BodyMax

Assembly and Operating Instructions
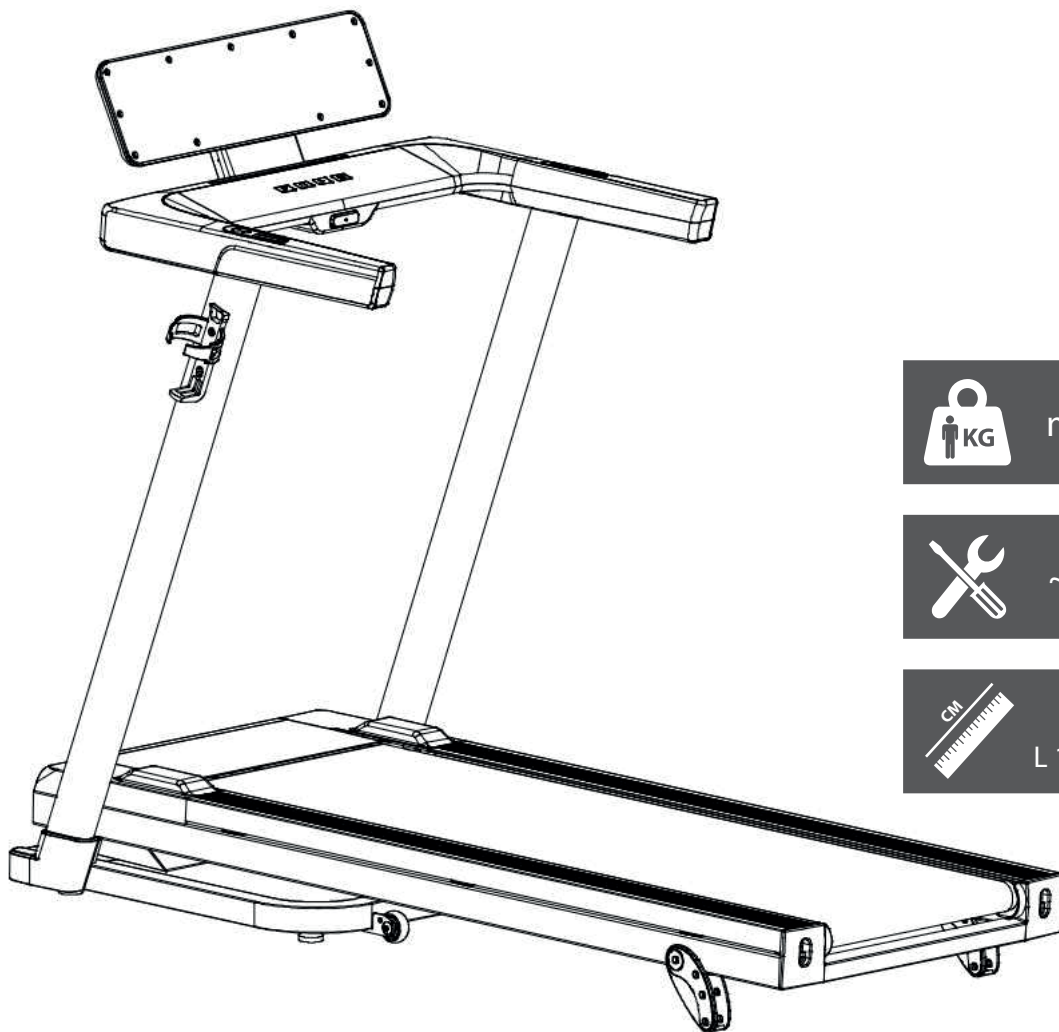
	max. 100 kg
	~ 60 Min. 👥
CM	45 kg L 150 | W 77 | H 123

BMTM30.01.01

SKU: BM-TM30

Content

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).

Legal Notice

Fitshop GmbH
Europe's No. 1 for home fitness

International Headquarters
Flensburger Straße 55
24837 Schleswig
Germany

Management:
Christian Grau
Sebastian Campmann
Dr. Bernhard Schenkel

No. HRB 1000 SL
Local Court Flensburg
European VAT Number: DE813211547

Disclaimer

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

FITSHOP
Europe's No.1 for Home Fitness

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.

Training devices must be classified according to accuracy and use. Accuracy classes are only applicable to devices that display training data.

Accuracy classes

Class A: high accuracy.
Class B: medium accuracy.
Class C: low accuracy.

The use classes explain the intended use of the training device.

Use classes

Class S (studio): professional and/or commercial use.
These training devices are intended for the use in training rooms of facilities such as sports clubs, school facilities, hotels, clubs and studios whose access and supervision is specifically regulated by the owner (person with legal responsibility).

Class H (home use): use at home.
These stationary training devices are intended for the use in private homes where access to the training device is regulated by the owner (person with legal responsibility).

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 programmess in total:	40

Thickness of running mat:	1,4 mm
Thickness of running deck:	15 mm
Guiding roller:	42 mm
Size of running surface (L x W):	125 cm x 42 cm
Speed:	1 - 16 km/h in steps of 0.1 km/h

Weight and dimensions:

Article weight (gross, including packaging):	50 kg
Article weight (net, without packaging):	45 kg

Packaging dimensions (L x W x H):	156 cm x 69 cm 21,5 cm
Set-up dimensions (L x W x H):	150 cm x 77 cm x 123 cm
Folding dimensions (L x W x H):	89 cm x 77 cm x 132.5 cm

Maximum user weight:	100 kg

Use class:	H

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.

+ The owner must communicate all warnings and instructions to the user.

⚠ **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.

+ If an emergency occurs and training has to be stopped abruptly, pull out the safety key, grab both handles, jump onto the side rails and wait until the treadmill has come to a complete stop.

+ 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.

+ Be aware that if adjustment devices are left protruding, they may impede the user's movement.

► **ATTENTION**
+ Do not insert any objects of any kind into the openings of the device.
+ To protect the equipment from use by unauthorised third parties, always remove the power cable when not in use and store it in a safe place that is inaccessible to unauthorised persons (e.g. children).

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. Fitshop 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 free area in the direction from which the exercise equipment is accessed must be at least 0.6 m larger than the exercise area.
+ 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.
+ For Class S equipment, the exercise equipment may only be used in areas where access, supervision and control are specifically regulated by the owner.

Recommended free zone:
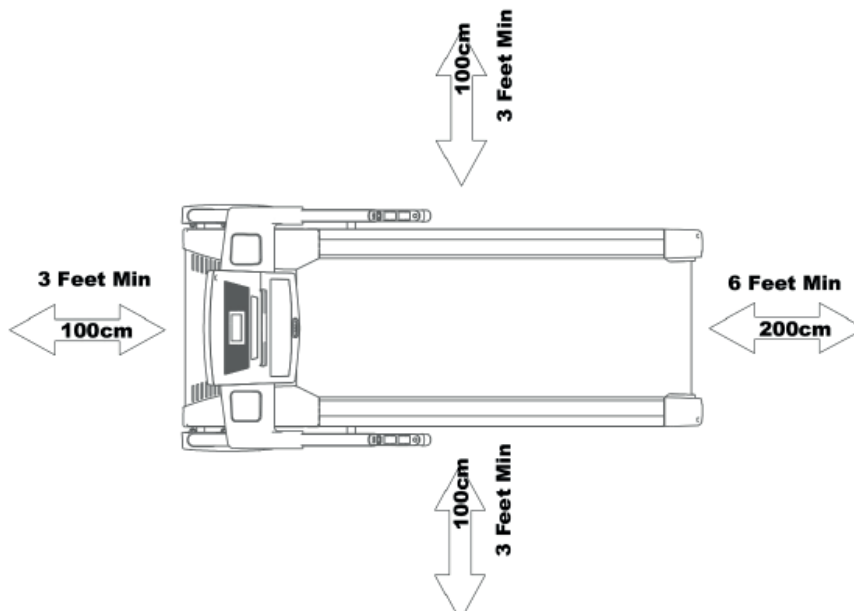
2.1 General Instructions

⚠ **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.
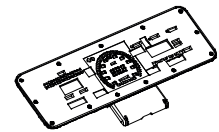
⚠️ **CAUTION**

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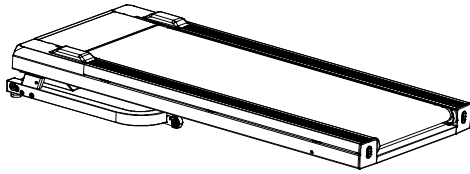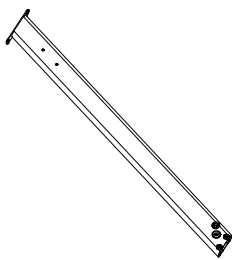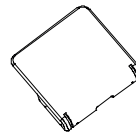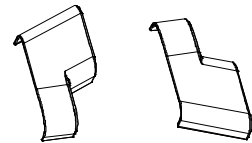
Machine
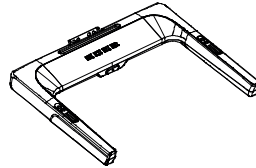
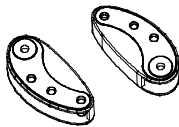Console rack

Console set

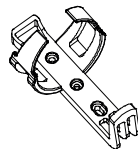Upright Post Left (55)

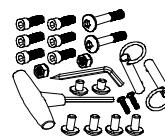Upright Post Right (56)

Rear cover of console (73)

Base cover (left/right) (8 & 9)
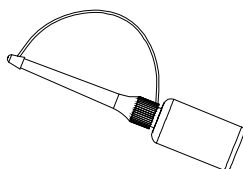
Two-speed adjustable plastic parts (2PCS) (30)

kettle holder (58)

Screw bag

Safety key (74)

Silicon Bottle
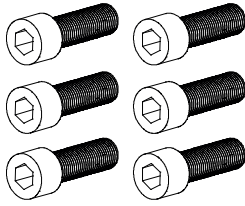
Full thread screw
M8×25 * 6PCS (86)
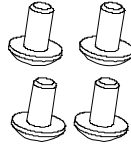
Allen C.K.S. full thread screw
M8×15 * 4 PCS (36)
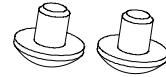
Allen C.K.S. full thread screw
M8×10 * 2 PCS (90)
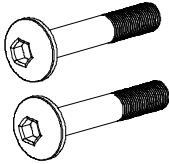
Allen socket full thread screw
M8×50×20 * 2 PCS (45)

M8 Hex self-locking nut
2 PCS (2)

Cross recessed bolt with large
flat head and pointed mouth
M4×16 * 2 PCS (59)
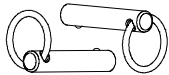
TAB Bolt
2 PCS (54)

Φ8 Flat washer 2 PCS (3)
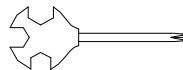
Cross wretch
14×17×75 * 1 PC (88)

L shape wretch
6×35×80 * 1 PC (89)

2.3 Product Overview

Safety key

Console set

Handle bar

Console rack

Kettle holder

Upright post

Running belt

Motor cover

Side rail

Rail cover
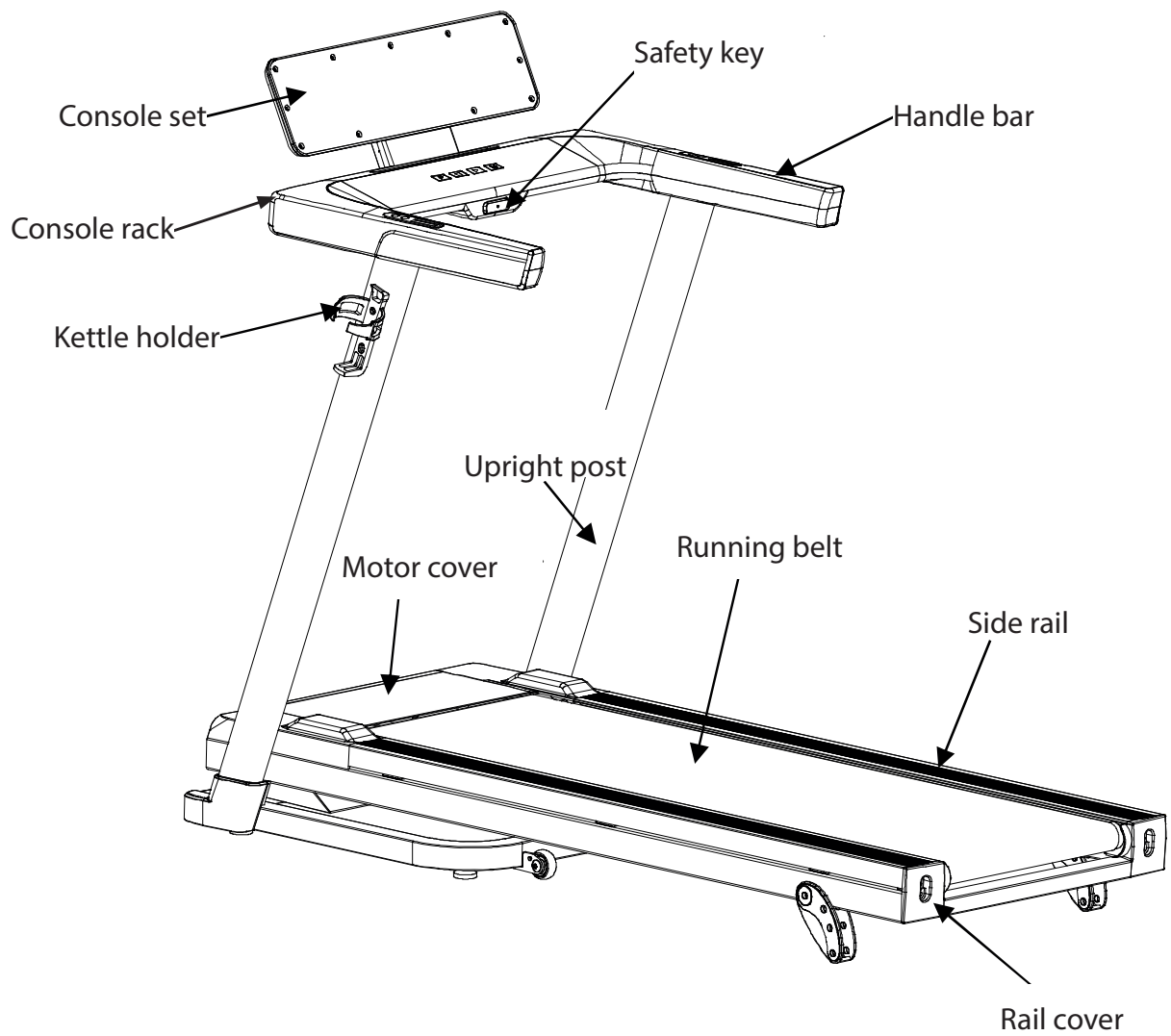
2.4 Assembly

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. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

Step 1: Preparing Assembly

1. Take the treadmill out of the carton box and put it on a level floor.
2. Remove the packing belts and packaging material.
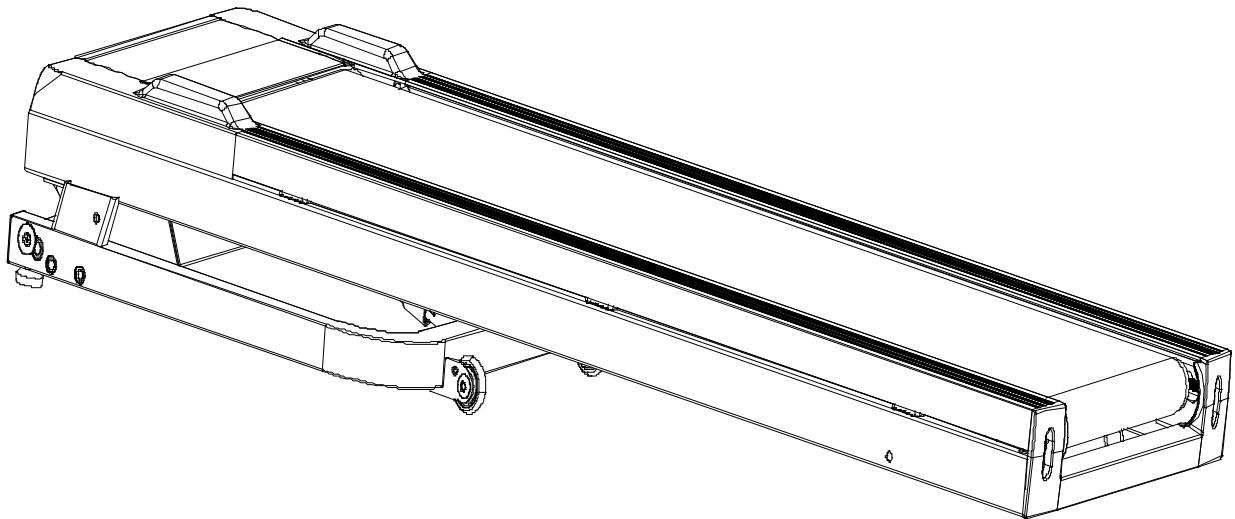
Step 2: Assembly of the Left and Right Posts

1. Connect the communication wire (57) of the right post (56) to the communication wire of the base frame (17).
2. Repeat the first step for the left post (55).
3. Fix the right and left posts (55 and 56) to the sides of the base frame (1) with six screws (86).
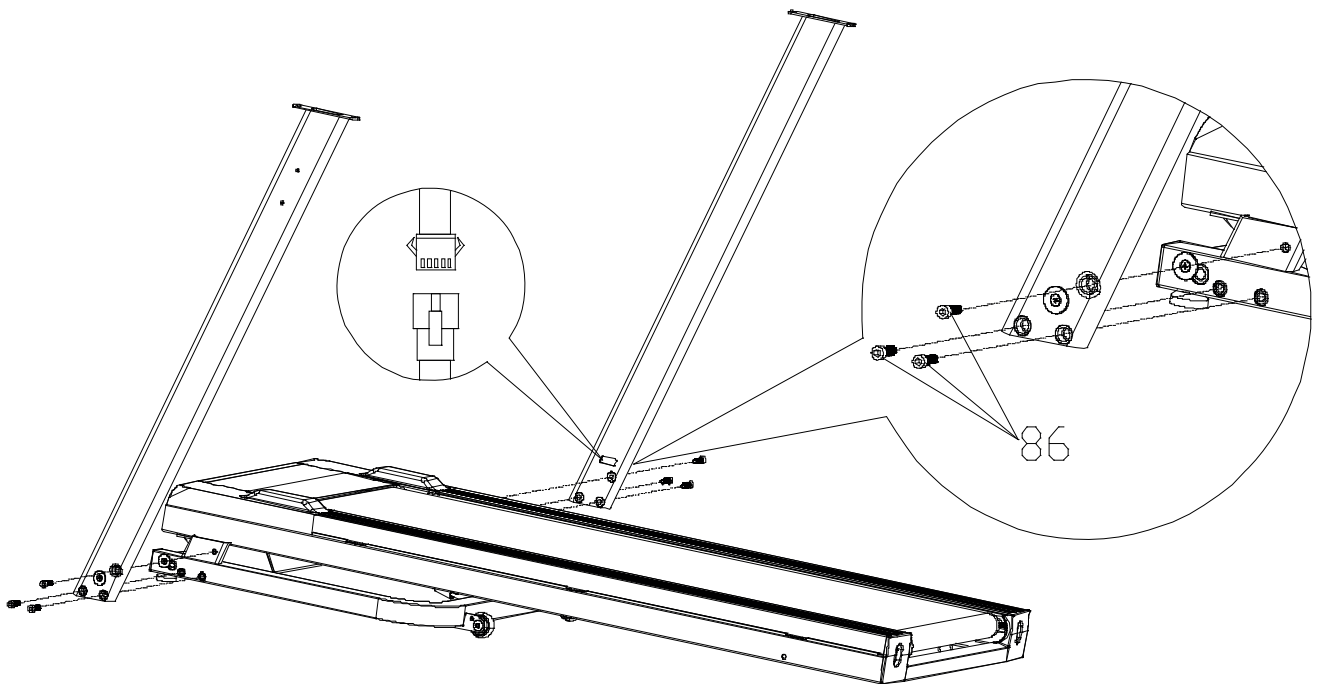
Step 3: Assembly of the Console Rack

1. Connect the communication wire of the console rack handle bar (63) to the communication wire of the upright post (57).

2. Mount the console rack to the right and left posts (55 and 56) with four screws (87).
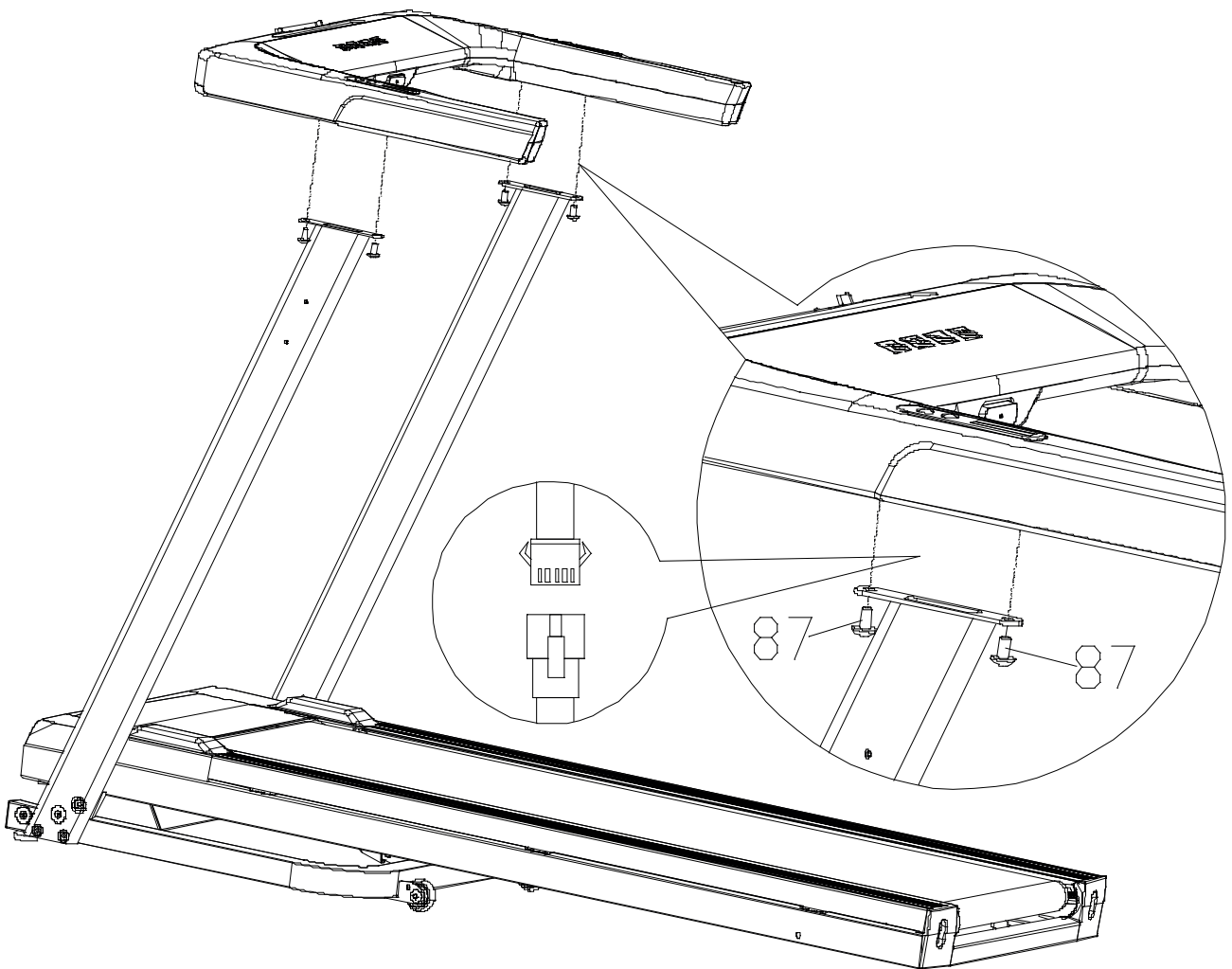
Step 4: Assembly of the Console Set

1. Mount the console set to the console rack using two screws (90).
2. Connect the communication wires.
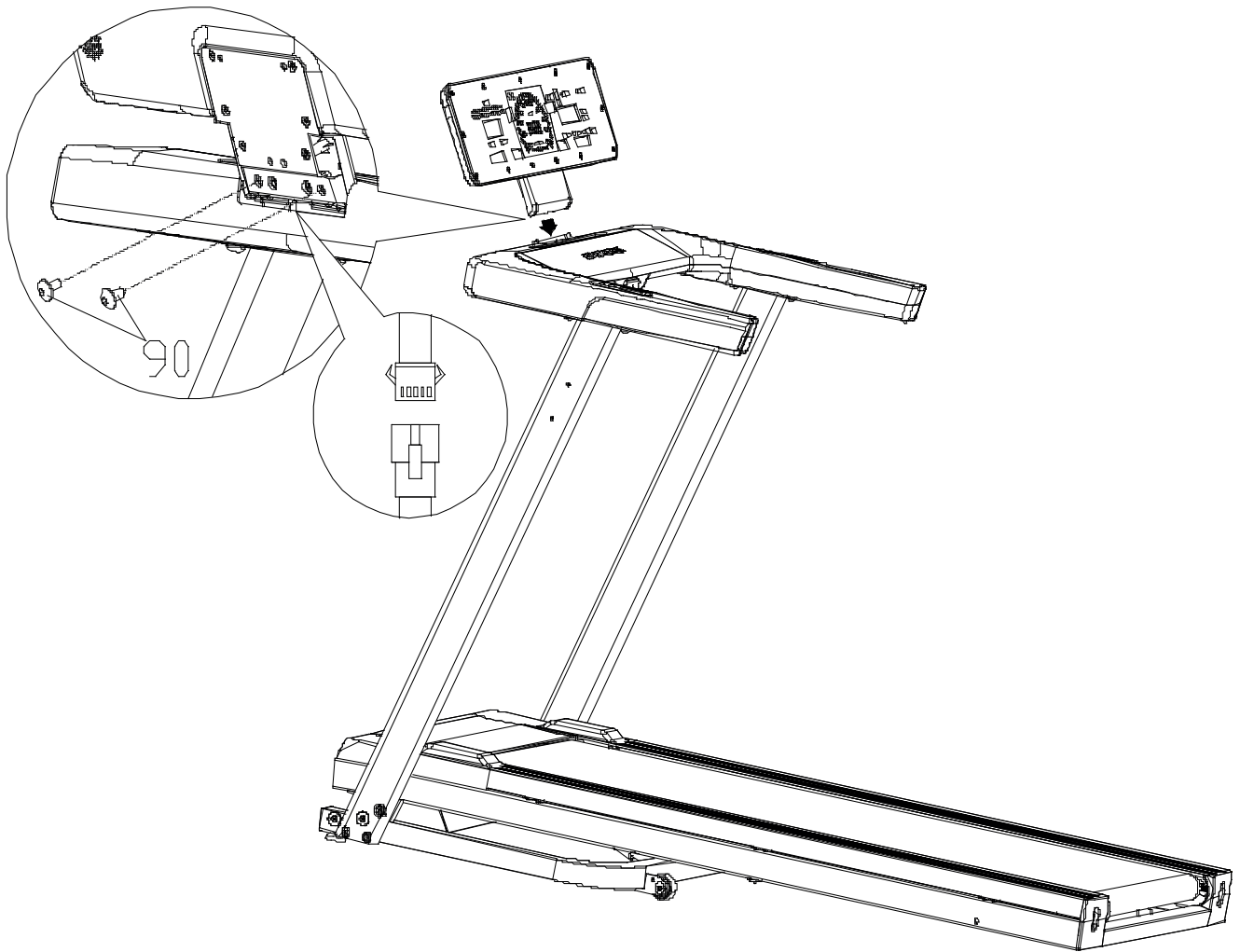
Step 5: Assembly of the Covers

1. Mount the console front cover (78) to the console set.
2. Assemble the left (8) and right base covers (9) to the sides of the base.
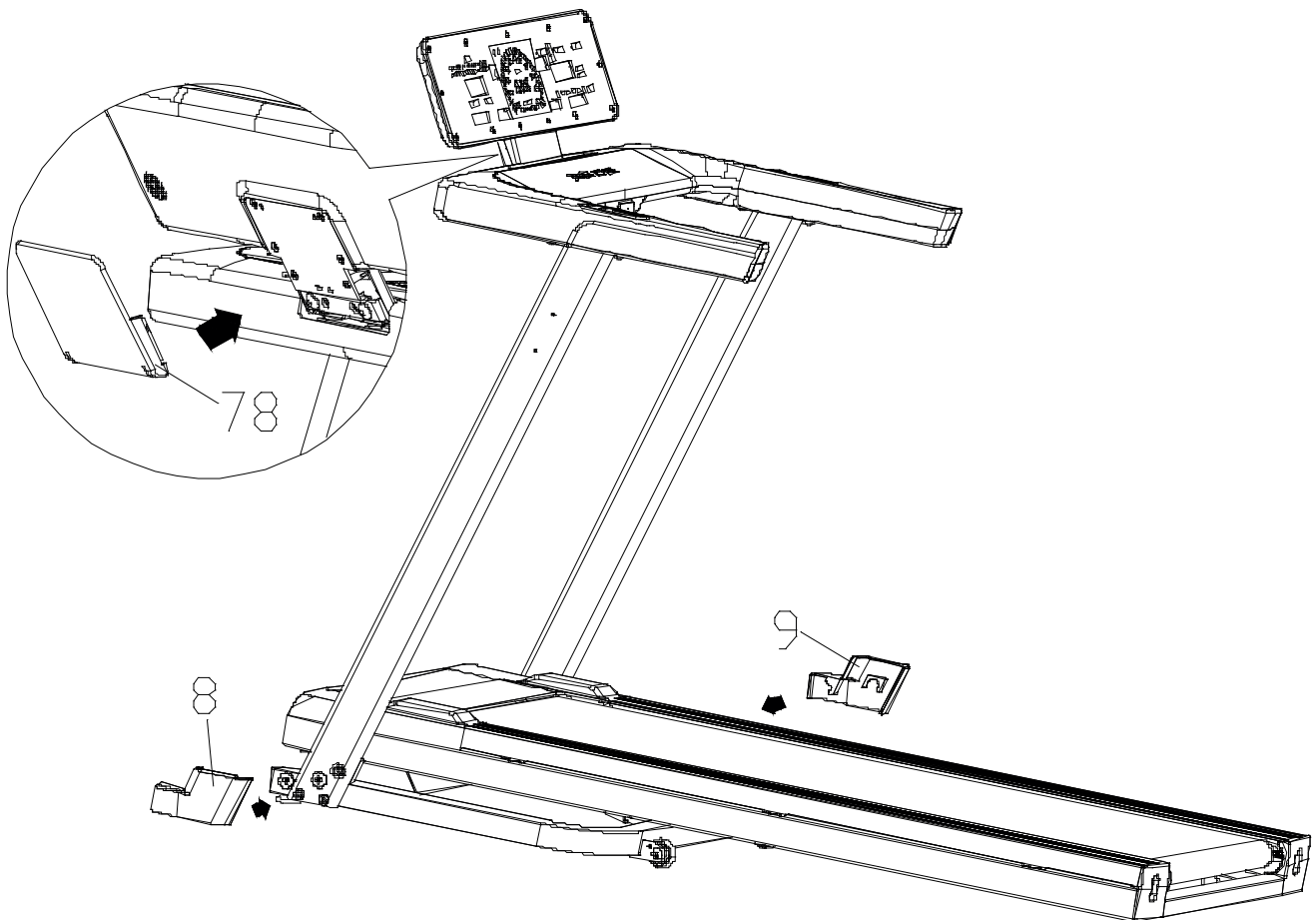
Step 6: Assembly of the Adjustment Parts

1. Fold up the treadmill as shown in the illustration below.

2. Mount the two-speed adjustable plastic parts (30) to the suqare tubes on both sides of the frame with two screws (45) and two nuts (2).

3. Insert the TAB bolt (54) into the two-speed adjustable plastic parts (30).

ⓘ **NOTICE**
Adjust the slope of the treadmill by using different configurations with the TAB bolt.
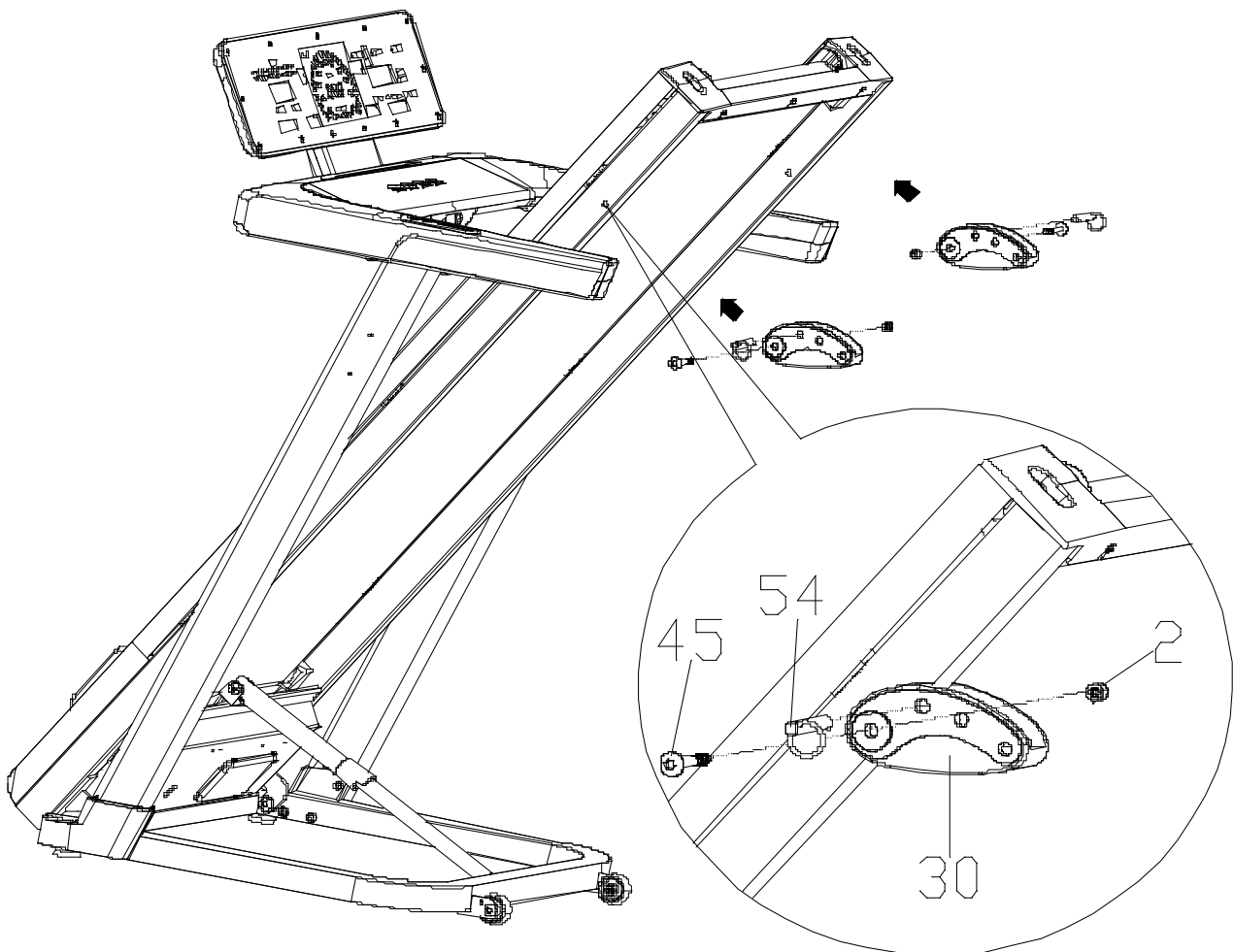
Step 7: Assembly of the Console

1. Fix the kettle holder (58) to the side of the left upright post (55) with two screws (59).
2. Install the safety key (74) in the console rack.
3. Tighten all the screws firmly.

→ The treadmill is assembled.
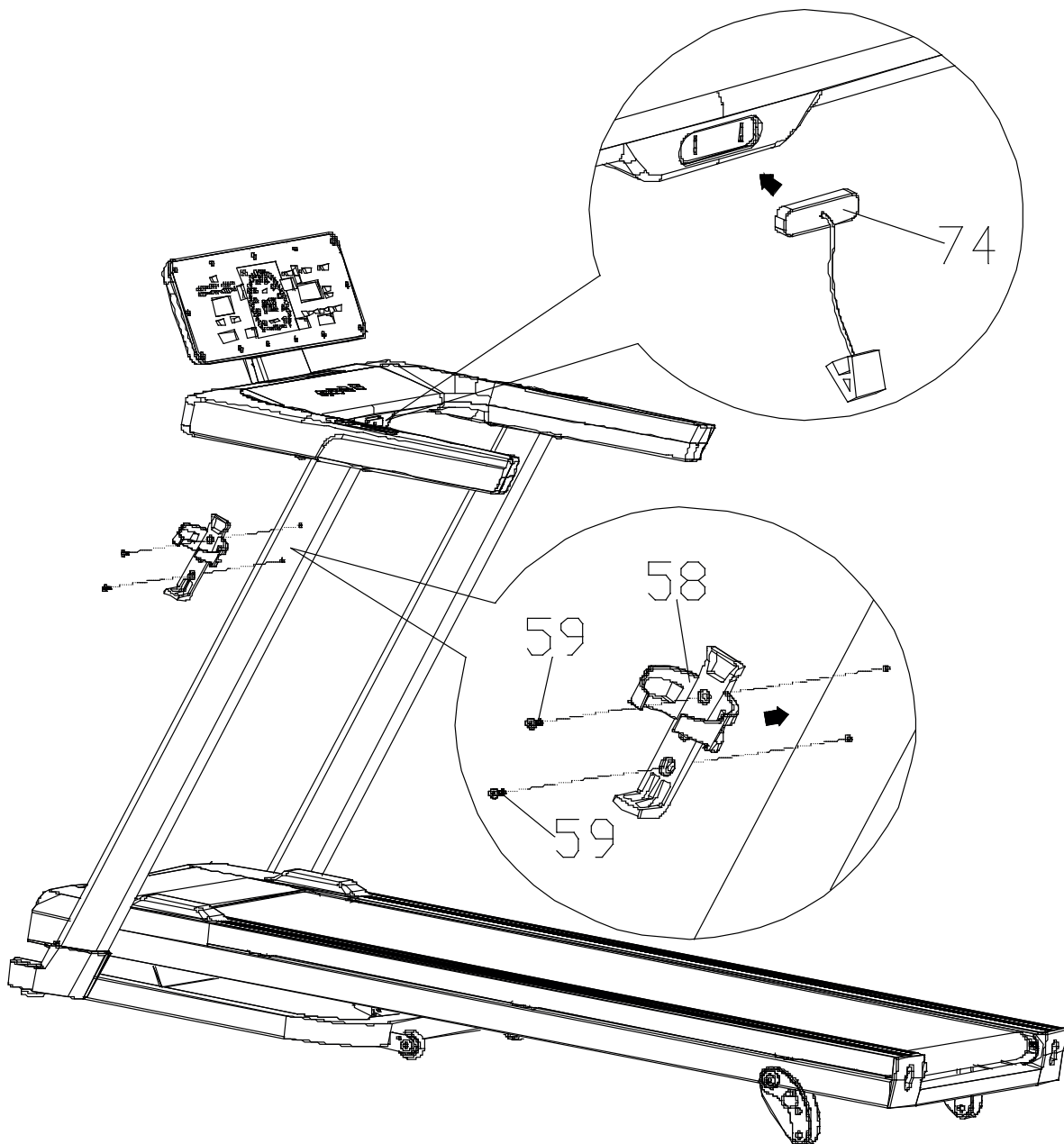
ⓘ **NOTICE**

+ 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.

+ Always start your training with low intensity and increase evenly and gently. End your training with a cool-down phase. If you are unsure, please consult your physician.

+ Most new treadmills make a knocking noise caused by the running mat sliding over the rollers. The time it takes for the noise to subside depends on the intensity of use, the temperature and the humidity around the treadmill.

+ Please bear in mind that the noise emission under load is higher than without load.

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 Console Display
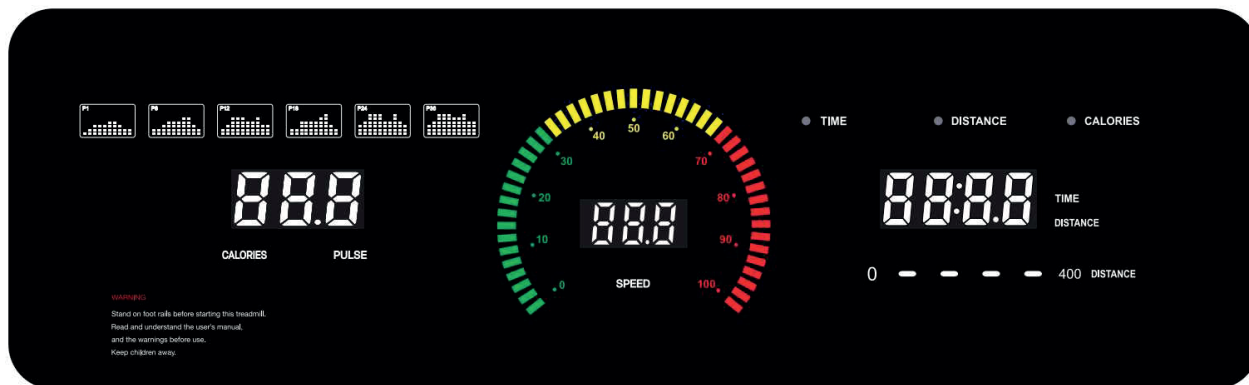
Calories	Indicates the burned calories between 0 and 999 kcal.
Pulse	Indicates your current heart rate between 40 and 220 bpm.
Time	Indicates the already elapsed or remaining training time between 00:00 and 59:59 minutes.
Speed	Indicates the current speed between 0.1 and 16.0 km/h.
Distance	Indicates the covered or remaining distance between 1.0 and 9999 m.
400 Distance indicator light	Lights up in 100 metre increments. Resets at 400m.

3.2 Button Functions

Programme Key (P)	Use this key to cycle through the programmes displayed in the calories/pulse window:
	+ Use G for the target mode.
	+ Use P for built-in programmes.
	+ Use U for user-defined programmes.
Stop Key	+ Use the stop key in pause to return to standby. The data will be reset.
	+ When setting parameters, press the stop key to return to the previous layer.
	+ Press the Stop Key to exit the current view.

Start/Pause Key ▶	+ Press the Start/Pause key to start a programme. + When setting parameters, use the Start/Pause key to confirm the settings. + Press the Start/Pause key to pause the programme. + Press the Start/Pause key to restart after a pause.
Mode Key (M) M	+ When in a programme, use the Mode key "M" to confirm the set parameters. + When in movement or pause, press the Mode key "M" to lock the current displayed data. Press again to unlock.
Handle Bar Keys (+/-)	Use these buttons to adjust the running speed. One button push equals an increase or decrease of 0.1 km/h. The function of the handle bar keys depends on the setting you are in. Functions include: + Use the keys to adjust the parameters. + When in mode selection, use the keys to select your desired mode.

3.3 Fitness Programmes

In the main menu, you can choose from many different programmes. This includes user-defined programmes, pre-set programmes, a target countdown programme, and a
body fat test. There are 36 preset programmes in addition to the other 4 programmes.

3.4 Heart Rate Controlled Programmes

⚠ **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.

3.4.1 Quickt Start

When in standby, press the start/pause key to start a training session via quick start. Use the handle bar keys to adjust the speed.

3.4.2 Target Countdown Mode

In target countdown mode, you can select 1 of 3 target units to be counted down. These target units are time, calories, and distance.

1. Press the programme key "P" and select goal mode "G".

2. Confirm with "M".

3. Choose the desired target unit.

4. Adjust the target unit with the handle bar keys "+/-".

5. Confirm the target unit with "M".

ⓘ **NOTICE**
Only one target unit can be selected.

6. Start the programme with the start/pause key.

Upon completion of the programme, the treadmill will start to decelerate automatically until it reaches 0.0 km/h and enters standby.

3.4.3 Preset Programme Mode

There are 36 preset programmes from which you can choose. Preset programmes can be adjusted before or during your training session.

1. Press the programme key "P" in standby mode and select programme mode "P".

2. Press "M" to confirm.

3. Press the handle bar keys "+/-" to select a programme.

It is possible to adjust the time settings for the training session. To adjust the settings before training:

4. Press "M" to select the time.

5. Press the handle bar keys "+/-" to adjust the time.

6. Press the start/pause key to start the training.

The speed can be adjusted during the training session with the handle bar key "+/-".

See the programme table in 3.4.6 for further information regarding the programmes. Note that each programme consists of 10 segments.

ⓘ **NOTICE**
Pause the training with the start/pause key. Continue your training by pushing the start/pause key again. When paused, exit the training with the stop key.

Upon completion of the programme, the treadmill will start to decelerate automatically until it reaches 0.0 km/h and enters standby.

3.4.4 User Mode

There are three user modes from which you can choose.

1. Press the programme key "P" in standby mode to select user mode "U".
2. confirm with "M".

You can select 1 of 3 programmes "U1-U3".

3. Press the handle bar keys "+/-" to select a programme.

In the settings, you can start the training session anytime with the start/stop key.

4. Adjust the time with the handle bar keys "+/-".
5. After adjusting the time, press "M" for 3 seconds to enter the speed settings, or press the start/pause key to start the training session..
6. Adjust the speed with the handle bar keys "+/-".
7. Press "M" to confirm the first speed setting and enter the next speed setting, or press the start/pause key to start the training session.

During your training session, the speed will change according to the set values. The segments will change every minute and are signalled by an audio cue.

8. Adjust the speed during your training session with the handle bar keys "+/-".

ⓘ **NOTICE**
Pause the training with the start/pause key. Continue your training by pushing the start/pause key again. When paused, exit the training with the stop key.

Upon completion of the programme, the treadmill will start to decelerate automatically until it reaches 0.0 km/h and enters standby.

3.4.5 Fat Burning Mode

Fat burning mode provides you with information regarding your weight status.

ⓘ **NOTICE**
This programme is not a substitute for a professional health assessment and only provides general information.

1. Press the programme key "P" and select fat burning mode "F".
2. Press "M" to enter F1.
3. Select your gender with the handle bar keys "+/-".
4. After setting the gender, press "M" 3 seconds to enter F2.
5. Set your age with the handle bar keys "+/-".
6. After setting your age, press "M" 3 seconds to enter F3.
7. Set your height with the handle bar keys "+/-".
8. After setting your height, press "M" 3 seconds to enter F4.
9. Set your weight with the handle bar keys "+/-".
10. After setting your weight, press "M" 3 seconds to enter the body fat detection interface.

11.   Put your hands on the pulse contacts.

Your result is calculated for 25 seconds. The result will be displayed for 10 seconds.

12.   Leave the display by pressing "M" or by waiting for 10 seconds.

The console returns to standby.

Overview of possible values, value ranges, and results:

F-1	SEX	01-Male	02-Female
F-2	AGE	10-99	
F-3	HEIGHT	100-220 cm	
F-4	WEIGHT	20-150 kg	
F-5	FAT	≤18	Thin
	FAT	=(19-24)	Normal
	FAT	=(25-28)	Overweight
	FAT	≥29	Obesity

3.4.6 Programme Table

| Segs Pro.	set time/10 = execution time of each segment									
	1	2	3	4	5	6	7	8	9	10
P1	2	4	6	6	6	8	8	6	4	4
P2	2	2	6	8	6	6	8	6	2	2
P3	2	6	4	10	8	8	10	4	6	2
P4	2	8	4	4	10	10	4	4	8	2
P5	4	6	10	8	6	6	8	10	6	4
P6	4	4	6	8	8	8	10	10	6	4
P7	4	8	6	6	4	4	6	6	8	4
P8	4	4	8	8	4	4	8	8	4	4
P9	4	4	4	6	8	8	6	4	4	4
P10	4	6	8	6	4	4	6	8	6	4
P11	4	10	4	6	10	10	6	4	10	4
P12	4	6	10	10	10	8	8	10	6	6
P13	4	8	6	4	10	10	4	6	8	4
P14	4	6	6	10	6	6	10	6	6	4
P15	4	10	10	6	4	4	6	10	10	4
P16	4	10	6	6	10	10	6	6	10	4
P17	4	8	8	10	10	10	10	8	8	4
P18	4	4	8	8	8	8	10	12	6	4
P19	6	6	6	6	10	10	6	6	6	6
P20	6	8	8	4	10	10	4	8	8	6
P21	6	6	10	8	8	8	8	10	6	6
P22	6	8	10	10	8	8	10	10	8	6
P23	6	10	10	6	10	10	6	10	10	6
P24	6	8	12	12	12	8	8	12	8	4
P25	6	6	8	8	6	6	8	8	6	6
P26	6	4	4	6	10	10	6	4	4	6
P27	6	8	4	12	8	8	12	4	8	6
P28	6	10	6	4	6	6	4	6	10	6
P29	6	6	12	10	6	6	10	12	6	6
P30	6	6	6	8	12	12	8	6	6	6
P31	8	4	4	10	10	10	10	4	4	8
P32	8	6	6	4	10	10	4	6	6	8
P33	8	4	6	8	6	6	8	6	4	8
P34	8	6	4	4	10	10	4	4	6	8
P35	8	12	8	10	6	6	10	8	12	8
P36	6	8	12	12	12	10	10	12	8	8
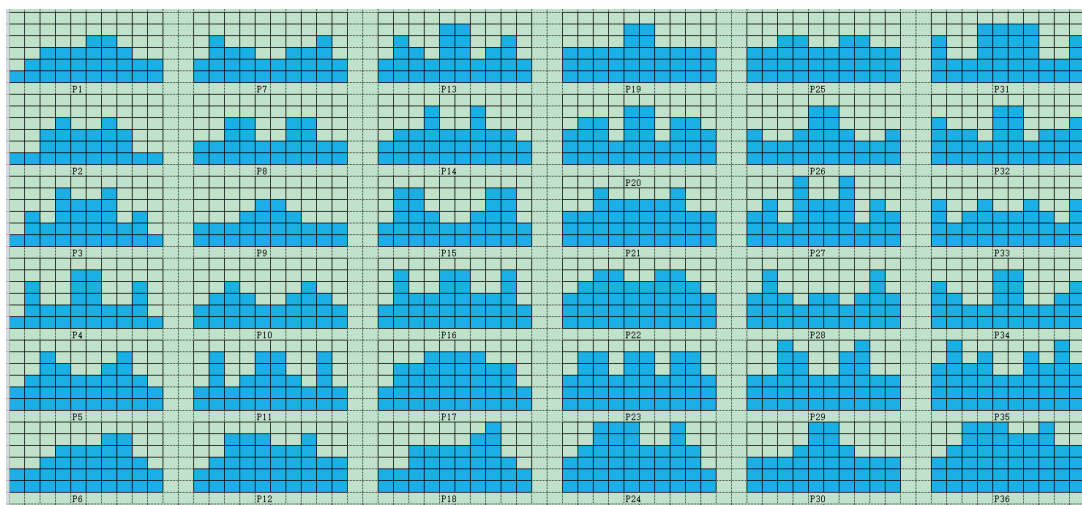
3.5 Bluetooth and Fitness Apps

This console is equipped with a bluetooth interface. Please take note that your mobile device needs to be compatible with the bluetooth interface of the treadmill.

To use training apps you will have to activate the bluetooth function on your mobile device (tablet or smart phone) and start the fitness app. Select your fitness equipment. Please follow the instructions given in the app. You will find the name of your fitness euqipment on a small sticker on the back of the console.

You will find the fitness apps in the app stores of Google or Apple. There you will find the apps "Kinomap" or "Zwift". Please note that these apps are produced by an external manufacturer. Fitshop does not take any responsibility regarding the availability, functionality or contents of these programmes.

IMPORTANT NOTE

The pre-installed apps are produced and provided by external manufacturers. Changes and availability within these apps might occur. Fitshop does not take any responsibility and can not be held liable for the availability, functionality or contents of these apps. To make sure the pre-installed apps are working correctly, they must be updated regularly. If needed, the respective app will notify you to do so. To update the app, you need a google account. A google email is sufficient. Just follow the instructions on the screen to perform the update.
Please note: The system is set up only for the pre-installed apps. Do not install any additional apps as their proper functionality can not be guaranteed. The installation of other apps might cause technical issues.
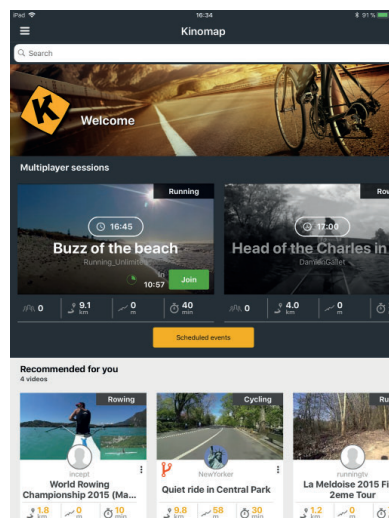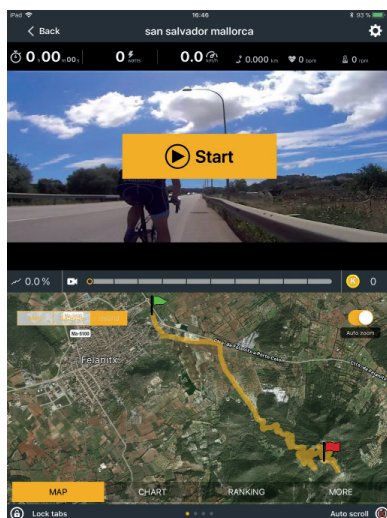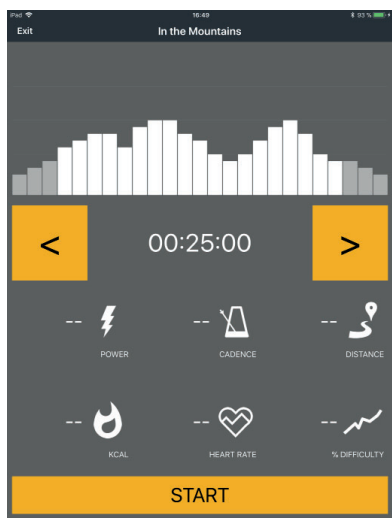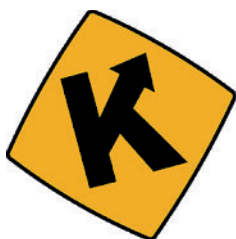
Example: Kinomap

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 rear transporting wheels. These parts do not lock and are difficult to grab.

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

4.3.1 Folding Up the Treadmill

⚠ **WARNING**
+ Do not connect the equipment to the power supply when it is folded up. Try not to operate the equipment when it is folded up.
+ The running surface must have come to a complete stop before folding.

⚠ **CAUTION**
+ Do not lean on the equipment when it is folded and do not place anything on top of it that may make the equipment unstable or fall down.

► **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 fold the treadmill.

1. Turn off the on/off switch and remove the plug from the outlet.

2. Use both hands to grab the supportive bar directly under the rear part of the running mat so that you have a stable lifting point.

3. Make sure that the hydraulic brake is correctly locked and tilt the treadmill forward.

4. Make sure that you are standing safely and make sure that the locking mechanism is secure by pulling the equipment backwards and it does not move.
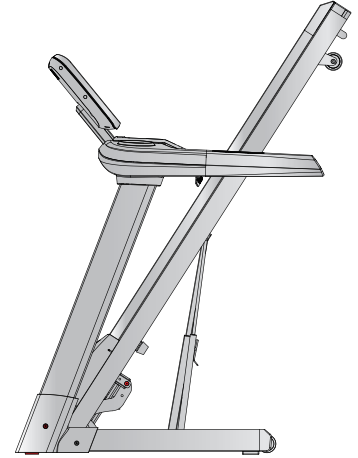
4.3.2 Unfolding the Treadmill

► **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. Stand behind the treadmill and push the device slightly forward towards the display.

2. To release the hydraulic brake lock, use your left foot to push the upper part of the hydraulic brake slightly forward until the lock releases and the treadmill can be pulled back.

3. Keep holding the treadmill.

The hydraulic brake lowers itself gently downwards.

4. Once the treadmill has lowered ⅔, you can let go of the treadmill.
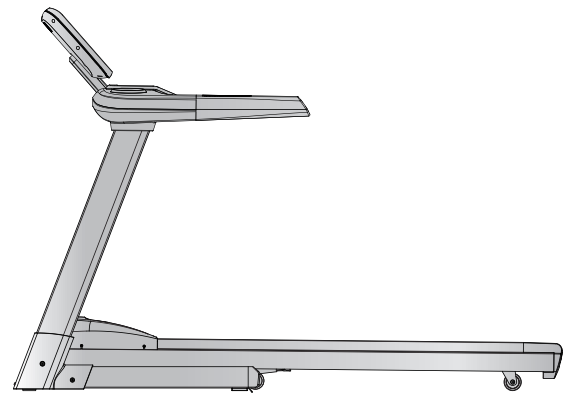
5.1 General Instructions

⚠ **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 cabel 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 Console Error codes

Error Code	Description	Solution
E1	faulty communication between the controller and the console.	Check the connection of the communication wires. Check whether the connecting wire is damaged. Replace it if necessary.
E3	The motor cable is not connected. The console buzzer sounds nine times and the error code will be displayed.	Check whether the motor cable is connected and reconnect if necessary. Check for connection or damage of the motor cable. Replace it if necessary.
	There is no speed sensor signal. The console buzzer sounds nine times and the error code will be displayed.	Restart the treadmill. Check for connection or damage to the sensor plug. Replace it if necessary.

5.5 Care and Maintenance

The most important maintenance measure is the care of the running mat. This includes adjustment, retensioning 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 Fitshop videos on YouTube by first opening YouTube and entering "Fitshop" in the search field.

5.5.1 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 ¼ turn clockwise and the right adjusting screw max. one ¼ turn anticlockwise.

3. If the running mat deviates to the right, turn the right adjusting screw at the rear end of the device max. ¼ turn clockwise and the left adjusting screw max. ¼ 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.
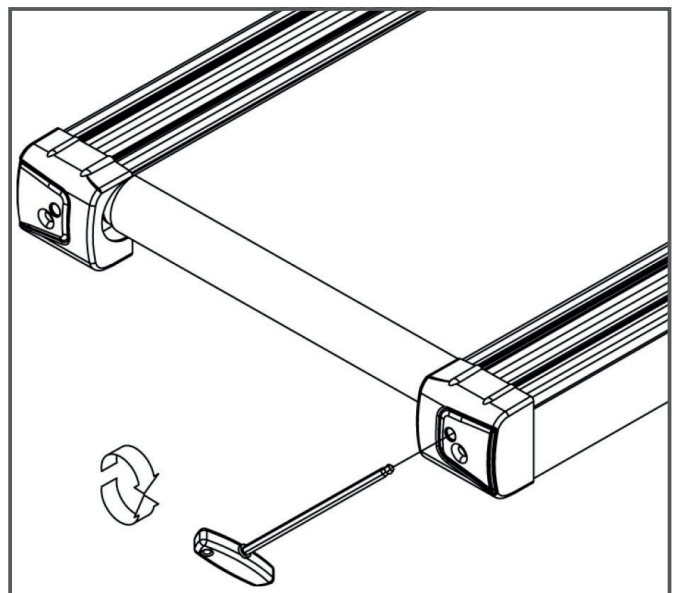
5.5.2 Re-tensioning the Running Mat

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.

ⓘ **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.

5.5.3 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.

ⓘ **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.

ⓘ **NOTICE**
This maintenance must also be carried out after prolonged non-use of the equipment.
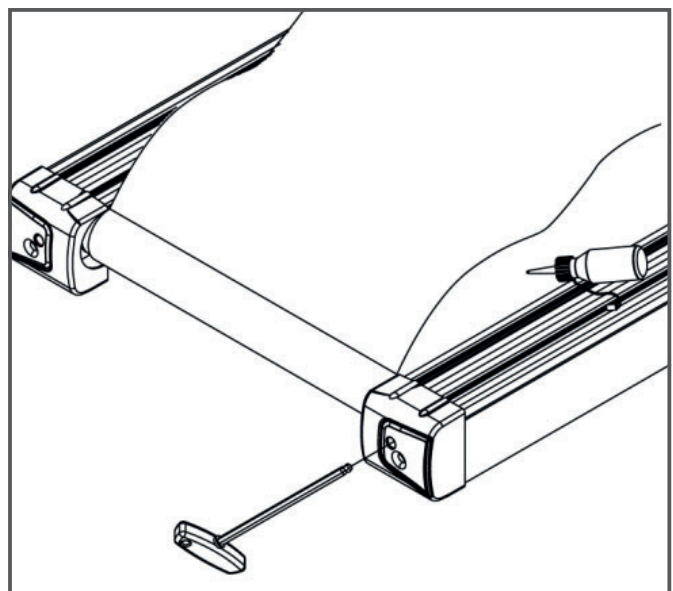
5.6 Maintenance and Inspection Calendar

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 Fitshop videos on YouTube by first opening YouTube and entering "Fitshop" 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.

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!

chest strap

floor mat

lubricant

handrails

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.

Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Bodymax / treadmill

Model Name:

Bodymax TM30 Treadmill

SKU:

BM-TM30

8.2 Parts List

No.	Name	Qty.
1	Base frame	1
2	Hex self-locking nut	6
3	flat washer	6
4	Wheel	1
5	Round side rail guider	10
6	Philips countersunk head self-tapping screw ST4×15	20
7	Cone foot pad	4
8	Base bar cover (L)	1
9	Base bar cover (R)	1
11	Main frame	1
12	Incline shaft sleeve	4
13	AllenC.K.S half thread screw M10×25×15	2
14	External rotation brushless motor	1
15	Elastic Motor belt	1
16	7201EB Controller	1
17	Communication wire L=500mm	1
18	POWER CORD L=200mm (red)	1
19	POWER CORD L=200mm (black)	1
20	Switch	1
21	Self-reset switch	1
22	POWER CORD L=100mm (red)	1
23	3300EB Front roller	1
24	3300EB Rear roller	1
25	3300EB running deck	1
26	3300 motor cover	1
27	Rear cover	1
28	side rail	2
29	Pipe strap	2
30	Two-speed adjustable plastic parts	2
31	Magnetic ring	1
32	double sided tape	8
33	EVA rubber pad	1

34	power cord buckle	1
35	Square cushion	6
36	Allen socket full thread screw M8×15	4
37	Spring washer	4
38	Philips C.K.S full thread screw M5×10	2
39	Plastic flat mat (PVC)	6
40	Motor Left platen	1
41	Motor right platen	1
42	Cover fixed tube painting part	2
43	Allen socket full thread screw M8×75 (8.8grade)	2
44	Allen socket full thread screw M6×50	1
45	Allen C.K.S half thread screw M8×50×20 (black)	2
46	Allen countersunk head full thread screw M6×55×Φ16	6
47	Philips C.K.S full thread screw M4×10 (6.8 grade /steel nail)	7
48	Philips C.K.S.self-tapping screw ST4×12	2
49	Philips C.K.S.self-tapping screw ST4×16	5
50	SPRING WASHER Φ5	3
51	flat washer Φ6	1
52	flat washer Φ10	2
53	Serrated lock washers external teeth Φ5	3
54	TAB bolt	2
55	Upright post left	1
56	Upright post right	1
57	Communication wire L=1200mm	1
58	kettle holder	1
59	Cross recessed bolt with large flat head and pointed mouth M4×16 (6.8 grade / black)	2
60	Computer frame	1
61	Console head fixing plate	1
62	7201EB Console	1
63	Communication wire L=800mm	1
64	Touch control panel	1
65	Keyboard Cable	1
66	Handle pulse (speed)	1

67	Handle pules (star/stop)	1
68	Handle pulse connection wire L-650mm/Black	1
70	Upper shell accessory tray	1
71	Down shell accessory tray	1
72	Upper cover of console	1
73	Rear cover of console	1
74	Safety key	1
75	safety lock socket	1
76	Philip self-tapping screw ST4×15 (black)	13
77	Philips C.K.S self-tapping screw ST4×16 (black)	19
78	Console front cover	1
79	Console back cover	1
80	Ezfit linking parts	
81	Allen C.K.S half thread screw M8×50×20 (black)	1
82	Allen C.K.S half thread screw M8×30×20 (black)	1
83	Tube plug	1
84	Spring-1	1
85	Hydraulic	1
86	Allen socket full thread screw M8×25 (6.8 grade)	6
87	Allen C.K.S full thread screw M8×15	2
88	Cross wretch 14×17×75	1
89	L shape wretch	1
90	Allen C.K.S full thread screw M8×10 (6.8 grade /black)	2
91	Power cord	1
92	Running belt	1

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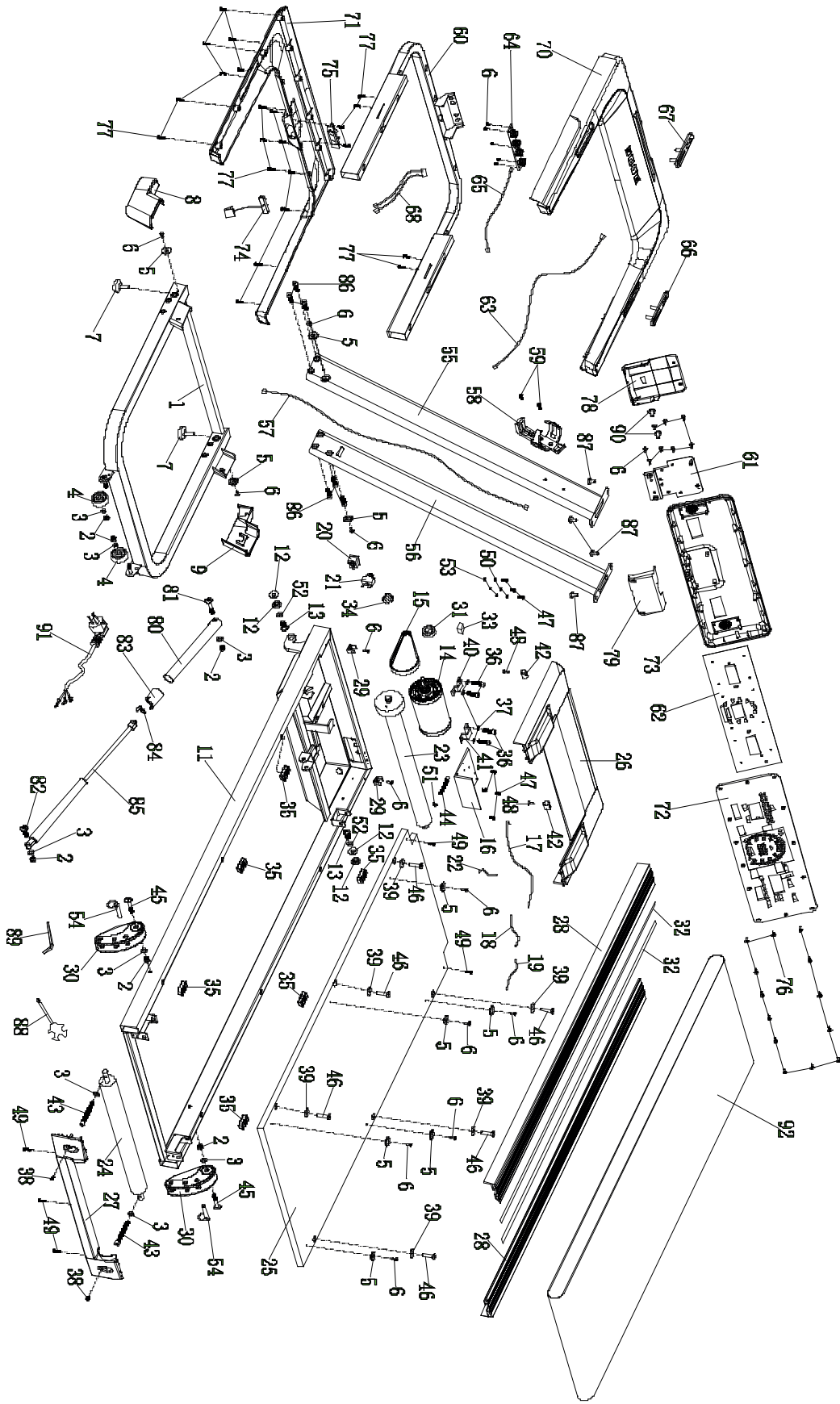
Products from BodyMax® are subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

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.

Warrantee
The warrantee 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 warrantee 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	UK

DE

TECHNIK

📞 +49 4621 4210-900

📠 +49 4621 4210-698

✉ technik@fitshop.de

🕐 Öffnungszeiten entnehmen Sie unserer Homepage.

SERVICE

📞 0800 20 20277 (kostenlos)

📞 04621 4210 - 0

✉ info@fitshop.de

🕐 Öffnungszeiten entnehmen Sie unserer Homepage:
https://stg.fit/statita

DK

TEKNIK OG SERVICE

📞 80 90 16 50
+49 4621 4210-945

✉ info@fitshop.dk

🕐 Åbningstider kan findes på hjemmesiden:
https://stg.fit/statit7

UK

CUSTOMER CARE POWERHOUSE

📞 +44 141 737 2249 or
+44 141 876 3972

✉ customercare@fitshop.co.uk

🕐 You can find the opening hours on our homepage:
https://stg.fit/statitd

FR

TECHNIQUE & SERVICE

📞 +33 (0) 189 530984
+49 4621 42 10 933

✉ info@fitshop.fr

🕐 Vous trouverez les heures d'ouverture sur notre site Internet:
https://stg.fit/statit4

BE

TECHNIQUE & SERVICE

📞 02 732 46 77
+49 4621 4210 933

✉ info@fitshop.be

🕐 Vous trouverez les heures d'ouverture sur notre site Internet:
https://stg.fit/statit8

ES

TECNOLOGÍA Y SERVICIOS

📞 911 238 029

✉ info@fitshop.es

🕐 Consulta nuestro horario de apertura en la página web:
https://stg.fit/statit5

NL

TECHNISCHE DIENST & SERVICE

📞 +31 172 619961

✉ service@fitshop.nl

🕐 De openingstijden vindt u op onze homepage:
https://stg.fit/statit3

INT

TECHNICAL SUPPORT & SERVICE

📞 +49 4621 4210-944

✉ service-int@fitshop.de

🕐 You can find the opening hours on our homepage:
https://stg.fit/statita

PL

DZIAŁ TECHNICZNY I SERWIS

📞 22 307 43 21
+49 4621 42 10-948

✉ info@fitshop.pl

🕐 Godziny otwarcia można znaleźć na stronie głównej:
https://stg.fit/statit6

AT

TECHNIK & SERVICE

📞 0800 20 20277 (Freecall)
+49 4621 42 10-0

✉ info@fitshop.at

🕐 Öffnungszeiten entnehmen Sie unserer Homepage:
https://stg.fit/statitb

CH

TECHNIK & SERVICE

📞 0800 202 027
+49 4621 42 10-0

✉ info@fitshop.ch

🕐 Öffnungszeiten entnehmen Sie unserer Homepage:
https://stg.fit/statit9

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

www.fitshop.co.uk/storelocator

TM30

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LIVE
FITNESS

WEBSHOP AND SOCIAL MEDIA

The Fitshop 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 Fitshop Group. Private customers order via the 25 web shops in the respective national language or have their desired equpiment 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 Fitshop 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!

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(YouTube)	https://stg.fit/YouTube_DE

TAURUS

cardiostrong

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Notes

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