TREADMILL WITH WORKSTATION

Model: T5012

USER MANUAL

*Thank you for selecting our treadmill. To provide a better using experience, please read this manual carefully before operation or maintenance, and SAVE THESE INSTRUCTIONS for future reference.

CONTENT
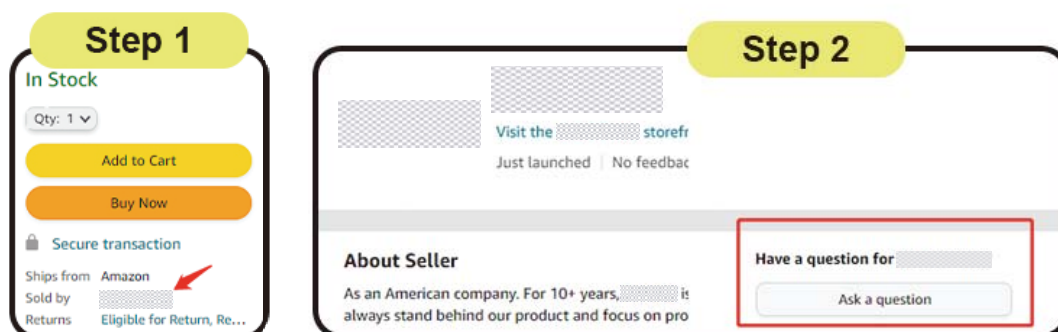
1. Customer Support

HOW TO CONTACT US ON AMAZON?

3 WAYS TO CONTACT US, BEFORE/AFTER ORDER 7*24 Online, get an answer within 4-6 hours.
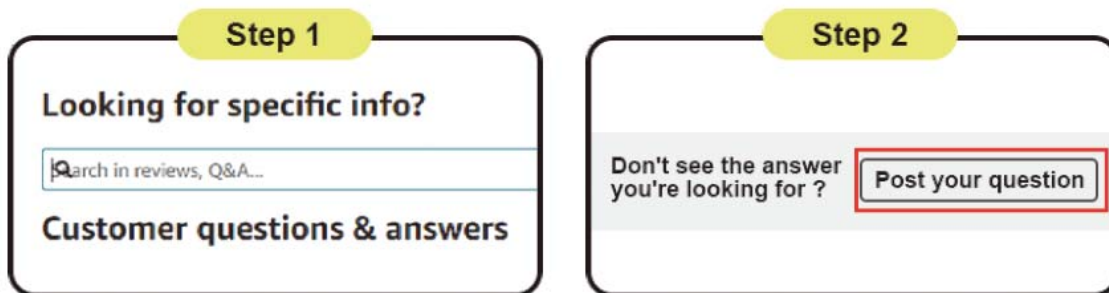
OPTION 1:
Find the Seller Profile **--** have a question for seller, ask a question **--** an item for sale **--** Product details

OPTION 2:
Product details page **--** Customer questions & answers part **--** post your question

OPTION 3:
For technical support, the user manual and other information, you can also contact us via support@uswellfit.com

2. Important Precautions

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. Seller assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage covered patio, or near water.
4. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
5. During running, it's recommended to wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals to avoid injury.
6. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
7. Read, understand, and test the emergency stop procedure before using the treadmill.
8. Never leave the treadmill unattended while it is running. Always press the power switch into the off position, and unplug the power cord when the treadmill is not in use.
9. Please add 10 ml of lubricant before first use. Add lubrication oil every 3-4 months. We recommend you to use the WELLFIT App so that she will send you a notification when the running belt is "hungry".
10. For safety reasons, please unplug the power supply before repairing. If malfunctioning, stop using, unplug, and get professional inspection. Unplug during power outage to avoid accidents. Hold plug, not wire, when disconnecting to prevent short circuits or hazards.
11. Treadmills are made by fusing the belt together, which creates a seam. The seam is made when the belt is heated up, and all belts are tested to make sure they're good quality. This way of making treadmill belts is the standard in the industry, so you can trust that they're strong and will last a long time.
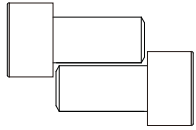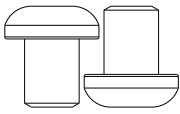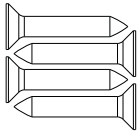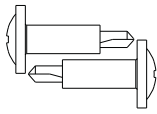
3. Product Introduction

3.1 Product Diagram

Foldable LED Console

Left Heart Rate Monitor

Left Handrail Auxiliary Device

Safety Key

Left Upright Tube

Control Buttons

Right Heart Rate Monitor

Right Handrail Auxiliary Device

Right Upright Tube

Motor Cover

Left Rear Cover

Right Rear Cover

Foot Rail

Foldable Rear Foot Pads

Foot Rail Widening Assistant

Running Belt

Front Foot Pads
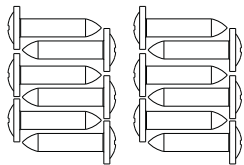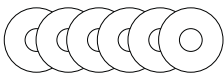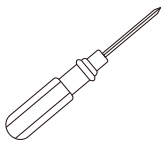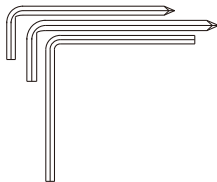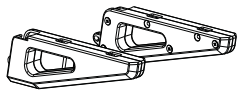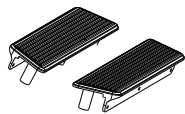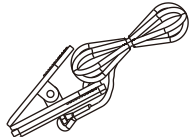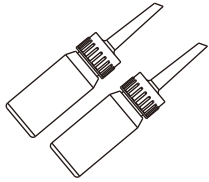
3.2 Specifications

Power Supply	AC 120V, 60Hz
Speed Range	1.0-10 MPH
Controlling Mode	Console\App Control
Package Size (in)	54.53 x 30.31 x 6.42
Package Weight(lbs)	106.26

3.3 Package Contents
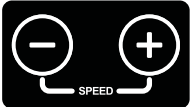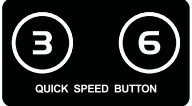
2PCS **#01** M8×16 Screw	**2PCS** **#02** M8×10 Screw	**4PCS** **#03** ST4.2×25 Screw	**2PCS** **#04** ST4.2×16 Screw
12PCS **#05** ST4.2×19 Screw	**6PCS** **#06** Flat Washer	**1PCS** **#07** Screwdriver	**3PCS** **#08** Allen Wrench S/M/L
2PCS **#09** Handrail Auxiliary Device	**2PCS** **#10** Foot Rail Widening Assistant	**2PCS** **#11** Foot Pad	**1PCS** **#12** Safety Key
2PCS **#13** Lubrication Oils	**1PCS** **#14** User Manual	**1PCS** **#15** Power Cord	

* Note: after unpacking, please check whether there are any missing accessories.

3.4 Console Diagram

3.4.1 Function Keys

Key	Introduction
START/STOP	Press the button to start or end a workout plan. Quick Start Mode 1. In Standby State, press this "START/STOP" button and the treadmill will start up to after 3s. 2. Press again to terminate your run completely and all data will be deleted and reset to the initial setting. * Standby state: main window displays 00:00 and the safety key has been inserted.
PAUSE	Press the "PAUSE" button to pause the treadmill including workout data in the running state. Then it will continue to run after pressing the "START/STOP" button.
SPEED	1. Press the "+/-" button to increase or decrease the speed in increments of 0.2MPH. 2. Press and holding either of these button for a duration over 0.5s will increase or decrease the speed continually.
QUICK SPEED BUTTON	Speed preset buttons for 3 or 6MPH
PROG	Auto Mode Button (operation steps) In Standby state→ Press "PROG" button (select P01-P12) → Press "START/STOP" button (start program) → Press "+/-" button (Adjust speed) * Long Press " START/STOP " button for 3s to return the Standby state in running.

(P01-P12) Speed Table											
Program	Mode	one	two	three	four	five	six	seven	eight	nine	ten	time
P01	Speed	1	3	5	5	5	7	7	5	3	2	15 min
P02	Speed	3	4	8	9	10	10	10	7	4	3	15 min
P03	Speed	3	4	6	7	7	7	9	10	5	3	20 min
P04	Speed	3	5	9	10	6	6	9	6	11	3	20 min
P05	Speed	4	5	11	9	6	8	9	11	6	5	25 min
P06	Speed	3	4	8	9	6	6	6	9	5	4	25 min
P07	Speed	3	3	6	9	9	9	9	6	4	3	30 min
P08	Speed	4	5	5	11	5	10	5	12	4	3	30 min
P09	Speed	4	6	8	10	4	6	8	6	12	6	30 min
P10	Speed	4	8	11	5	8	12	6	5	12	7	35 min
P11	Speed	5	7	11	11	11	8	8	11	7	6	35 min
P12	Speed	3	5	7	7	7	9	9	7	5	4	35 min

3.4.2 Window Display

Sub Window: Heart Rate/Step Switch parameters in 5s

Main Window: Time/Speed/Distance/Calorie Switch parameters in 5s

Parameter	Mode	Initial	Display Range	Set Range	Set Unit
TIME (min:sec)	Quick Start	0:00	0:00-99.59	——	——
DISTANCE(mile)	Quick Start	0:00	0-99.99	——	——
CALORIE (kcal)	Quick Start	0	0-9999	——	——
SPEED (mph)	——	1.0	1.0-10	1.0-10	0.2
PULSE (bpm)	——	0	40-220	——	——
STEP	——	0	0-9999	0-9999	——

4. Assembly Instructions

4.1 Front Foot Pad

①Use 【#08 Allen Wrench】 to turn 1-2 turns clockwise to clamp the screws that come with the foot pad to the bottom of the treadmill main frame. (reference A)

② Then use 【#08 Allen Wrench】 【#01 M8×16 Screw】 to clamp the screws that come with the foot pad that extend above the main frame to the treadmill main frame.
(reference B)

③ Finally, the screws on both sides need to be rotated clockwise synchronously until the foot pad is completely fixed on the main frame.

A

B
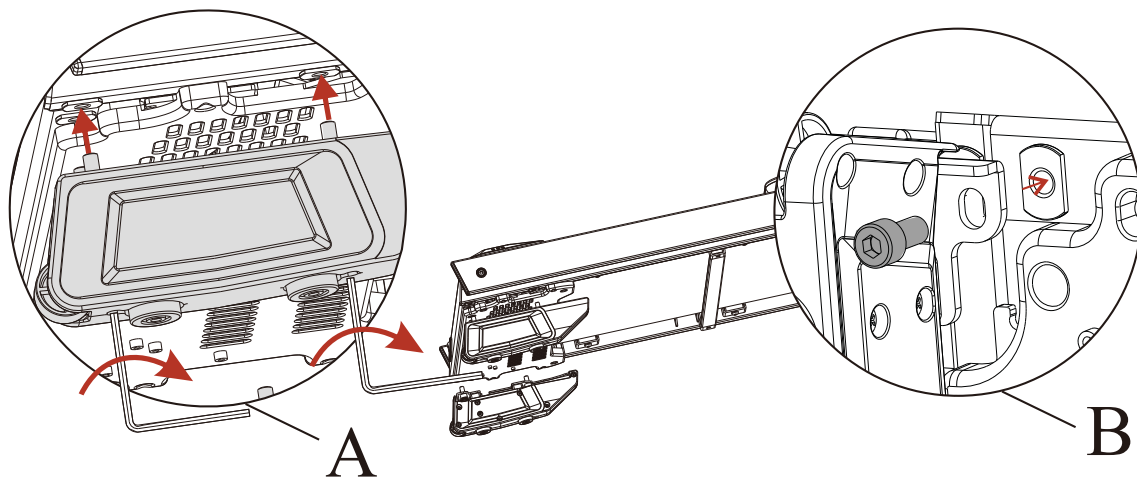
4.2 Upright Tube

①Use the 【#08 Allen Wrench】 to rotate counterclockwise 3-4 times (reference C) until the vertical tube can be lifted up to the limit point (reference D).

② Then use the 【#08 Allen Wrench】 to rotate clockwise 3-4 times (reference E) to fix the vertical tube.
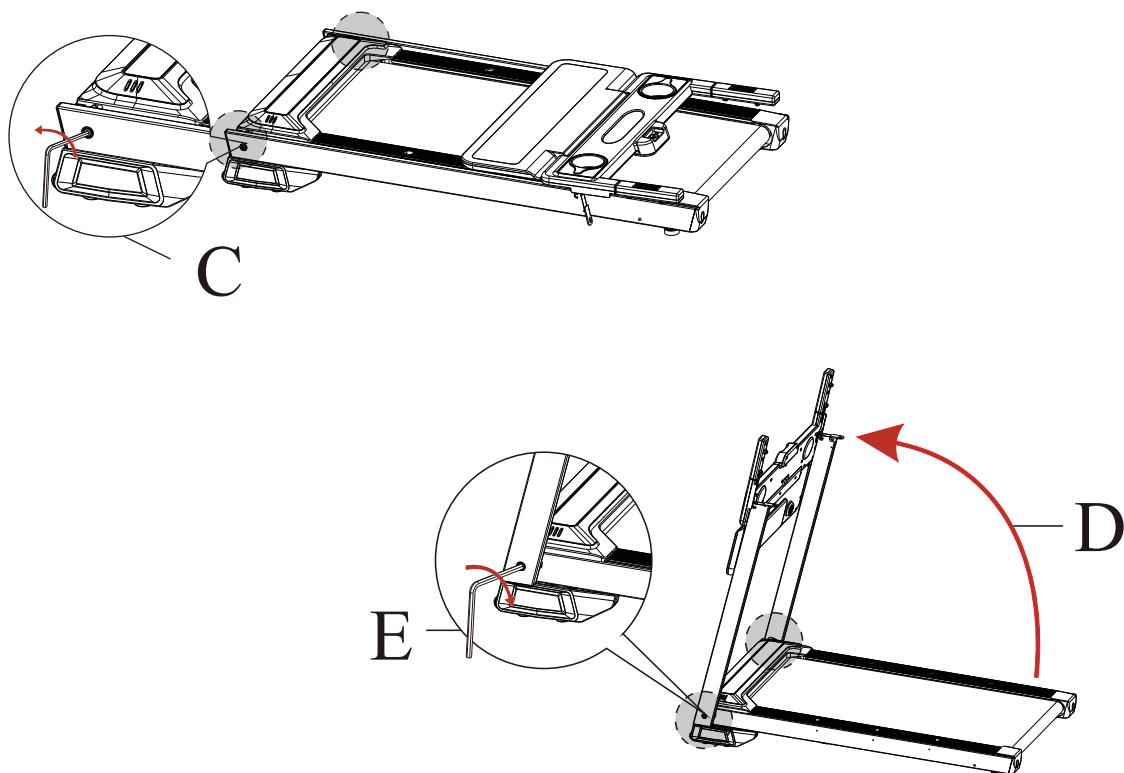
4.3 Control Console

①Rotate the console to the joint with the upright tube and then use the hexagonal

【#08 Allen Wrench】 【#01 M8*10 Screw】 to lock the console with the left&right

upright tube. (reference F)

② Adjust the console to the appropriate position for yourself. (reference G)

③ Place the red safety lock on the yellow position of the console stand. Note: Please

clip the end with the clip (reference H) on your clothes when running
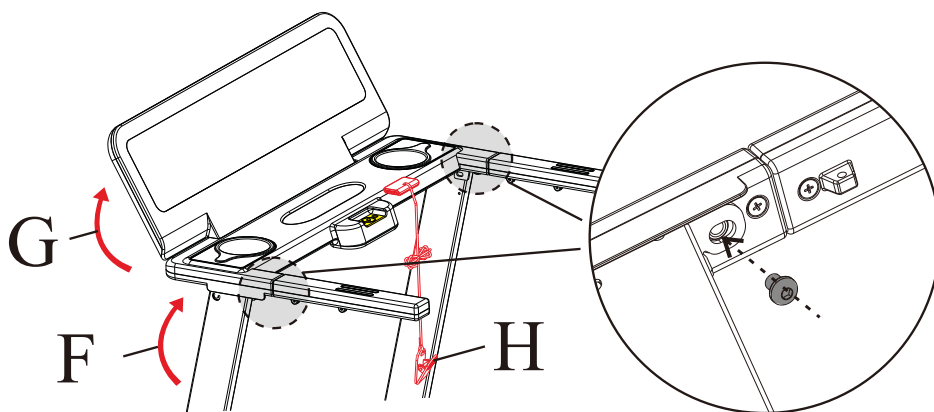
⚠ **Note:** If the console is wobbly or unstable, use 【#08 Allen Wrench】 to turn the upright tube screw hole clockwise until the console is stable.
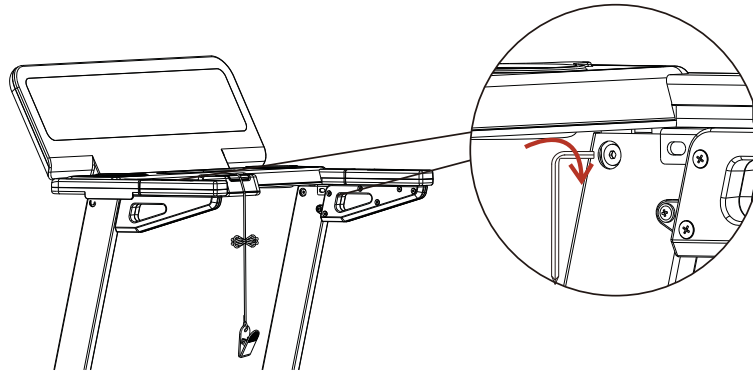
4.4 Handrail Auxiliary Device

①Use 【#07 Screwdriver】 【#03 ST4.2*25 Screw】 to fix the handrail auxiliary device to the handlebar main frame.

② Then use 【#07 Screwdriver】 【#04 ST4.2*16 Screw】 to fix the handrail auxiliary device to the upright tube.

I
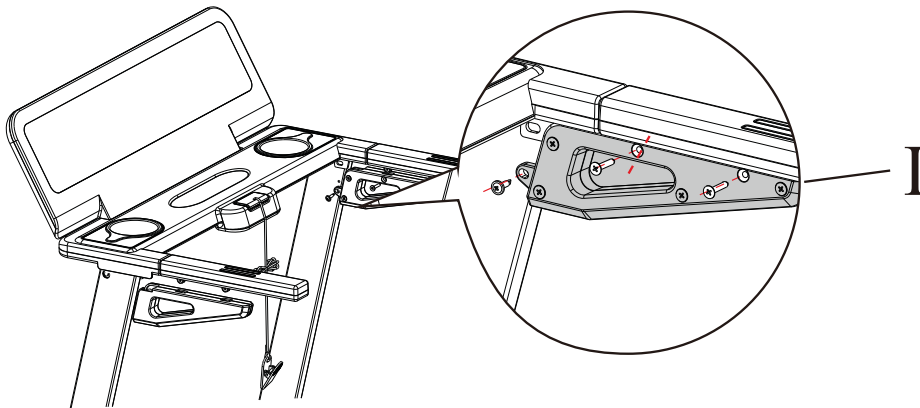
4.5 Foot Rail Widening Assistant

①Use 【#07 Screwdriver】 【#05 ST4.2*19 Screw】 to lock the Widening Assistant to the main frame.

② Use 【#07 Screwdriver】 【#05 ST4.2*19 Screw】 【#06 Flat Washer】 to lock the bottom of the Widening Assistant to the main frame.
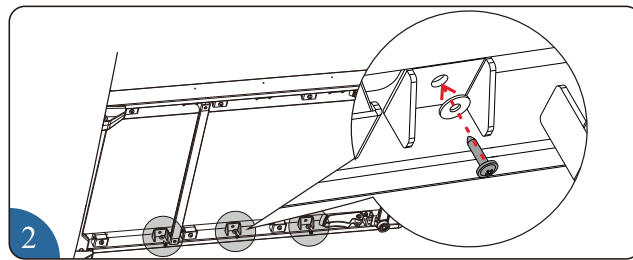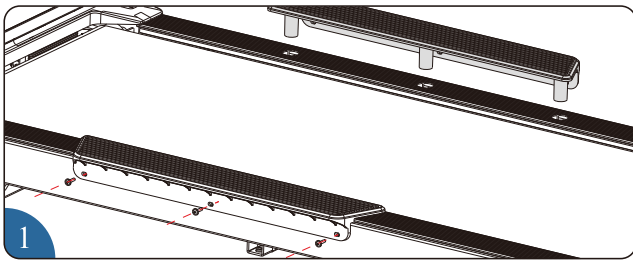
4.6 Foot Pads Adjustments

If you want to lower the slope of the treadmill, you need to unfold the foot pad to the limit point as shown by the arrow.
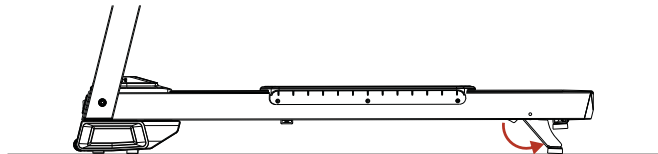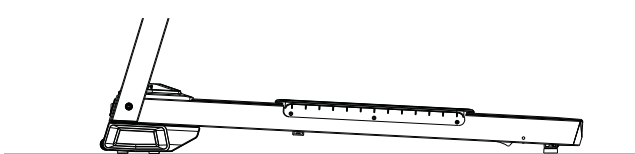
4.7 Start Up

Plug the power cord into the socket on the head of the treadmill, and then turn on the red power switch.
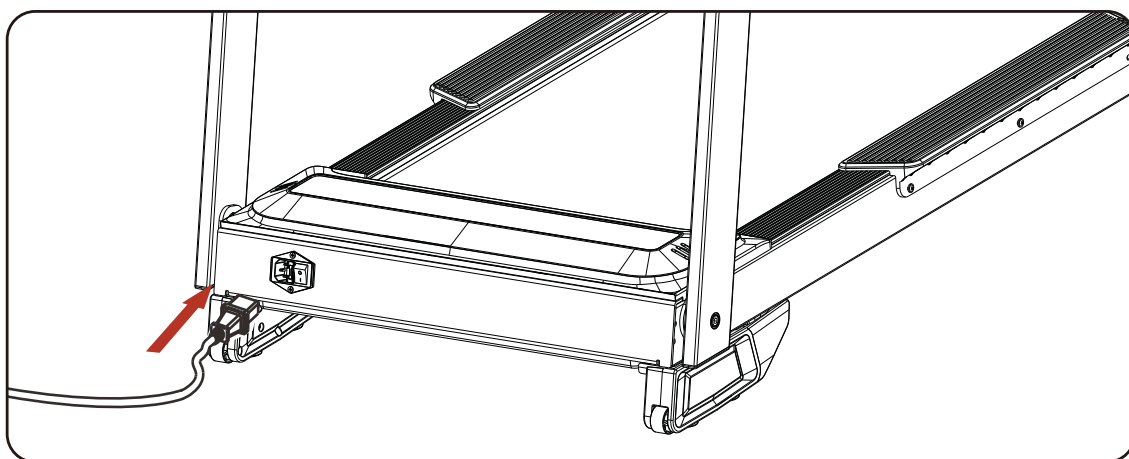
⚠ **Note:** You will need to lubricate your treadmill before the first use.

4.8 Safety Key

In any state,pull off the safety key,the window will display "E07",and the buzzer will prompt beep continuously.If the motor is running,the motor stops in anemergency.When the safety key is off,the operation such as starting cannot be performed.

5. Main Functions

5.1 Heart Rate Measurement

Stand on the foot rails and hold the pulse bar with your palms on the metal contacts for about 10 seconds(avoid moving your hands).

When your pulse is detected,a heart symbol in the steps display will flash each time your heart beats.

For the most accurate heart rate reading,continue to hold it for about 15 seconds.

⚠ **Note:** Only put BOTH hands on the contacts,the heart rate would be detected.
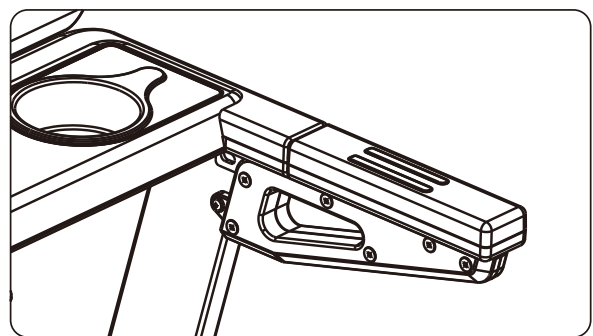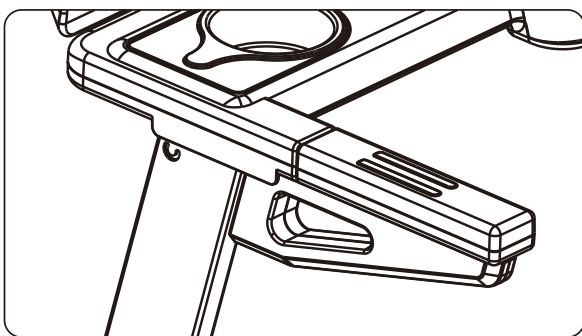
5.2 Temperature Control

When the temperature sensor detects that the treadmill temperature is higher than 40°C, the built-in fan will start automatically.

5.3 Playing Music

Connect your mobile phone device to the treadmill to play music.

How to connect with the Bluetooth player

1. Turn on Bluetooth on your mobile phone and treadmill

2. Long press the button "-" for 3s to activate discoverable mode.

3. Find and pair with the device named "WELLFIT TM Audio".

4. The Bluetooth audio prompts a "Ding-Dong"sound to prove that the connection is successful.You can now play music.

5. To forcibly disconnect the treadmill's Bluetooth connection,long press the button "-" for 3s.
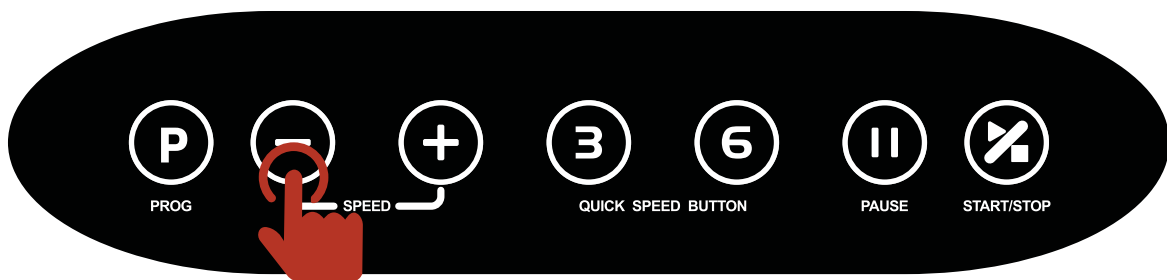
⚠️ **Attention:** you can only adjust the volume by mobile phone.

5.4 WELLFIT FITNESS App

5.4.1 How to Setup WELLFIT APP

Step 1: Scan the QR code to download "WELLFIT FITNESS" App, you can also search "WELLFIT FITNESS" from [App Store] or [Google play] to install it.

 or

Step 2: Run the "WELLFIT FITNESS" App, tap "Register" to register a "WELLFIT FITNESS" account with your email.

Step 3: Sign in your account and turn on your mobile phone Bluetooth and Location enable your treadmill to be found. Follow the steps as below pics shown.

(APP Bluetooth Name:WELLFIT TM Linker)
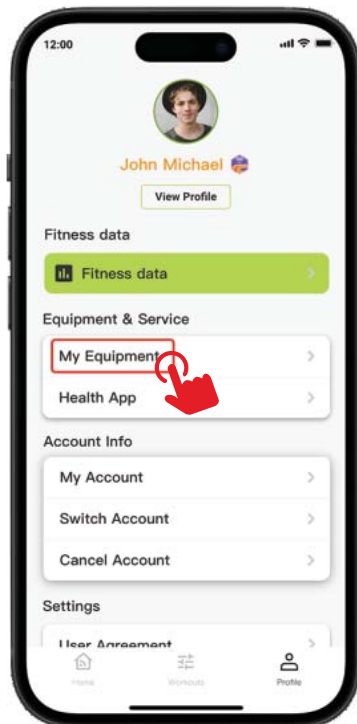
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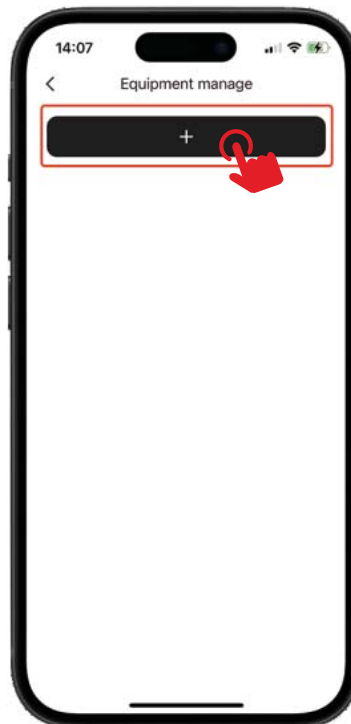
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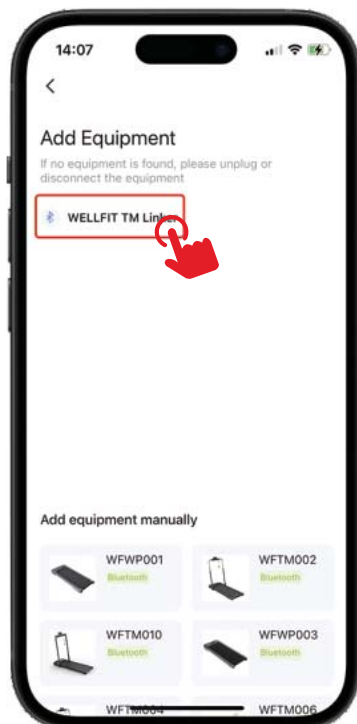
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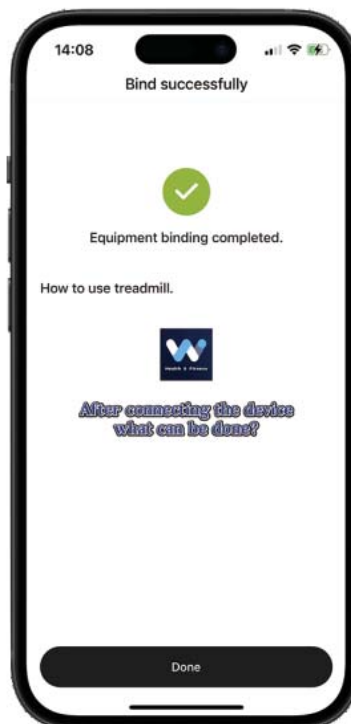
Step 4

5.4.2 Smart Voice Control

AI fitness　AI smart voice fitness assistant that understands you better.
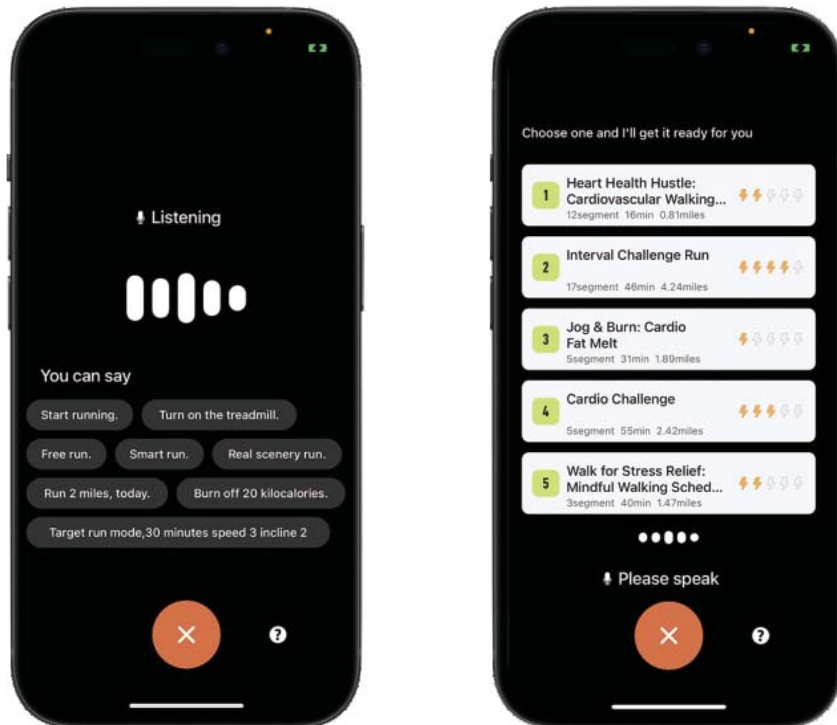
5.4.3 Free Running Training Courses and Programs
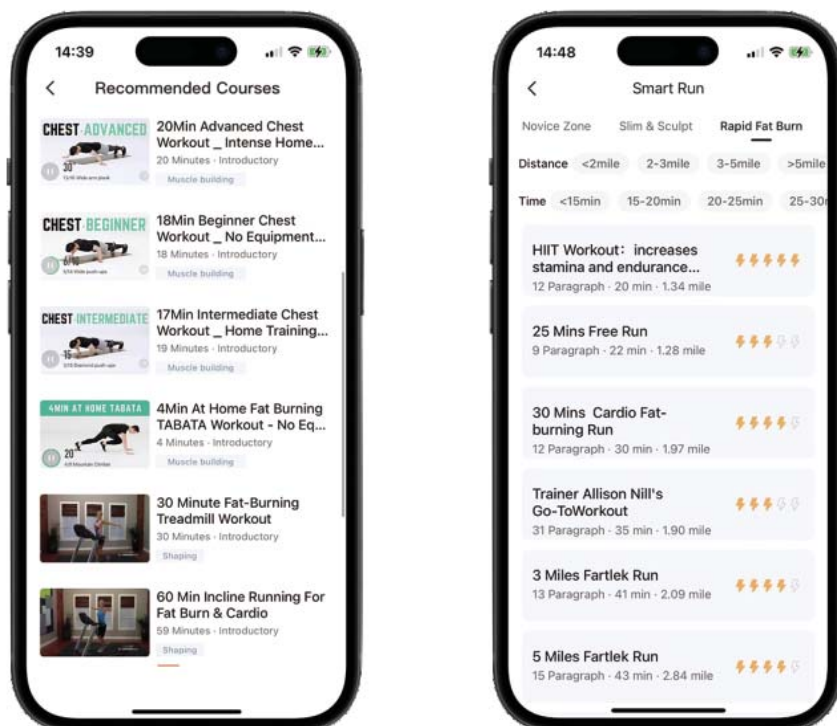
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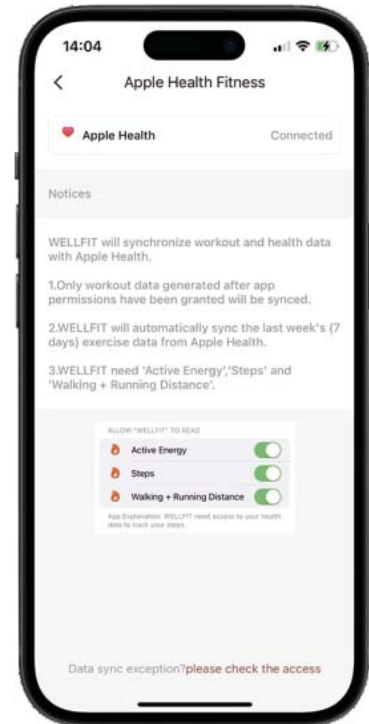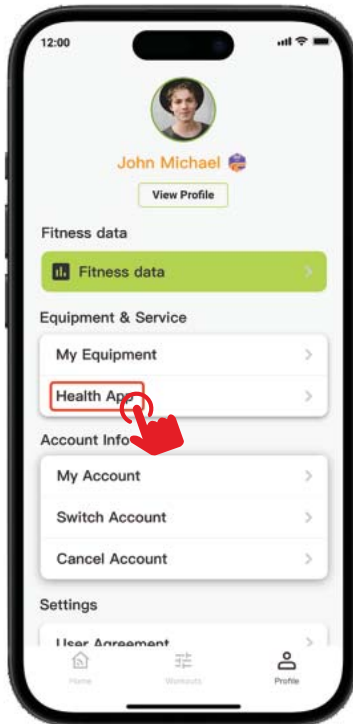
5.4.5 Workout Statistic Track and Analyse
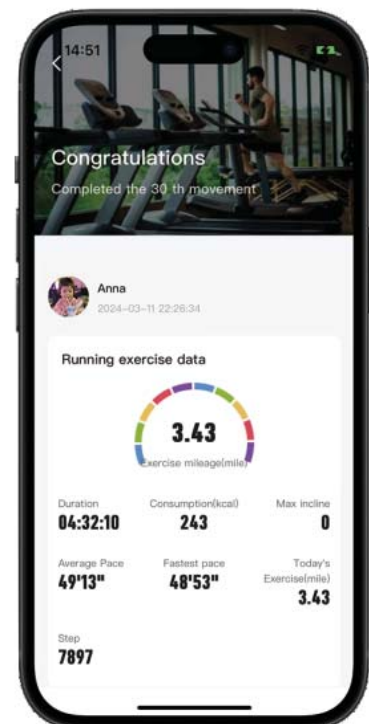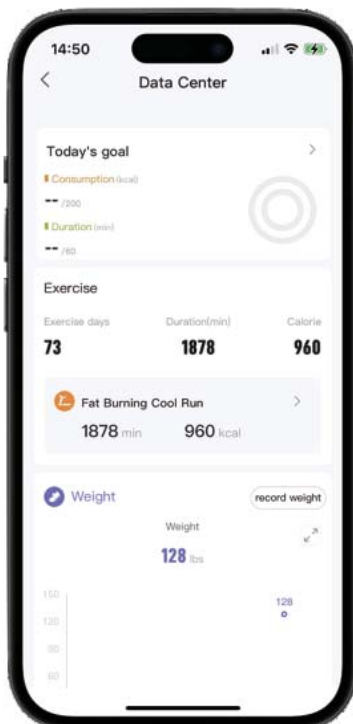
6. Maintenance & Care

General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes does not wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth.

> To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off w henever not in use.

> A loose Running Belt will result in the runner sliding off when running, while too tight of a Running Belt will result in a decrease in the motor performance and also create more friction between the roller and running belts. The most suitable tightness for the belts is pulled out 50-75mm from the Running Board.

6.1 Centering The Running Belt

Place the treadmill on level ground and set it at 2-3.8mph to check if the Running Belt drifts

① If the **Running Belt** moves to the right, turn the adjusting bolt on the right side 1/4 turn clockwise, then turn the left adjustment bolt 1/4 turn counter-clockwise. If the belt does not move, keep adjusting 1/4 turn at a time until it centers.

A
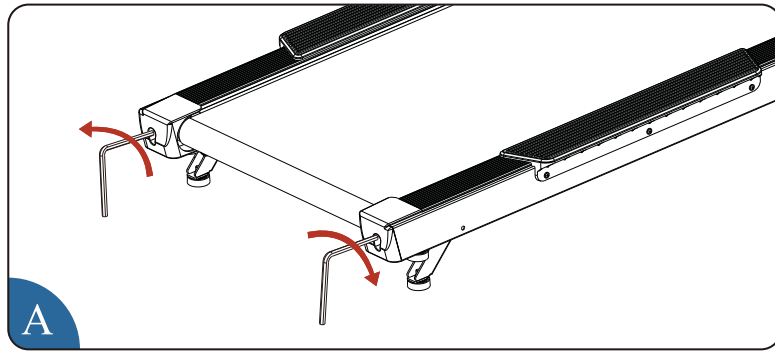
② If the **Running Belt** moves to the left, turn the adjusting bolts on the left side 1/4 of a turn clockwise, then turn the right adjustment bolt 1/4 turn counter-clockwise. If the belt does not move, keep adjusting 1/4 turn at a time until it centers.

B
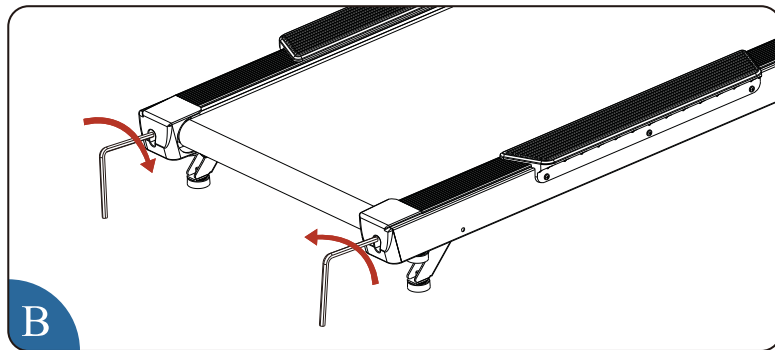
③ Over time the **Running Belt** will loosen. To tighten the belt turn the **left and right** side adjustment bolts one full turn clockwise, and check the tension of the belt. Continue this process until the belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment.

C
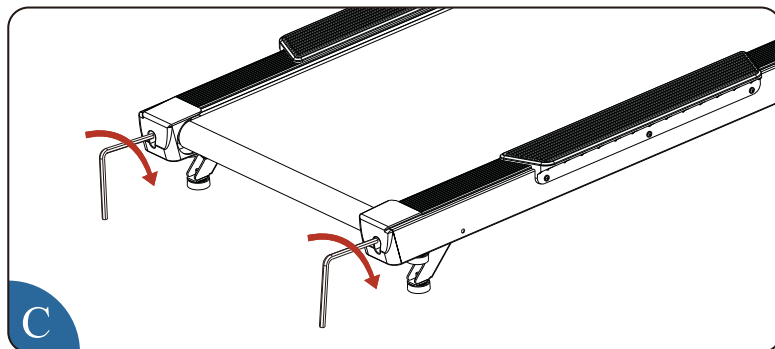
6.2 Running Belt Care

Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly. Should you find any wear on the Running Board, please contact us at: **support@uswellfit.com**

HOW TO USE LUBRICATE

① Raise the belt up on one side and apply lubricant to the running deck. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.

② The moving parts should turn freely and quietly. The abnormality of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.

③ To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.

④ A loose running belt will result in the runner sliding off during use, while too tight of a running belt will decrease the motor performance and also create more friction between the roller and running belts. The most suitable tightness for the belt is pulled out **50-75mm** from the **Running Board**.

7. Troubleshooting

| Error Code	Suggested Action
E01	Check if the connector is loose/the wire is damaged/the wire is matched on the core wire connecting the electronic meter to the controller. Otherwise, please replace the controller.
E05 / E19	1. Caused by exceeding the rated load due to the excessive current, the system will turn on the self-protection function. Restart it, please! 2. Causing the motor to not rotate for a part of the treadmill is stuck, its load or current is too large. The system will in the self-protecting state. Please restart it or add lubricating oil after adjust the treadmill. 3. Please replace the motor if there is a flow sound or a burning smell when the motor is running. 4. Please replace the controller if the above is not the case.
E06	1. Check if the input power voltage is normal. 2. Check if the power socket plug connection is loose.
E07	Re-install it if the safety lock is not properly installed. Otherwise, please replace it.
E10	Please restart; If the problem persists, please replace the electronic meter.
E11	Check whether the input power voltage is normal.
E12 / E17	1. Check whether the motor cable is connected properly. If not, please reconnect it. 2. Replace the motor or controller.
E13	Please replace the controller
E14	1. Re-download the project parameters. 2. Re-enter the console, set the parameters and save. 3. Replace the electronic meter.

E15	Wait until the treadmill temperature returns to normal before running again.
E18	Check whether the motor lines UVW are connected properly; Red line corresponds to the controller U. Black line corresponds to the controller V. White line corresponds to the controller W.
E20	PWM control circuit failure
E21	Restart after 2 minutes of power outage. If it fails to start, please replace the controller.

⚠️ **NOTE: If you are unable to resolve an issue using the troubleshooting guide above, please contact customer service at support@uswellfit.com**

8. Treadmill Safety Manual Overview

Important Safety Precautions

Indoor Use Only:

   - Use the treadmill exclusively indoors to avoid exposure to moisture and potential electrical hazards.

Wear Appropriate Attire:

   - Always wear fitted sports clothing and proper athletic shoes. Avoid loose clothing that might get caught in the machine.

Electrical Safety:

   - Plug the treadmill into a properly grounded outlet to reduce the risk of electrical shock. Keep the power cord away from heated surfaces and do not tamper with the cord. The appliance should operate under the correct voltage to avoid danger.

**Keep Children and Pets Away:

   - Keep children and pets a safe distance away while the treadmill is in use or moving. Store the treadmill out of reach or in a safe place when not in use. Avoid product falls and personal injury

Weight Capacity:

   - Always adhere to the manufacturer's recommended weight limit to ensure safe operation and avoid damage.

Dust and Humidity Control:

   - Maintain a clean and dry environment. Excessive dust and humidity can affect the performance and longevity of the treadmill.

**Turn Off After Use:

   - Always turn off the Treadmill immediately after use and allow for good airflow to cool the machine.

Consult a Physician:

   - If you are experiencing health issues or changes, consult a physician before starting any new exercise routine.

Silicone Oil Safety: Please keep the silicone oil out of the reach of children after use to avoid accidents due to ingestion.

Warnings

- **Secure Clothing**:

   - Always ensure that clothing is secured to prevent it from becoming caught in the treadmill.

- **No Sharing**:

   - Never allow more than one person to use the treadmill at a time. It is designed for individual use only.

- **Power Disconnection**:

   - Always turn off and unplug the treadmill before moving it or performing maintenance.

Health Considerations

Consult a physician before using the Treadmill if you have

- Existing back pain or injury.

- Are pregnant or may become pregnant.

- Conditions such as osteoarthritis, osteoporosis, or heart problems.

- Respiratory or other significant health problems.

- Recent surgery or medical abnormalities.

- People who may feel ill and need to rest.

- People in noticeably poor physical condition.

Exercise Guidelines

- **Stop If Unwell**:

  - If you experience discomfort, dizziness, or unusual symptoms while exercising, stop immediately and rest.
- **Safety First**:

  - Do not jump while on the treadmill. Make sure there is sufficient space behind and around the machine.

Electrical Safety

- Ensure the treadmill is properly grounded. If unsure about the electrical setup, consult a qualified electrician for assistance.

Emergency Procedures

- **Immediate Unplugging**:

  - Unplug the treadmill right away if it malfunctions or displays any irregularities.
- **Power Safety**:

  - Always disconnect the power when the treadmill is not in use to prevent unintended activation.

By following these clear safety guidelines, you can use your treadmill effectively and confidently. If you have any questions or concerns, seek advice from a fitness professional or healthcare provider. Enjoy your workout!

FCC Caution：

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.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in condition without restriction.

IC Warning

- English:

This device complies with Industry Canada licence-exempt RSS standard(s).
Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference. including interference that may cause undesired operation ofthe device.

Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser] gain approved for thetransmitter by Industry Canada. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotopically radiated power (e.i.r.p.] is not more than that necessary for successful communication.

- French:

Le prsent appareil est conforme aux CNR dIndustrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisee auxdeux conditions suivantes : [l] I'appareil ne doit pas produire debrouillage, et (2) lutilisateur de lappareil doit accepter tout brouillageradioelectrique subi, meme si le brouillage est susceptible d'encompromettre le fonctionnement.Selon les reglements dlndustrie Canada, cet emetteur radio ne peutfonctionner qu'a l'aide d'une antenne d'un type et d'un gain maximal (oumoindre)] approuve pour lemetteur par Industrie Canada. Pour reduire lesinterferences radio electriques potentielles avec d'autres utilisateurs, letype d'antenne et son gain doivent tre choisis de telle sorte que lapuissance equivalente rayonnee [p.i.r.e.] ne soit pas superieure cellenecessaire pour une communication reussie.

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