



MINI WALKING TREADMILL

Instruction Manual



Read instructions carefully and thoroughly before first use.



DO NOT use in a standing position.

Only for use while sitting.

SAFETY INFO & WARNINGS

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this appliance.

DANGER – To reduce the risk of electric shock

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING – To reduce risk of burns, fire, electric shock, or injury to persons:

1. Appliance should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
4. Use this appliance for only its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, been dropped or damaged, or dropped into water.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. To disconnect, turn all controls to the off position, then remove plug from outlet.
13. **WARNING:** Connect this appliance to a properly grounded outlet only. See the "Grounding Instructions".
14. This appliance is not intended for use by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge. Unless they have been given supervision or instruction concerning use of this appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.
15. **WARNING:**
 - i) Do not use the appliance in close proximity to loose clothing or jewelry.
 - ii) Keep long hair away from the appliance while in use.
16. For Household/Residential Use Only
17. **CAUTION – Risk of Injury to Persons – To avoid injury, use extreme caution when stepping onto or off of a moving belt.**
18. **WARNING – Risk of Personal Injury – Keep children under the age of 13 away from machine.**

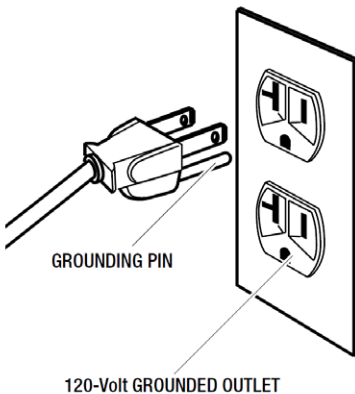
SAFETY INFO & WARNINGS

GROUNDING INSTRUCTION

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit and has a grounding plug similar to the plug shown below. Only connect this product to an outlet having the same configuration as the plug below.



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

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

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Please note that changes or modifications of this product is not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

SAFETY INFO & WARNINGS

WARNING

DO NOT use the Mini Walking Treadmill while standing. Using the Mini Walking Treadmill while standing may result in serious injury. The walking treadmill is only to be used while sitting.

ATTENTION

- Save these instructions and ensure that other users read this manual prior to using the Mini Walking Treadmill for the first time.
- Read all warnings and cautions posted on the Mini Walking Treadmill.
- The Mini Walking Treadmill should only be used after a thorough review of the manual. Make sure that it is properly assembled and tightened before use.
- Read and review all warning labels. Call Customer Service (see Warranty section) to obtain replacements if needed.
- The maximum weight of the Mini Walking Treadmill is 110 lbs (50 kg). Do not apply weight in excess of 110 lbs (50 kg) on the treadmill.
- The safety and integrity designed into the machine can only be maintained when treadmill is regularly examined for damaged components, and repaired. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed. Worn or damaged components shall be replaced immediately or the treadmill removed from service until the repair is made. Only manufacturer-supplied or approved components shall be used to maintain and repair the treadmill.

BEFORE starting any fitness or strength program, consult with your physician or health official. This will ensure that you engage in the proper strength or fitness program for your age and physical condition.

Before using the treadmill, answer these questions:

Have you been sick recently?

Have you had prolonged dizziness recently?

Have you been out of breath for no reason recently?

Have you had chest pain recently?

Do you currently have any injuries preventing you from exercise?

Are you pregnant?

Do you have any conditions or reasons you should NOT exercise?

Are you over 35 years old and physically inactive?

IF YOU ANSWER "YES" TO ANY OF THE ABOVE QUESTIONS, YOU SHOULD SEEK FURTHER ADVICE FROM YOUR DOCTOR PRIOR TO EXERCISING.

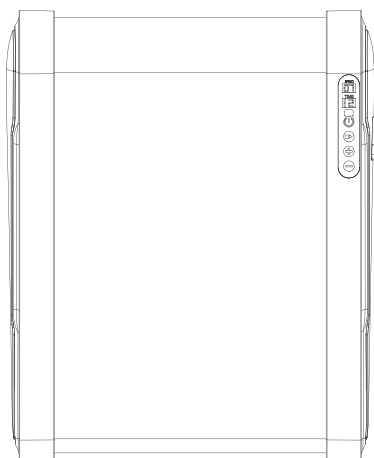
- Do not use treadmill in a moist environment. Always make sure there is adequate air circulation.
- Use treadmill on a smooth, level surface only.
- Do not place any objects on treadmill. Do not get treadmill wet.
- Always wear suitable clothing. Do not wear clothing that may be caught or hooked onto parts of the treadmill. Do not use while barefoot.
- Keep out of reach of children under the age of 13. Use adult supervision when operating around children.
- Always unplug treadmill when not in use or when storing.
- Do not leave treadmill running for extended periods of time as it could cause damage to motor or controller and speed up the wear and aging of bearings and belts.

SAFETY INFO & WARNINGS

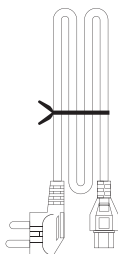
- Keep power cord away from moving objects and extreme temperatures. Do not allow power cord to be bent or crushed, such as under a door, to avoid damage to the cord.
- Do not attempt to service the treadmill beyond what is instructed in this manual as this could cause serious injury and void the warranty. Call customer service if problem occurs.
- Do not have more than one person using the treadmill at once.
- If you feel faint, unwell, or have physical discomfort, discontinue use immediately and consult a doctor.
- Always inspect treadmill before each and every use. If unit appears damaged in any way, discontinue use.
- For personal, home use only.
- Do not jump on treadmill.
- Do not use or store in places exposed to direct sunlight or in high temperatures.
- Do not use if power cord or plug appears damaged or if socket is loose.
- Power plug must be reliably grounded and the outlet must have a dedicated circuit to avoid sharing with other electrical equipment.
- Be mindful of surroundings when using treadmill.
- Do not spray or spill water on treadmill to avoid electrical shock or fire.
- Do not lift or move treadmill using the power cord as this may damage the unit or the cord.

SAVE THESE INSTRUCTIONS

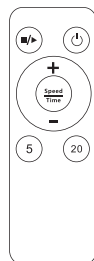
PARTS LIST



Mini Walking Treadmill



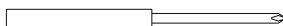
Power Cord



Remote



Allen Key



Mini Screw Driver

SPECIFICATIONS

Max Weight: 110 lbs (50 kg)

Speed: 0.5 – 1.8 mph (0.9 – 3 km/h)

Incline: 10°

Power: 200 W

Display: Speed, Time

Product Dimensions:

21.25" × 17.24" × 5.3" (540 × 438 × 135 mm)

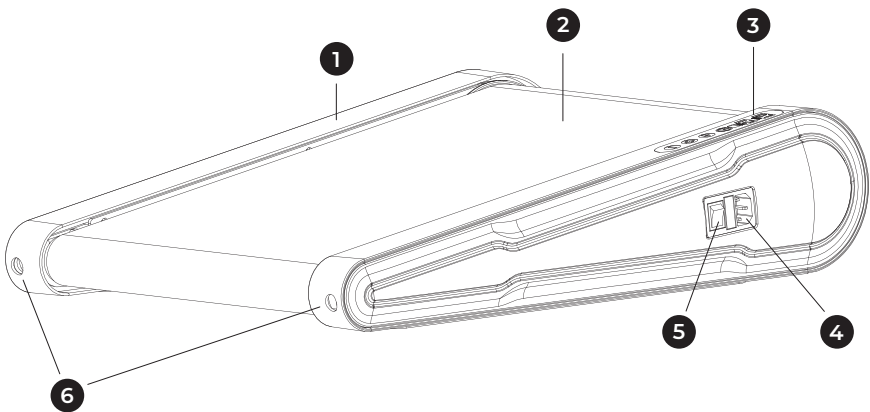
Belt Dimensions:

20.5" × 13" × T0.05" (521 × 330 × T1.4 mm)

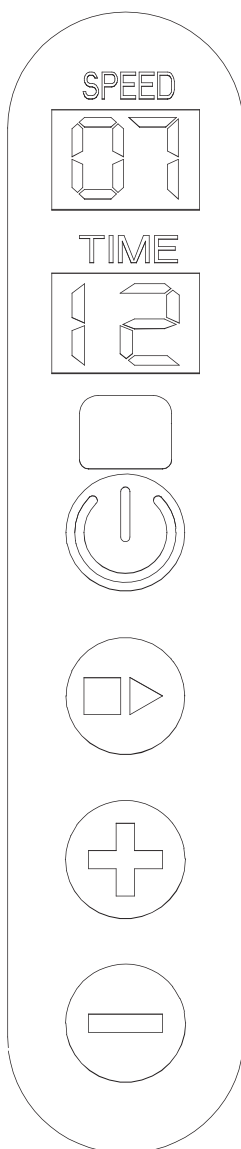
Product Weight: 27.8 lbs (12.6 kg)

PRODUCT DESCRIPTION

- | | |
|------------------|--------------------|
| 1. Housing | 4. Power Socket |
| 2. Belt | 5. Power Switch |
| 3. Control Panel | 6. Belt Adjustment |



CONTROL PANEL



Speed Display: Ten Speed Settings from 0.5 mph to 1.8 mph.

Time Countdown: Default is 30 minutes

Receiver

Power On/Off

Start/Stop

Speed +

Speed -

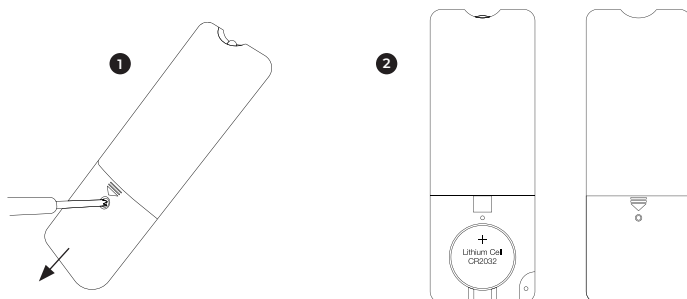
REMOTE CONTROL

Battery Requirements

This remote requires ×1 CR2032 battery.

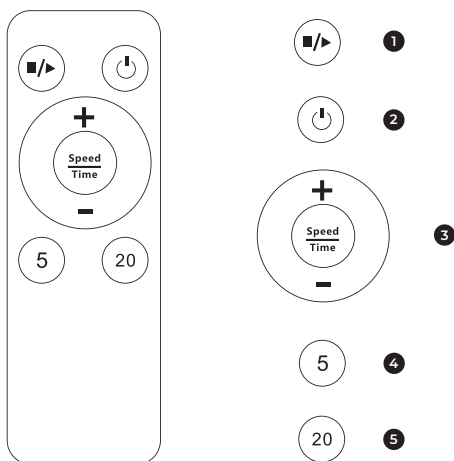
Battery Installation

1. Remove the screw holding the back panel in place using the mini screw driver. Then, remove the back panel to reveal the battery compartment.
2. Install the CR2032 battery. Replace the back cover and the screw that holds it in place.



Remote Control Button Functions

1. Start/Stop
2. Power On/Off
3. Time and Speed setting (+ or -). Time set when device stops. Speed set when device is moving.
4. Quickly sets 5 minute countdown when device stops, then starts.
5. Quickly sets 20 minute count down when device stops, then starts.



USAGE INSTRUCTIONS

- Place walking treadmill in an appropriate location based on the precautions outlined in the "Safety Info and Warnings" sections.
- Plug in the power cord on the right side of the treadmill next to the power switch, ensuring the plug is correctly oriented. Plug the other end of the power cord into a grounded outlet.
- Flip the power switch into the "On" position.

SPEED ADJUSTMENT

Adjust the walking treadmill's speed by pressing Speed + or Speed - on the Control Panel or on the Remote.



Use Under Desk



Use While Seated



**DO NOT USE
WHILE STANDING**

Risk of serious injury.

MAINTENANCE & CARE

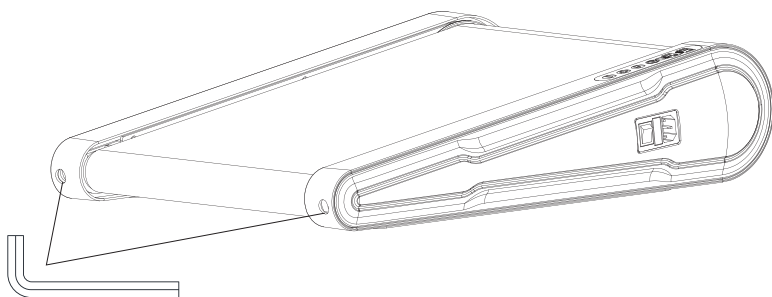
WARNING: Before performing maintenance, power off and unplug.

TIGHTENING BELT

If you observe any slipping, dragging, or loud noises, it may be necessary to tighten the belt to ensure safe operation.

When the belt is correctly adjusted, the edge of the belt can be lifted from the running board about 2-3 in. If belt can be lifted more than this amount, tightening is necessary.

To tighten belt: Turn both adjustment screws located on the back of the unit a half turn clockwise. Lift edge of belt to check if adjusted correctly. If it is still not tightened adequately, continue to tighten the adjustment screws in half turn increments until properly tightened. Once tightened, center the belt as outlined below.



CENTERING BELT

If the belt appears to veer to one side, you may need to adjust the belt. To adjust the belt's center, use the included Allen Key on the left and right adjustment screws on the rear of the treadmill.

Adjusting to the Right

To adjust the belt to the right, turn the left adjustment screw a half-turn clockwise and right adjustment screw a half-turn counterclockwise.

Adjusting to the Left

To adjust the belt to the left, turn the left adjustment screw a half-turn counterclockwise and right adjustment screw a half-turn clockwise.

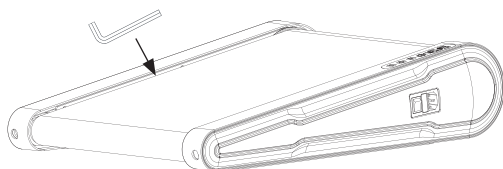
LUBRICATION OIL

0.8 oz (25 mL)

WARNINGS: Keep out of eyes. In case of eye contact, flush thoroughly with water for several minutes. Do not ingest. If symptoms caused by exposure to solution persist, consult a doctor. Keep away from children. Store in a cool, dry place. Dispose of product according to local regulation.

INGREDIENTS: Silicone Oil

MAINTENANCE & CARE



LUBRICATING THE BELT

- Re-lubricate the running board and belt as needed with included lubrication oil. It is recommended to lubricate every two weeks to a month depending on frequency of use.
- Make sure treadmill is powered off and unplugged before applying lubrication oil
- To lubricate running board and belt, use included Allen Key to push edge of belt in and lift to access running board. Squeeze a dime-size amount of lubrication oil onto running board. Repeat on other side. Run treadmill on lowest speed for a few minutes to allow oil to distribute.

CLEANING

- Remove dust with a microfiber cloth.
- Remove dust, dirt, and other debris from exposed sides of the belt to prevent dirt from accumulating under belt.
- **MAKE SURE DEVICE IS UNPLUGGED.** Scrub the surface of belt with a damp cloth and soapy water. DO NOT get water in or near electrical components.

QUESTIONS? CONTACT CUSTOMER SERVICE +44(0)203 3763 5892



Read Instructions
Before Operating

MADE IN
CHINA



PATENT
PENDING

Rev: 020922

ECHELONFIT.UK

For questions, assistance, or replacement parts, do not return to your retailer. Contact Echelon® customer service below. For refunds on items not purchased from Echelon® directly, please contact your retailer.

ECHELON® FIT 90-DAY LIMITED WARRANTY

Register your equipment online at www.registermyechelon.com to upgrade your 90-Day warranty to a 1-Year warranty.

Echelon® warrants this product to be free of manufacturing defects. Should any such defect develop or become evident within one year from the date of purchase, Echelon® will replace the entire product or, at its option, repair or replace the defective part(s) without charge.

Contact Echelon® customer service at +44(0)203 3763 5892 or at cs@echelonfit.uk to determine whether it is necessary to return the unit.

This warranty is void if damage or malfunction is due to abuse or failure to operate product in accordance with instructions and on recommended electrical current. This warranty gives you specific legal rights and you may also have other rights which vary from state to state. If you have any questions, or would like to learn more about Echelon®, please contact us at +44(0)203 3763 5892 or at cs@echelonfit.uk.

Register your product online at echelonfit.com/pages/register-warranty/

Customer Service

+44(0)203 3763 5892 ✉ cs@echelonfit.uk

Model:
PB008

DO NOT DISPOSE OF BATTERIES IN FIRE. ALWAYS DISPOSE OF BATTERIES PER LOCAL & FEDERAL GUIDELINES.

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