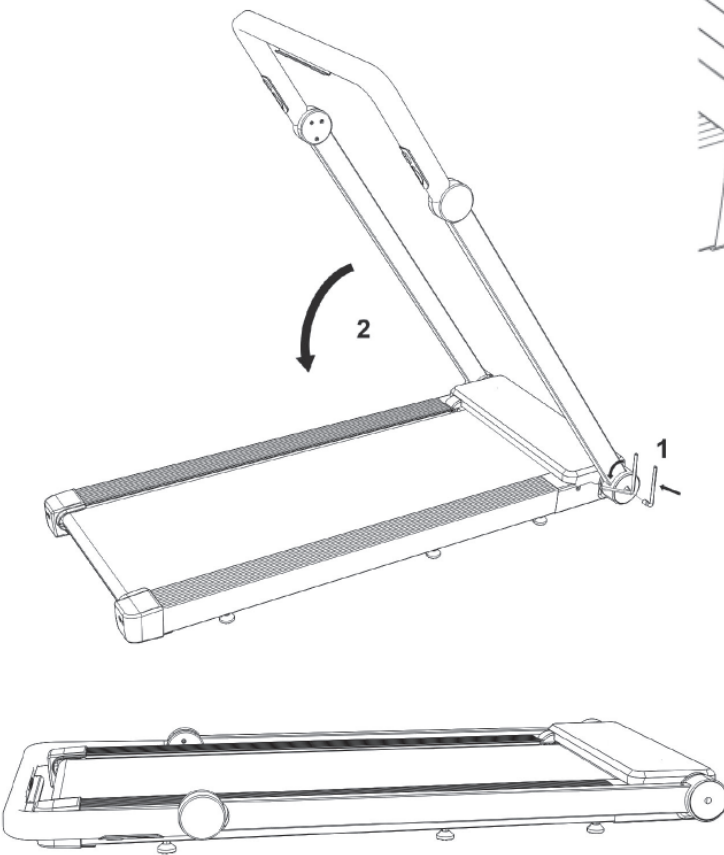


Fig. E

5.1 General Instructions



WARNING

- + Do not make any improper changes to the equipment.



CAUTION

- + Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.

ATTENTION

- + In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

5.2 Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

Fault	Cause	Solution
Console is not responding	Safety key missing or not inserted correctly	Check whether Safety Key is inserted and insert if necessary
Running mat slanting	Running mat not centered	Adjust the running mat according to the instructions
Grinding noises		
Running mat slips through/stops	Tape tension/lubrication not correct	Check belt tension/lubrication according to instructions
Display is blank/is not working	+ Interrupted power connection + Loose cable connections	+ Power switch to on + Check whether Safety Key is plugged in + Check cable connections
No pulse display	+ Sources of interference in the room + unsuitable chest strap + Wrong position of chest strap + Chest strap defective or battery empty + Pulse display defective	+ Eliminate sources of interference (e.g. mobile phone, WLAN, lawn mower and vacuum cleaner robot, etc. ...) + Use a suitable chest strap (see RECOMMENDED ACCESSORIES). + Reposition chest strap and/or moisten electrodes + Changing batteries + Check if pulse display by hand pulse possible

5.3 Error Codes and Troubleshooting

The electronics of the equipment continuously carries out tests. In case of deviations, an error code appears on the display and normal operation is stopped for your safety.

Please contact the contract partner for technical support.

5.4 Care and Maintenance

The most important maintenance measure is the care of the running mat. This includes adjustment, re tensioning and lubrication of the running mat. Damage resulting from insufficient or neglected care is not covered by the warranty. You should therefore carry out maintenance checks at regular intervals. Be very careful when adjusting and tightening the running mat, as a strong over voltage or under voltage can cause damage to the equipment. The running mat is adjusted at the factory according to the regulations before delivery. However, it may happen that the running mat slips during transport.

By scanning the QR code with the camera function or QR code scanner app of your smartphone/tablet, a video on general maintenance of a treadmill opens on YouTube. The video serves to illustrate the maintenance points described in this manual.



Please note that the video may not be available in your language or with appropriate subtitles.

If you cannot scan QR codes, you can access all Sport-Tiedje videos on YouTube by first opening YouTube and entering "Sport-Tiedje" in the search field.

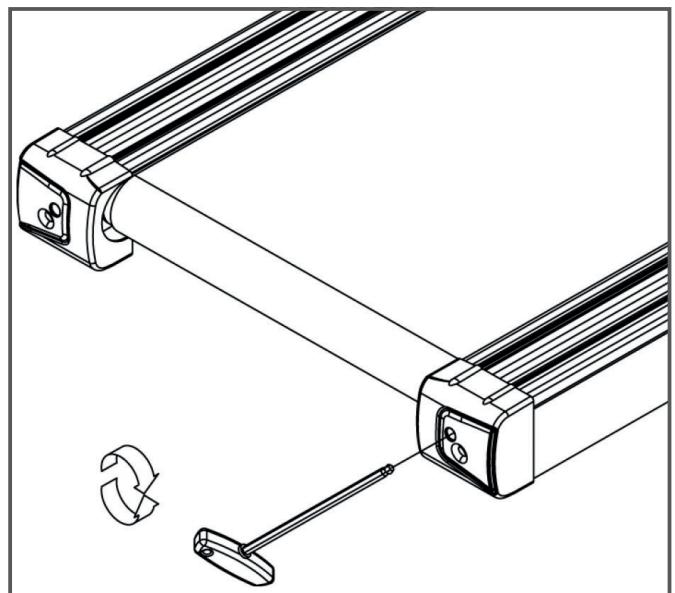
5.4.1 Adjusting the Running Mat

During training, the running mat should run as centrally and straight as possible. The alignment of the running mat can change depending on the stress and load. Another reason can be the positioning of the equipment on an uneven surface.

CAUTION

During the following maintenance nobody must be on the treadmill!

1. Let the treadmill run at a speed of 5 km/h.
2. If the running mat deviates to the left, turn the left adjusting screw at the rear end of the device max. one $\frac{1}{4}$ turn clockwise and the right adjusting screw max. one $\frac{1}{4}$ turn anticlockwise.
3. If the running mat deviates to the right, turn the right adjusting screw at the rear end of the device max. $\frac{1}{4}$ turn clockwise and the left adjusting screw max. $\frac{1}{4}$ turn anticlockwise.
4. Then observe the mat for about 30 seconds, as the change is not immediately visible.
5. Repeat this procedure until the running mat is straight again. If the running mat cannot be adjusted, please contact your contract partner.



5.4.2 Re-tensioning the Running Mat

If the running mat slips over the rollers during operation (if this is the case, there is a noticeable jerk during running), the running mat must be re tightened.

In most cases, the slipping is caused by stretching of the mat through use. This is perfectly normal.

① NOTICE

Re-tensioning is carried out using the same adjusting screws that are used for adjustment.

1. Let the treadmill run at a speed of 5km/h.
2. Turn the left and right adjusting screws directly one after the other, max. one ¼ turn clockwise.
3. Then check whether the running mat continues to slip. If this is the case, you must perform the described procedure again.

5.4.3 Lubricating the Running Mat

If the running mat is not sufficiently lubricated, friction increases significantly and this leads to heavy wear of the endless belt, running plate, motor and circuit board. If you feel an increased friction of the running mat, this is an indication that you should lubricate the mat. However, lubrication should be carried out at least every 3 months or every 50 operating hours. Whichever case comes first.

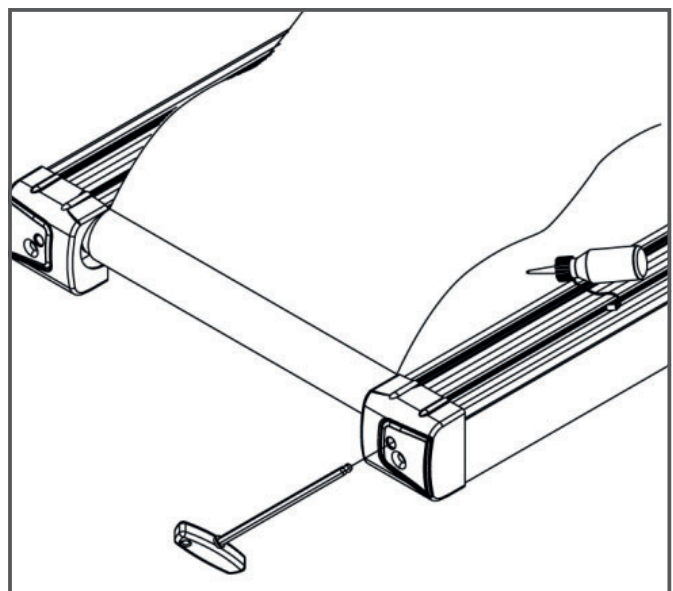
① NOTICE

If your treadmill is equipped with a folding mechanism, you can also lubricate it when it is folded.

1. Raise the running mat slightly.
2. Apply some silicone oil or silicone spray to the entire deck and distribute evenly.
3. Continue turning the belt by hand so that the entire surface between the endless belt and the running plate is lubricated.
4. Wipe off the excess silicone oil or silicone spray.

① NOTICE

This maintenance must also be carried out after prolonged non-use of the equipment.



5.5 Maintenance and Inspection Calendar

To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

The following routine tasks must be performed at the specified intervals:

Part	Weekly	Monthly	Quarterly
Display console	C	I	
Tension of the running mat			I
Lubrication of the running mat			I
Plastic covers	C	I	
Screws and cable connections			I
Legend: C = clean; I = inspect			

By scanning the QR code with the camera function or QR code scanner app of your smartphone/tablet, a video on general maintenance of a treadmill opens on YouTube. The video serves to illustrate the maintenance points described in this manual.

Please note that the video may not be available in your language or with appropriate subtitles.

If you cannot scan QR codes, you can access all Sport-Tiedje videos on YouTube by first opening YouTube and entering "Sport-Tiedje" in the search field.



6 DISPOSAL

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an electricals recycling centre. Further information can be obtained from your local authority's recycling service.



The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

7 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For treadmills this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat or **silicone spray** to keep moving parts in good shape and lubricate the running mat. Furthermore, there are additional **handrails** available for some treadmills.

If you have purchased a fitness machine with pulse training and want to train your heart rate, we strongly recommend that you use a compatible **chest strap**, as this ensures optimum transmission of the heart rate.

Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!



floor mat



chest strap



handrails



lubricant

8.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 10 of this operating manual.

NOTICE

The serial number of your equipment is unique. It's located on a white sticker. The exact position of this sticker is shown in the following illustration.

Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Model Name:















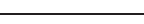

SKU:

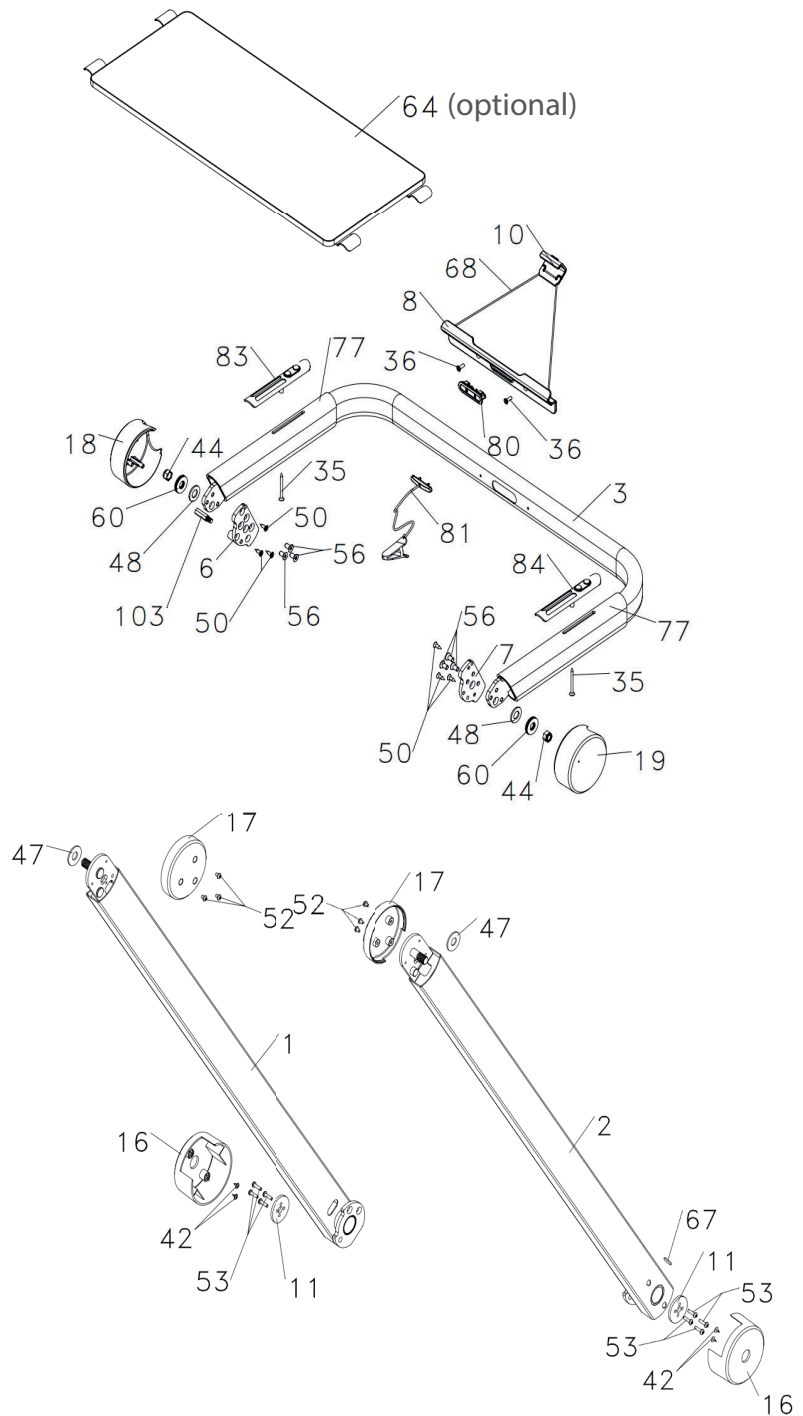
8.2 Parts List

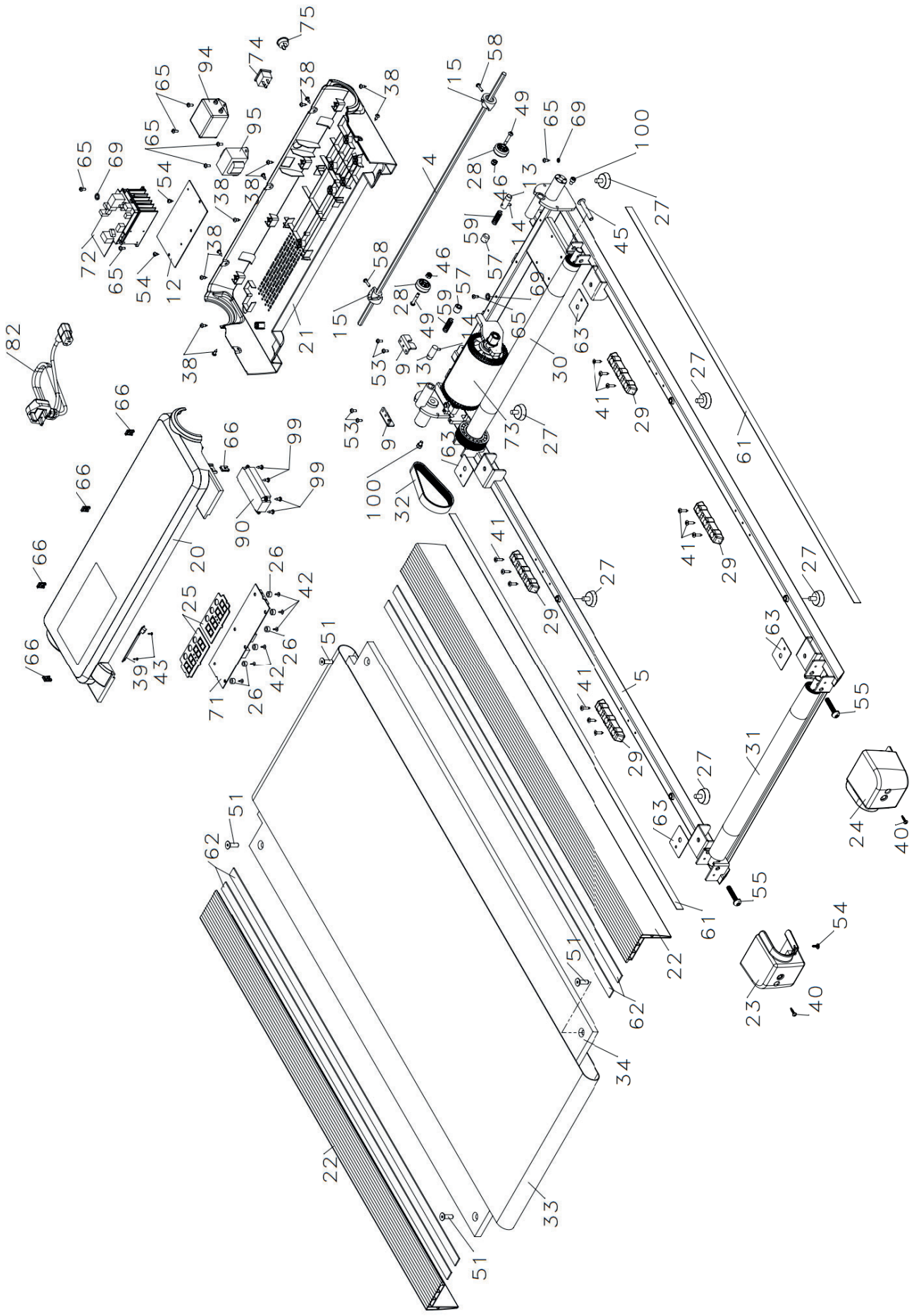
No.	Name	Qty.	No.	Name	Qty.
1	Left upright tube	1	32	Motor belt	1
2	Right upright tube	1	33	Running belt	1
3	Handle bar	1	34	Running board	1
4	Adjustable tube	1	35	Screw ST4.2*45mm	2
5	Main frame	1	36	Bolt M4*12mm	2
6	Handle bar spacing(L)	1	38	Screw ST4.2*16mm	11
7	Handle bar spacing(R)	1	39	Light board	1
8	Device bottom holder	1	40	Screw ST4.2*19mm	2
9	Motor press piece	2	41	Screw ST4.2*15mm	12
10	Device top holder	1	42	Screw ST2.9*9.5mm	10
11	Upright tube axis plate	2	43	Screw ST2.9*10mm	2
12	Control board holder	1	44	Nut M12	2
13	Sprint latch	2	45	Bolt M8*45mm	1
14	Axis latch	2	46	Nut M5	2
15	Adjustable block	2	47	Flat washer $\Phi 12.5*\Phi 30$	2
16	Upright side cover	2	48	Flat washer $\Phi 12.5*\Phi 24$	2
17	Handle bar inner cover	2	49	Bolt M5*25mm	2
18	Handle bar cover(L)	1	50	Screw ST4.2*15	6
19	Handle bar cover(R)	1	51	Bolt M8*30mm	4
20	Motor top cover	1	52	Bolt M4*6mm	6
21	Motor bottom cover	1	53	Bolt M4*12mm	12
22	Side rail	2	54	Screw ST4.2*13mm	3
23	Back end cover(L)	1	55	Bolt M8*55mm	2
24	Back end cover(R)	1	56	Bolt M6*10mm	6
25	Silica gel plate	2	57	Bolt M14*14mm	2
26	Spacer	6	58	Bolt M4*16mm	2
27	Foot pad	6	59	Spring	2
28	Transport wheel	2	60	Bearing	2
29	Cushion	4	61	Side rail side foam	2
30	Front roller	1	62	Side rail top foam	4
31	Back roller	1	63	Running board foam	4

64	Desktop (OPTIONAL)	1	98	Filter grounding wire	1
65	Bolt M4*10mm	8	99	Screw ST4.2*10mm	4
66	Clip buckle	5	100	Bolt M6*8	2
67	Magnet	1	101	"Control board grounding wire"	1
68	Sprint rope	1	102	Magnet ring	1
69	Spring washer	3	103	Spacer	1
70	Rope of remote control	1			
71	PCB board	1			
72	Control board	1			
73	DC motor	1			
74	Power socket	1			
75	Power switch	1			
77	Handle bar foam	2			
78	Remote control	1			
79	Speed switcher	1			
80	Switch fixing seat	1			
81	Switch set	1			
82	Power wire	1			
83	Hand pulse with start/stop	1			
84	Hand pulse with speed	1			
85	L-shaped wrench	1			
86	Allen wrench	1			
87	Lubrication oil	1			
88	"PCB&Control board connection wire"	1			
89	Pulse wire	2			
90	Speaker	1			
91	Switch wire	1			
92	Light connection wire	1			
93	Power socket grounding wire	1			
94	Filter	1			
95	Inductance	1			
96	Filter wire(R)	2			
97	Filter wire(B)	2			

8.3 Exploded Drawing

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Training equipment from BodyMax® is subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

Error Descriptions

Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every fitness equipment purchased from us according to the following provisions.

Your statutory rights are not affected.

Warranty

The warranty is the first/original buyer.

Warranty periods

The following warranty periods begin on delivery of the fitness equipment.

Warranty period

The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

Repair Costs

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warranty holder personally and are not a part of repair. After the expiration of the warranty period, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

The terms of use are defined as follows:

- + Home use: solely for private use in private households up to 3 hours per day
- + Semi-professional use: up to 6 hours per day (e. g. rehabilitation centres, hotels, clubs, company gyms)
- + Professional use: more than 6 hours per day (e. g. commercial gyms)

Warranty Service

Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

Warranty Conditions

For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

Warranty claims are invalid in case of damage resulting from:

- + misuse or improper handling
- + environmental influences (moisture, heat, electrical surge, dust, etc.)
- + failure to follow the current safety measures for the equipment
- + failure to follow the operating instructions
- + use of force (e. g. hitting, kicking, falling)
- + interventions which were not carried out by one of our authorized service centres
- + unauthorised repair attempts

Proof of Purchase and Serial Number

Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly.

If you cannot find the serial number on your fitness equipment, our service team is at your disposal to offer further information.







































Service outside of the Warranty Period

We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

Communication

Many problems can be solved just by speaking to us as your specialist supplier. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

10 CONTACT

DE	DK	FR
<p>TECHNIK</p> <p> +49 4621 4210-900</p> <p> +49 4621 4210-698</p> <p> technik@sport-tiedje.de</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</p>	<p>TEKNIK OG SERVICE</p> <p> 80 90 16 50</p> <p>+49 4621 4210-945</p> <p> info@fitshop.dk</p> <p> Åbningstider kan findes på hjemmesiden.</p>	<p>TECHNIQUE & SERVICE</p> <p> +33 (0) 189 530984</p> <p>+49 4621 42 10 933</p> <p> info@fitshop.fr</p> <p> Vous trouverez les heures d'ouverture sur notre site Internet.</p>
<p>SERVICE</p> <p> 0800 20 20277 (kostenlos)</p> <p> 04621 4210 - 0</p> <p> info@sport-tiedje.de</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</p>	<p>PL</p> <p>DZIAŁ TECHNICZNY I SERWIS</p> <p> 22 307 43 21</p> <p>+49 4621 42 10-948</p> <p> info@fitshop.pl</p> <p> Godziny otwarcia można znaleźć na stronie głównej.</p>	<p>BE</p> <p>TECHNIQUE & SERVICE</p> <p> 02 732 46 77</p> <p>+49 4621 4210 933</p> <p> info@fitshop.be</p> <p> Vous trouverez les heures d'ouverture sur notre site Internet.</p>
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<p>CUSTOMER CARE POWERHOUSE</p> <p> +44 141 737 2249 or +44 141 876 3972</p> <p> customercare@powerhouse-fitness.co.uk</p> <p> You can find the opening hours on our homepage.</p>	<p>TECHNISCHE DIENST & SERVICE</p> <p> +31 172 619961</p> <p> service@fitshop.nl</p> <p> De openingstijden vindt u op onze homepage.</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p> +49 4621 4210-944</p> <p> service-int@sport-tiedje.de</p> <p> You can find the opening hours on our homepage.</p>
ES	AT	CH
<p>TECNOLOGÍA Y SERVICIOS</p> <p> 911 238 029</p> <p> info@fitshop.es</p> <p> Consulta nuestro horario de apertura en la página web.</p>	<p>TECHNIK & SERVICE</p> <p> 0800 20 20277 (Freecall)</p> <p>+49 4621 42 10-0</p> <p> info@sport-tiedje.at</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</p>	<p>TECHNIK & SERVICE</p> <p> 0800 202 027</p> <p>+49 4621 42 10-0</p> <p> info@fitshop.ch</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</p>

Please find a detailed overview including address and opening hours for all stores of Powerhouse Fitness in the UK on the following website:

www.powerhouse-fitness.co.uk/storelocator

WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

The Sport-Tiedje Group is Europe's largest specialist for home fitness equipment with currently 70 stores and one of the world's most renowned online mail order companies for fitness equipment.

Powerhouse Fitness is part of the Sport-Tiedje Group. Private customers order via the 25 web shops in the respective national language or have their desired equipment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

The Sport-Tiedje group offers a wide range of fitness equipment from renowned manufacturers, high-quality in-house developments and comprehensive services, such as a build-up service and sports scientific advice before and after the purchase. The company employs numerous sports scientists, fitness trainers and competitive athletes.

Visit us also on our social media platforms or our blog!



<http://www.powerhouse-fitness.co.uk/>
www.powerhouse-fitness.co.uk/blog/



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www.instagram.com/powerhousefitness_uk/



www.youtube.com/user/PHFTV/

TAURUS

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BodyMax

Notes

Notes

BodyMax