

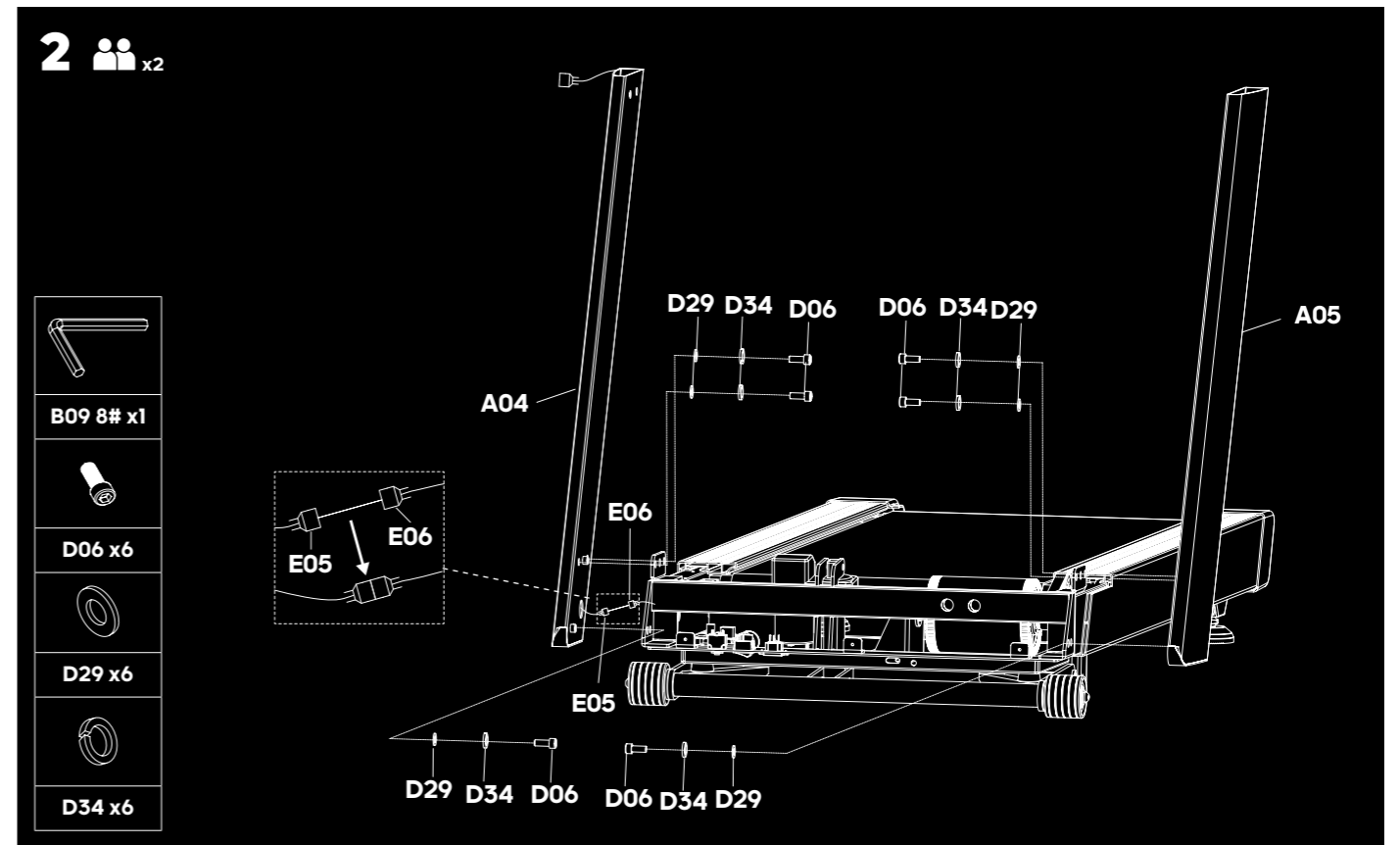
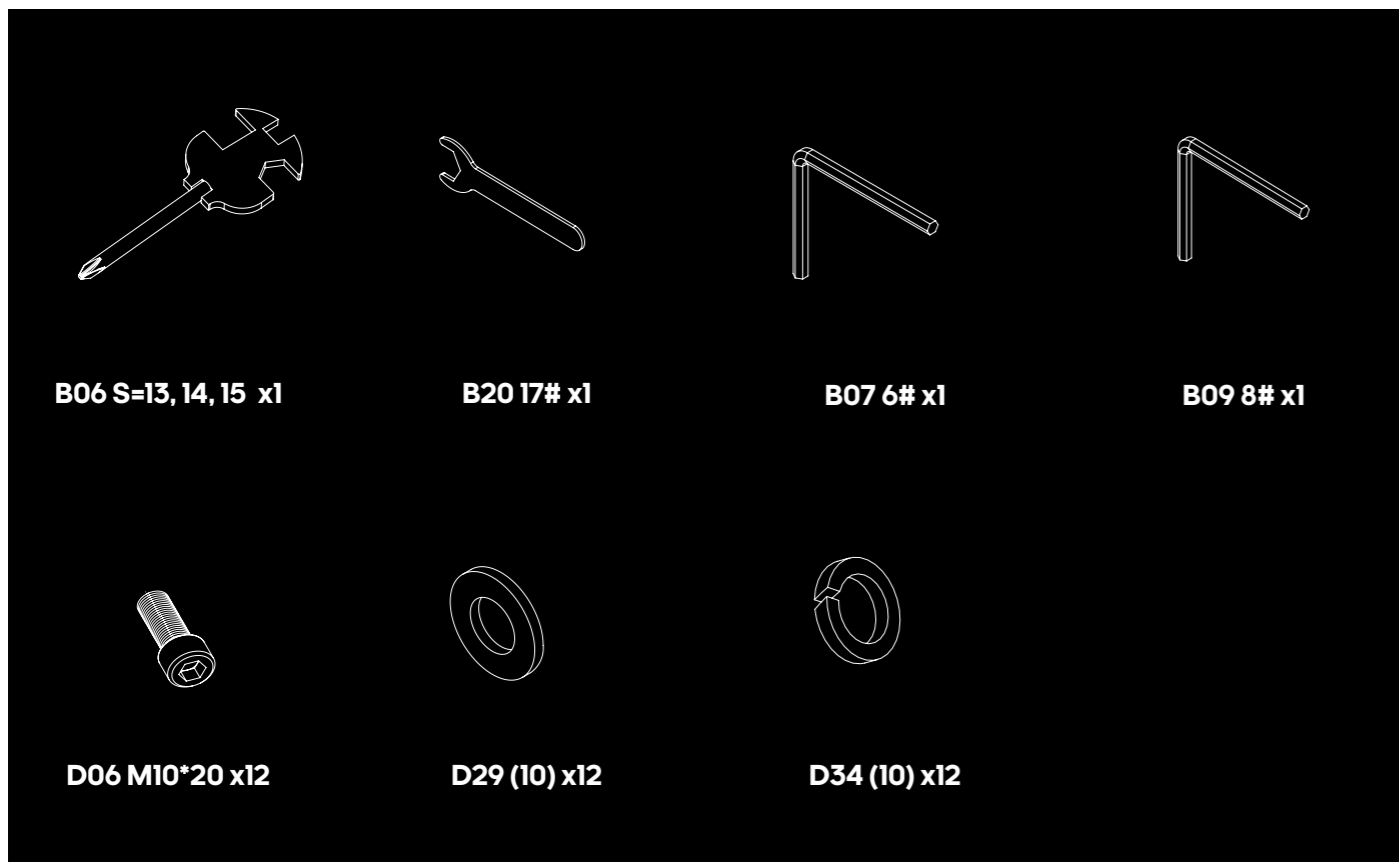
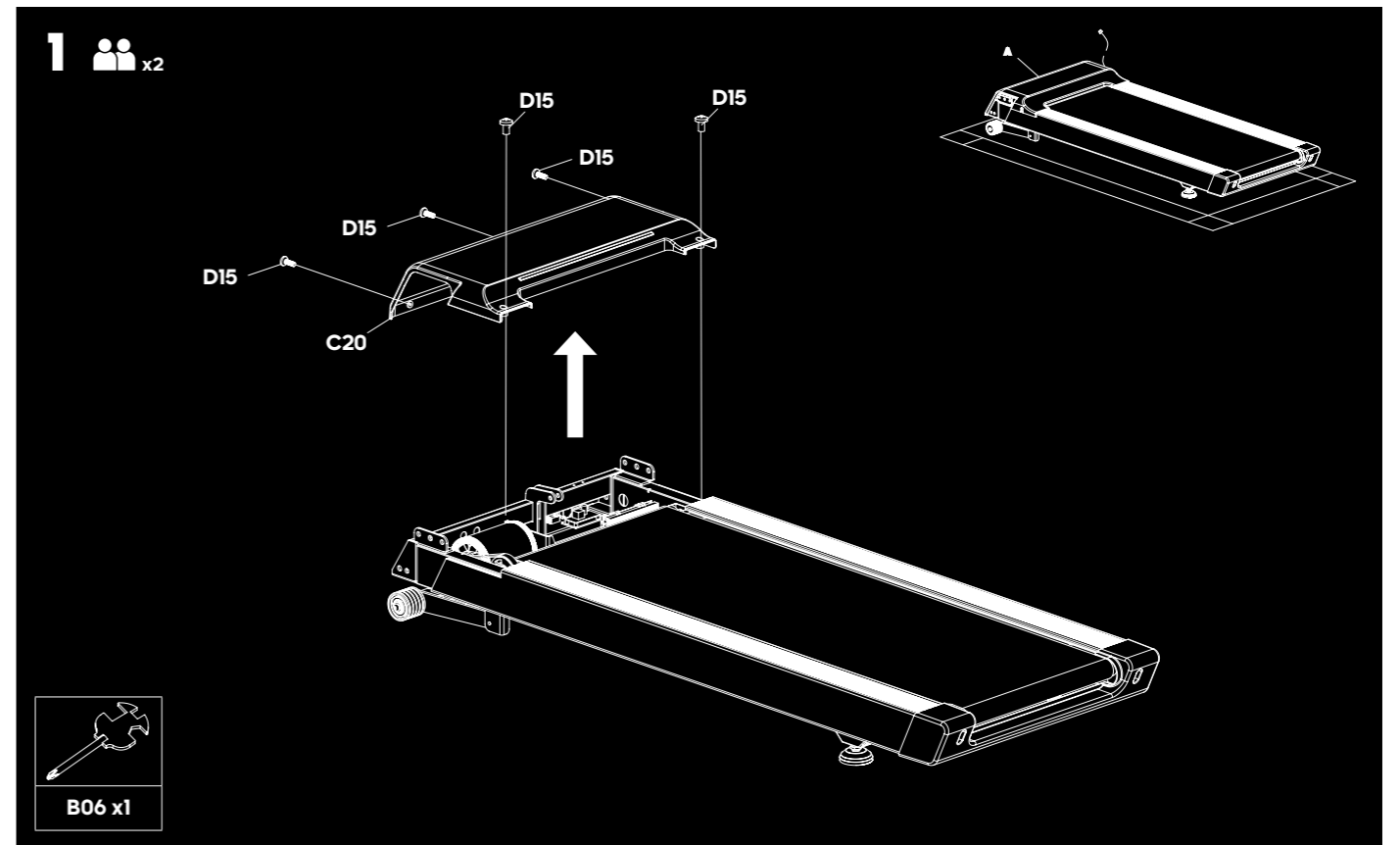
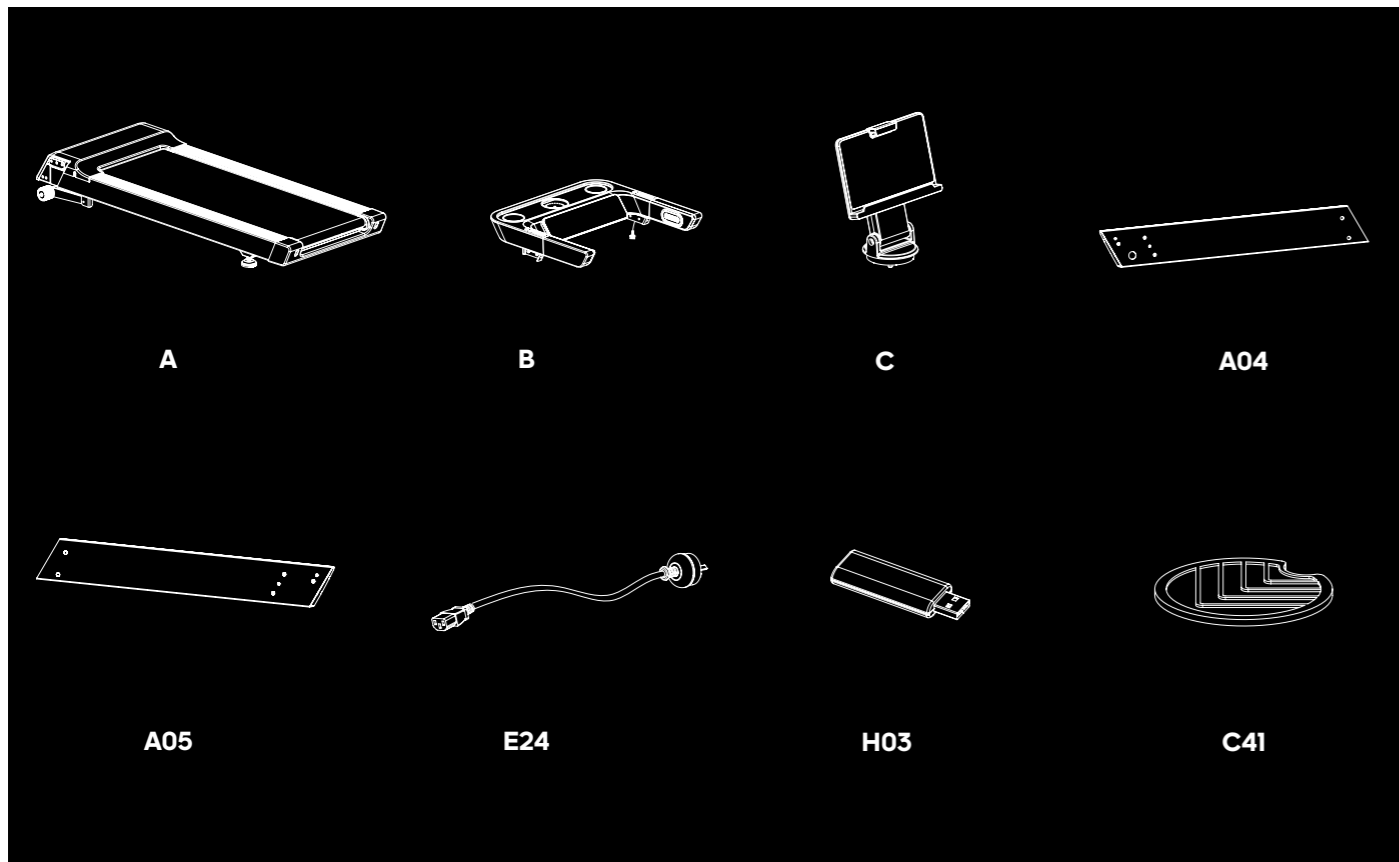


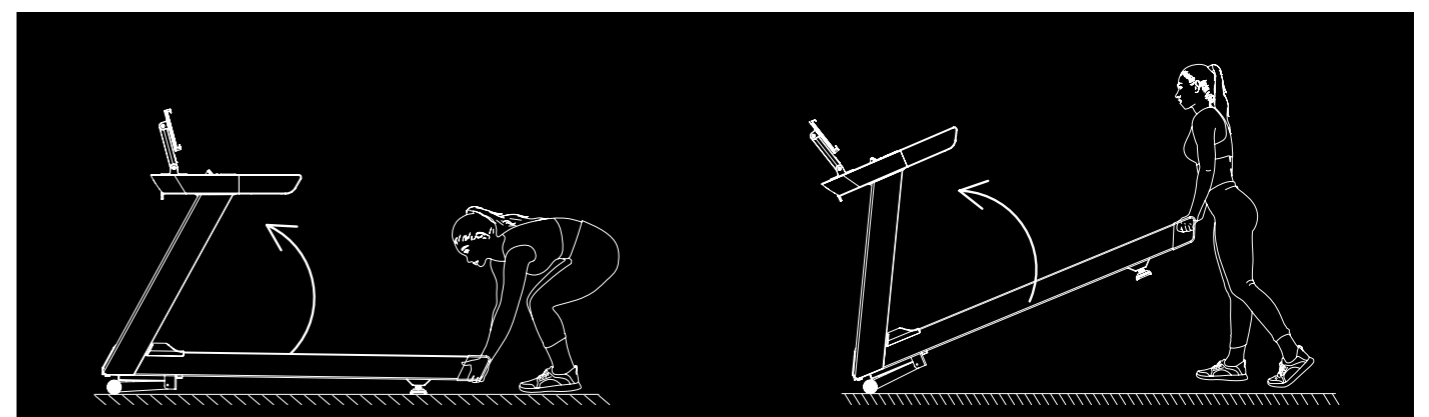
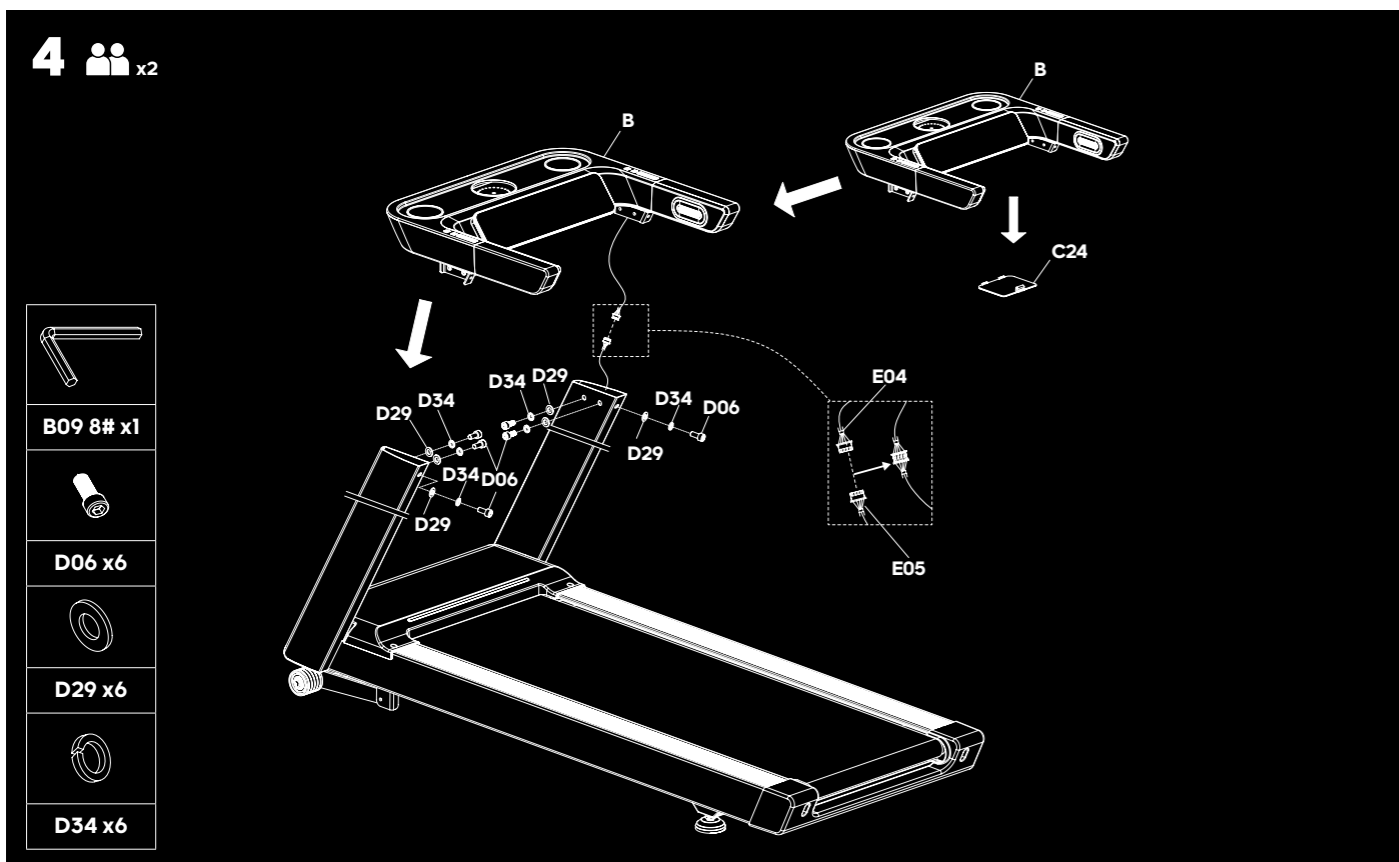
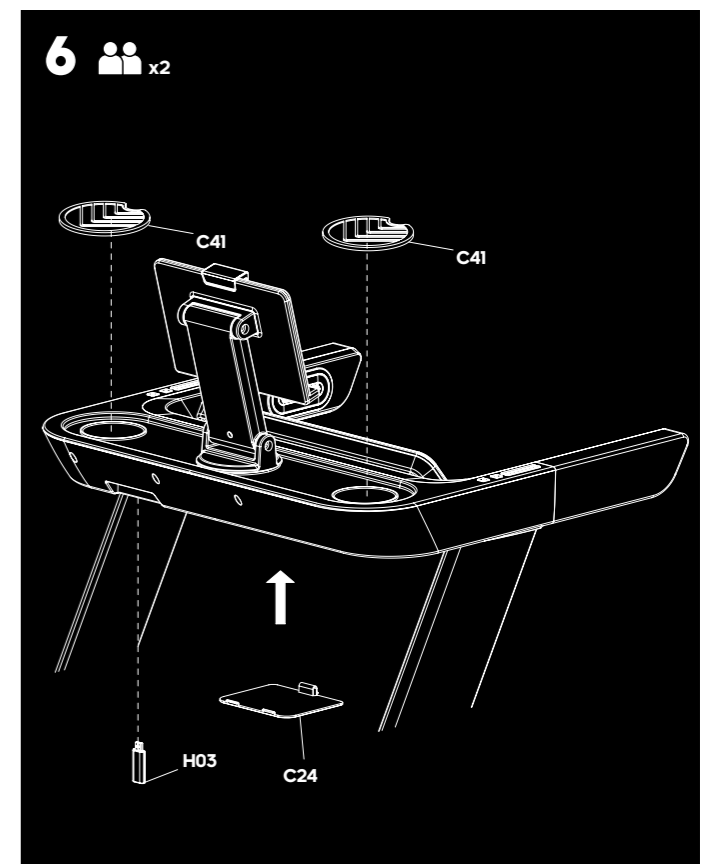
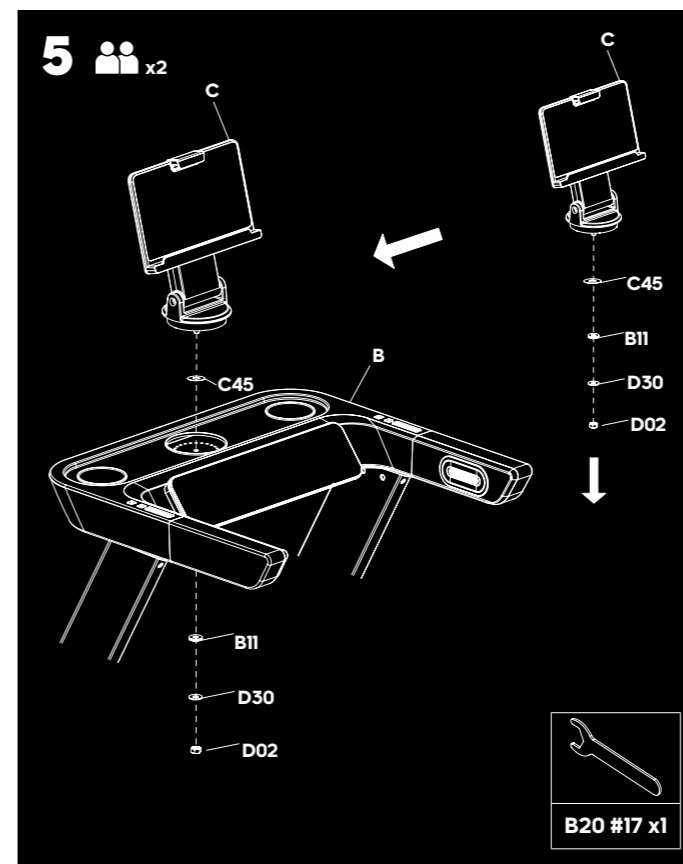
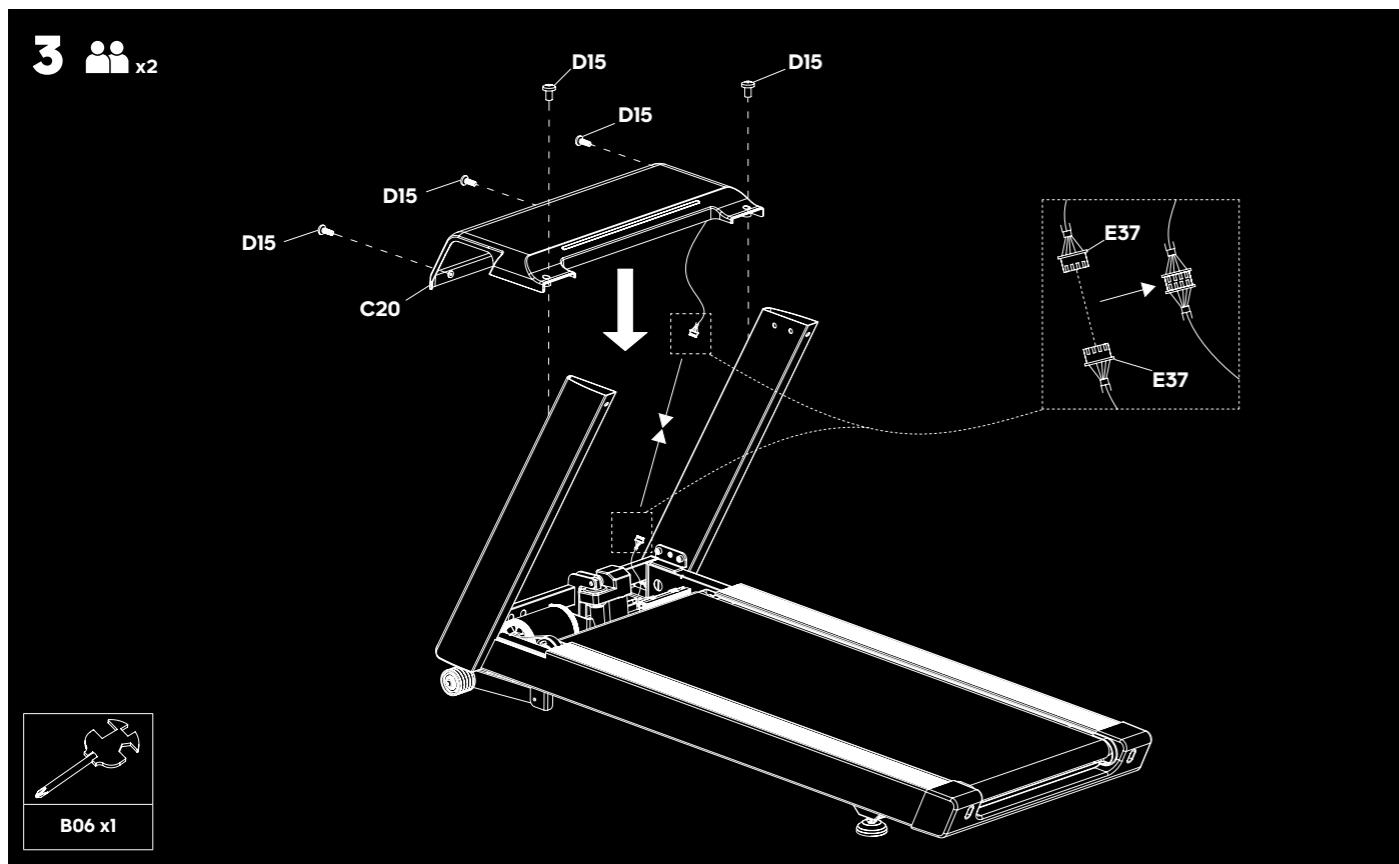
T-23 TREADMILL

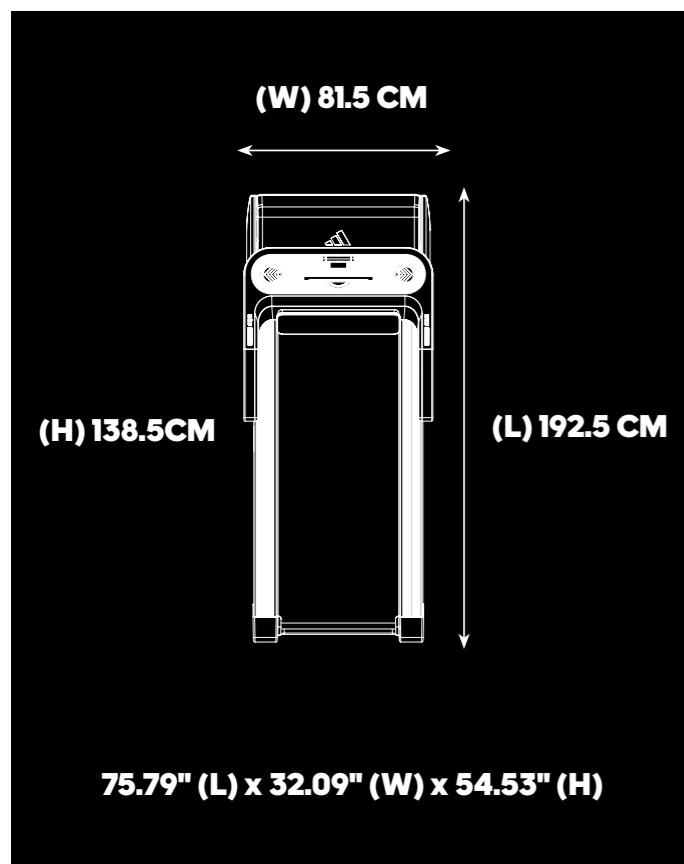
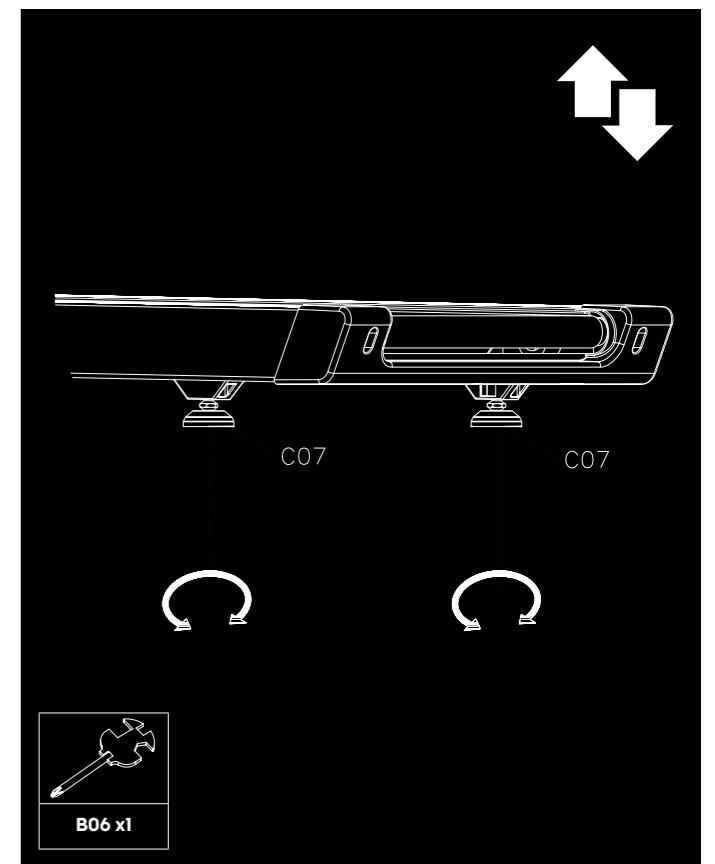
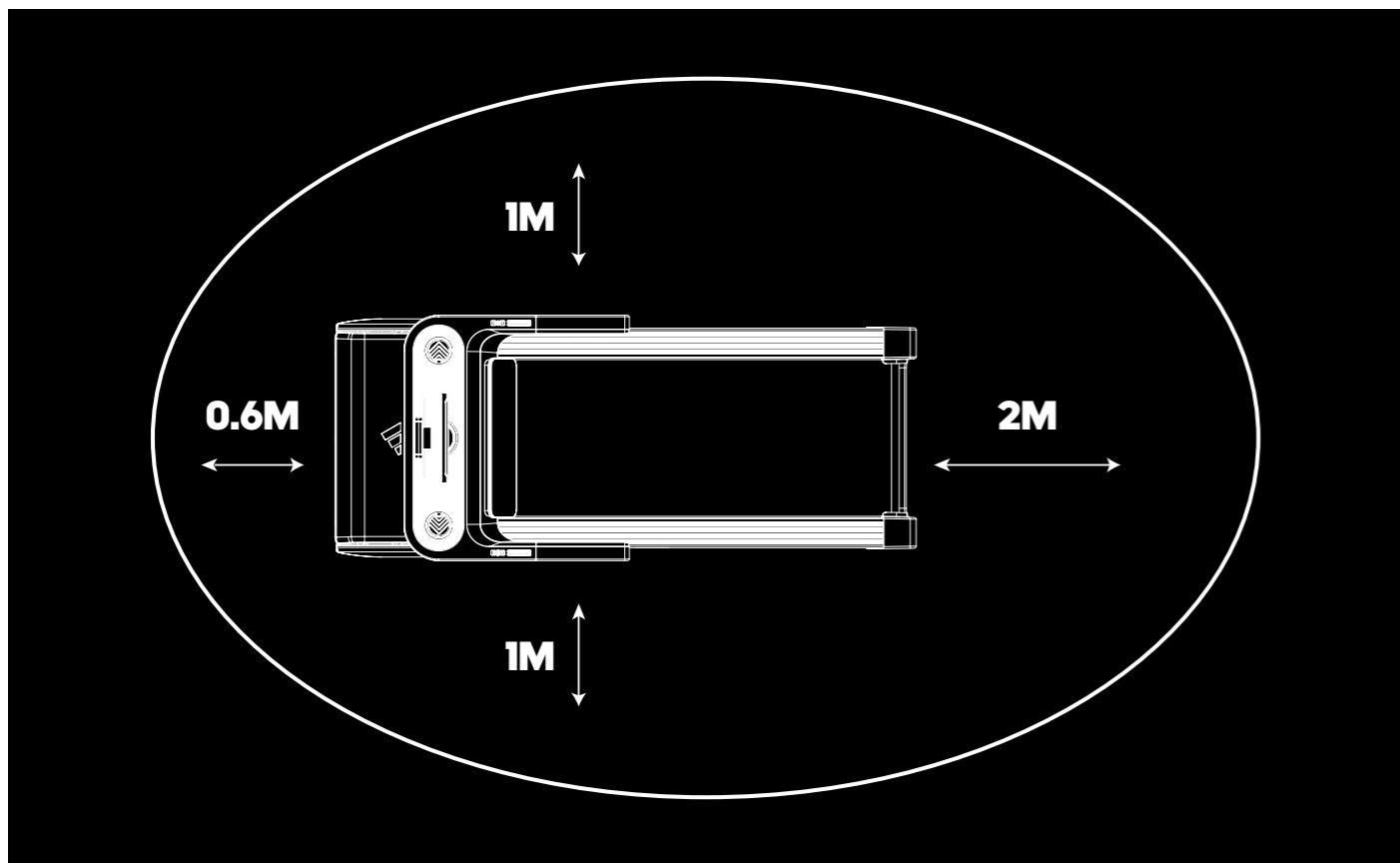


[ADIDASHARDWARE.COM](https://www.adidashardware.com)





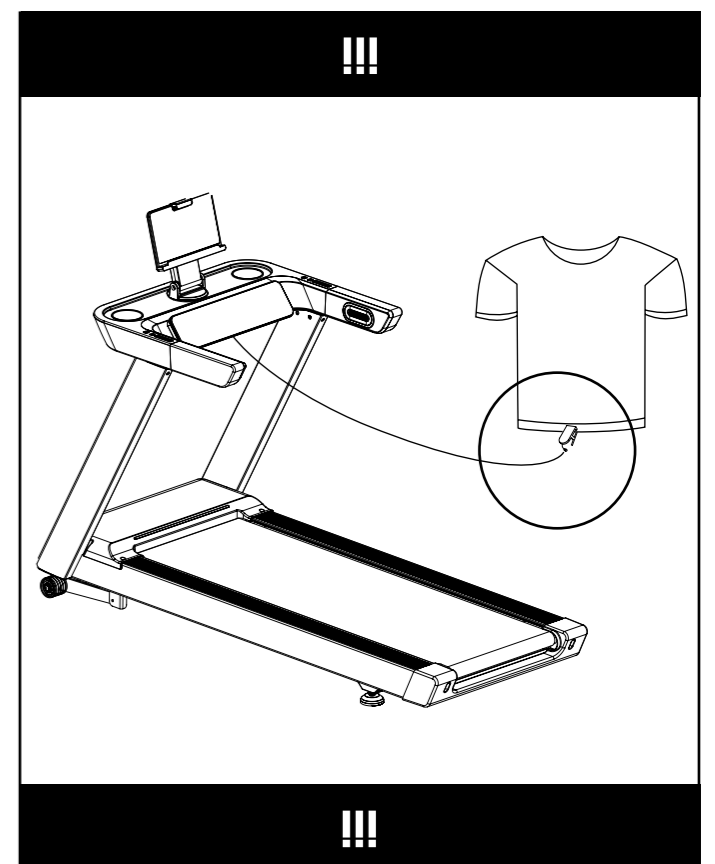
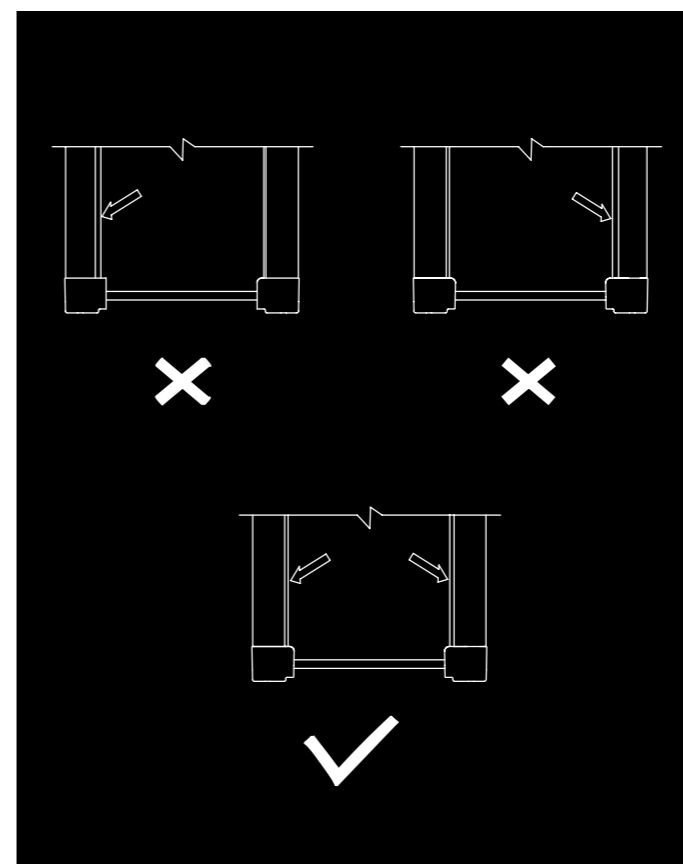




?

(EN) PRODUCT REGISTRATION AND SUPPORT
 (FR) ENREGISTREMENT DU PRODUIT ET SOUTIEN
 (ES) REGISTRO DE PRODUCTOS Y SOPORTE
 (DE) BENUTZERINFORMATION
 (PT) REGISTO E APOIO AO PRODUTO
 (ZH) 产品注册和支持
 (JP) 製品登録とサポート
 (KO) 제품 등록 및 지원
 (AR) تسجيل المنتج ودعمه

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(FR) ENTRAÎNEZ-VOUS PARTOUT
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VIDÉOS DISPONIBLES

(ES) ENTRENA EN CUALQUIER PARTE
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DISPONIBLES

(DE) TRAINIERE ÜBERALL AUF DER
WELT TAUSENDE VON VIDEOS
VERFÜGBAR

(PT) TREINE EM TODO O MUNDO
MILHARES DE VIDEOS DISPONÍVEIS

(ZH) 遍及全世界的训练·
数以千计的视频可用

(JP) 世界中でトレーニングしよう·
数千のビデオが利用可能

(KO) 세계 어디에서든 운동할 수
있습니다. 수천여 개의 동영상
참조하세요.

(AR) تمزّن في كل أنحاء العالم
آلاف المقاطع المتاحة

(FR) ENTRAÎNEMENTS STRUCTURÉS
ACCOMPAGNEMENT ET
ENTRAÎNEMENT FRACTIONNÉ

(ES) ENTRENAMIENTOS
ESTRUCTURADOS
ASESORAMIENTO Y
ENTRENAMIENTO EN INTERVALOS

(DE) STRUKTURIERTE WORKOUTS
COACHING UND
INTERVALLTRAINING

(PT) TREINOS ESTRUTURADOS
TREINADOR E TREINOS
INTERVALADOS

(ZH) 结构化的训练·
教练和间隙训练

(JP) 構造化した運動·
コーチングとインターバルトレ
ーニング

(KO) 체계적인 운동
코칭과 인터벌 트레이닝

(AR) تمارين منظمة
تدريب وتمارين متواتر

(FR) PARTAGEZ VOS RÉALISATIONS
AVEC LA COMMUNAUTÉ KINOMAP

(ES) COMPARTE TUS LOGROS
CON LA COMUNIDAD KINOMAP

(DE) TEILE DEINE ERFOLGE
MIT DER KINOMAP-COMMUNITY

(PT) PARTILHE AS SUAS CONQUISTAS
COM A COMUNIDADE KINOMAP

(ZH) 和KINOMAP社区分享您的成就
挑战您的朋友

(JP) KINOMAP コミュニティでああなたの
達成を共有しよう "

(KO) 자신이 성취한 결과를 KINOMAP
커뮤니티와 공유해보세요

(AR) شارك إنجازاتك
KINOMAP مع مجتمع

(FR) MODEMU LTJOUEURS
LANCEZ UN DÉFI À VOS AMIS

(ES) MODOMU LTJUGADOR
DESAFÍA A TUS AMIGOS

(DE) MEHRSPIELER-MODUS
FORDERE DEINE FREUNDE HERAUS

(PT) MODO MULTIJOGADOR
DESAFIE OS SEUS AMIGOS

(ZH) 多人运动模式·
挑战您的朋友

(JP) マルチプレイヤーモード·
あなたの友達に挑戦しよう

(KO) 멀티플레이어 모드
친구에게 도전하기

(AR) نمط متعدد اللاعبين
تحّد أصدقائك

(FR) +1 MILLION D'UTILISATEURS ACTIFS

(ES) MÁS DE 1 MILLÓN DE USUARIOS
ACTIVOS

(DE) ÜBER 1 MIO AKTIVE NUTZER

(PT) MAIS DE 1 MILHÃO DE
UTILIZADORES ATIVOS

(ZH) +1m活跃用户

(JP) +1m アクティブユーザー

(KO) +1백만 활성 유저

(AR) أكثر من مليون مستخدم نشط



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ENTRAÎNEMENT DE STYLE JEU VIDÉO / ENTRENAMIENTO AL ESTILO DE UN VIDEOJUEGO / TRAINING IM STIL EINES VIDEOSPIELS / TREINO TIPO JOGO DE VÍDEO / 视频游戏风格训练 / ビデオゲームスタイルのトレーニング / 비디오 게임 방식의 트레이닝 / تدريب في هيئة ألعاب الفيديو

(FR) COUREZ DANS DES
MONDES IMMERSIFS
(ES) RECORRE MUNDOS ATRAPANTES

(DE) DURCHLAUFE IMMERSIVE WELTEN
(PT) CORRA EM AMBIENTES IMERSIVOS

(ZH) 在身临其境的世界中奔跑
(JP) 夢中にさせる世界を駆け抜けよう

(KO) 몰입형 세계에서 달리기
(AR) اركض عبر العوالم الغامرة

(FR) +1000 ENTRAÎNEMENTS CRÉÉS PAR
DES ENTRAÎNEURS
(ES) MÁS DE 1000 ENTRENAMIENTOS
SELECCIONADOS POR
ENTRENADORES

(DE) ÜBER 1000 VON TRAINERN
AUSGEWÄHLTE WORKOUTS
(PT) MAIS DE 1000 TREINOS COM
CURADORIA DE TREINADORES

(ZH) 由教练策划的1000+训练
(JP) コーチによってキュレートされた
1000+ の運動

(KO) 코치가 설계한 1천 개 이상의
운동 프로그램
(AR) أكثر من 1000 تمرين من
إعداد المدربين

(FR) CONNECTIVITÉ ET
COMMUNAUTÉ MONDIALE
(ES) CONECTIVIDAD Y
COMUNIDAD GLOBAL

(DE) GLOBALE VERNETZUNG
UND COMMUNITY
(PT) CONECTIVIDADE GLOBAL
E COMUNIDADE

(ZH) 全球连接和社区
(JP) グローバルな接続性とコミュ
ニティ

(KO) 글로벌 연결 & 커뮤니티
(AR) تواصل دولي ومجتمع عالمي

(FR) JOGGING EN GROUPE
COMPÉTITIONS ET COURSES
(ES) RECORRIDOS EN GRUPO
COMPETENCIAS Y CARRERAS

(DE) GRUPPENLÄUFE, WETTBEWERBE
UND RENNEN
(PT) CORRIDAS DE GRUPO
COMPETIÇÕES E PROVAS

(ZH) 团体跑步, 竞赛和赛跑
(JP) グループ走、競争とレース

(KO) 단체 달리기, 경쟁, 시합
(AR) مجموعات ركض، ومنافسون وسباقات



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(PL) ĆWICZ W DOWOLNYM MIEJSCU NA ZIEMI
TYSIĄCE DOSTĘPNYCH NAGRAŃ
(CZ) TRÉNĚJTE PO CELĚM SVĚTĚ
K DISPOZICI TISÍCE VIDĚÍ

(DK) STRUKTURERET TRĒNING
COACHING OG INTERVALTRĒNING
(FI) TRĒNĒÄÄ YMPÄRI MAAILMAA
SAATAVANA TUHANSIA VIDEOITA

(NO) TRĒN OVER HELE VERDEN
TUSENVIS AV TILGJENDELIGE VIDEOER
(SE) TRĒNA ÖVER HELA VÄRLDEN
TUSENTALS TILLGÅENGLIGA VIDEOER

(PL) STARANIE OPRACOWANE TRĒNINGI
COACHING I TRĒNING INTERWAŁOWY
(CZ) STRUKTUROVANĚ CVIČĚNĚ
KOUČOVÁNĚ A INTERVALOVÝ TRĒNĚNK

(DK) STRUKTURERET TRĒNING
COACHING OG INTERVALTRĒNING
(FI) JÄSĒNELTYJÄ TRĒNEJÄ
VALMENNUSTA JA INTERVALIHARJOITELUA

(NO) STRUKTURERTE TRĒNINGSØKTER
VELEDNING OG INTERVALTRĒNING
(SE) STRUKTURERADE TRĒNINGSPASS
COACHNING OCH INTERVALTRĒNING

(PL) DZIEL SIĚ SWOIMI OSIĄGNIĘCIAMI
ZE SPOŁECZNOŚCIĄ KINOMAP
(CZ) PODĚLĚTE SE O SVĚ ÚSPĚCHY
S KOMUNITOU UŽIVATELŮ KINOMAP

(DK) DEL DINE RESULTATER
MED KINOMAP-FÆLLESSKABET
(FI) JA SAAVUTUKSESI
KINOMAP-YHTEISÖN KANSSA

(NO) DEL DINE PRESTASJONER
MED KINOMAP-SAMFUNNET
(SE) DELA DINA PRESTATIONER
MED KINOMAP-COMMUNITYN

(PL) TRYB WIELOOSOBOWY
ZMERZ SIĚ ZE ZNAJOMYMI
(CZ) MODUS VÍCE HRÁČŮ
VYZVĚTE SVĚ PŘÁTELE

(DK) MULTIPLAYER-FUNKTION
DU KAN UDFORDRE DINE VENNER
(FI) MONINPELITILA
HAASTA YSTÄVIÄSI

(NO) FLERSPILLERMODUS
UTFORDRE VENNENE DINE
(SE) MULTIPLAYERLÄGE
UTMANA DINA VÄNNER

(PL) PONAD MILION AKTYWNYCH UŻYTKOWNIKŌW
(CZ) VÍCE NEŽ 1m AKTIVNĚCH UŽIVATELŮ

(DK) 1+ MILLION AKTIVE BRUGERE
(FI) YLI MILJOONA AKTIVISTA KÄYTTÄJÄÄ

(NO) +1m AKTIVE BRUKERE
(SE) +1 MILJ. AKTIVA ANVÄNDARE



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TRĒNING NICZYM W GRZE KOMPUTEROWEJ / TRĒNĚNK VE STYLU VIDEOHRY / TRĒN SOM I ET VIDEOSPIL / HARJOITTELUA VIDEOPELĚN TAPAAN / TRĒNING I VIDEOPELLSTIL / TRĒNĚNK I VIDEOPELSTIL

(PL) PRZEMIERZAJ REALISTYCZNE ŚWIATY
(CZ) PROBĚHNĚTE SE POUTAVÝMI SVĚTY

(DK) LØB I INSPIRERENDE OMGIVELSER
(FI) JUOKSE HALKI MONITASOISTEN MAAILMOJEN

(NO) LØP GJENNOM OMFATTENDE VERDENER
(SE) SPRING GENOM UPPSLUKANDE VÄRLDAR

(PL) PONAD 1000 TRĒNINGŌW OPRACOWANYCH
PRZEZ WYKWALIFIKOWANYCH TRĒNERŌW
(CZ) VÍCE NEŽ 1000 RŮZNÝCH CVIČĚNĚ
PŘIPRAVENÝCH TRĒNĚRY

(DK) 1000+ TRĒNINGSPROGRAMMER SAMMENSAT
AF COACHES
(FI) YLI 1000 VALMENTAJIEN LAATIMAA HARJOITUSTA

(NO) 1000+ TRĒNINGSØKTER ORGANISERT
AV TRĒNERE
(SE) 1000+ TRĒNINGSPASS LEDDA AV TRĒNARE

(PL) GLOBALNA ŁĄCZNOŚĆ I SPOŁECZNOŚĆ
(CZ) GLOBĚLNĚ PROPOJENĚ I KOMUNITA

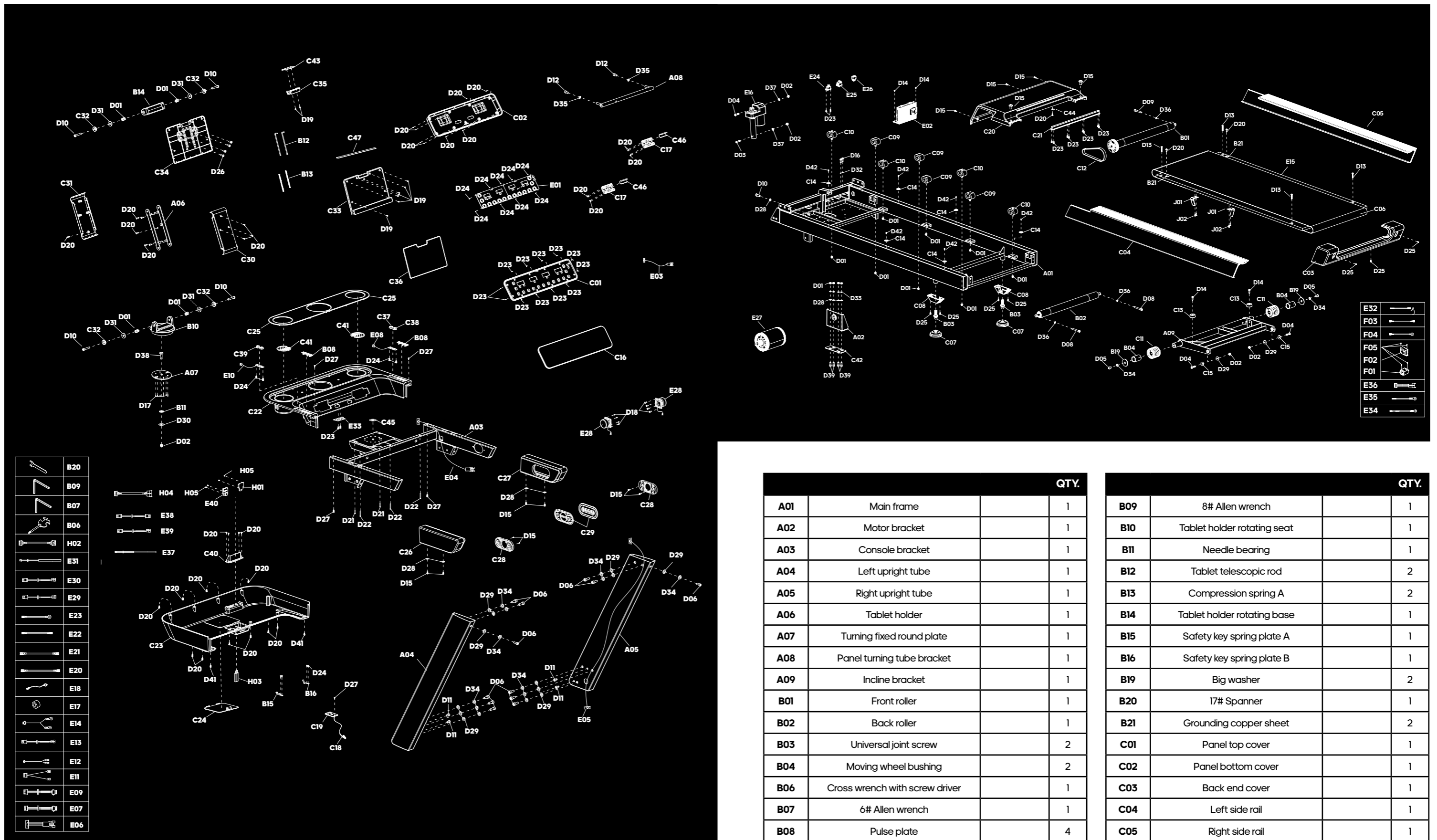
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(FI) MAAILMANLAAJUINEN LIITETTÄVYYS JA YHTEISÖ

(NO) GLOBAL TILKOBLING OG GLOBALT SAMFUNN
(SE) GLOBAL UPPKOPPLING OCH COMMUNITY

(PL) WYDARZENIA GRUPOWE, ZAWODY I WYŚCIGI
(CZ) BĚHY VE SKUPINKĚCH, SOUTĚŽE A ZĚVODY

(DK) GRUPPELØB, KONKURRENCER OG LØB
(FI) RYHMÄJUOKSUJA JA KILPAILUJA

(NO) GRUPPELØPING, KONKURRANSER OG LØP
(SE) GRUPPLÖPNING, TÄVLINGAR OCH LÖPP



	B20
	B09
	B07
	B06
	H02
	E31
	E30
	E29
	E25
	E22
	E21
	E20
	E18
	E17
	E14
	E13
	E12
	E11
	E09
	E07
	E06

	E32
	F03
	F04
	F05
	F02
	F01
	E36
	E35
	E34

		QTY.
A01	Main frame	1
A02	Motor bracket	1
A03	Console bracket	1
A04	Left upright tube	1
A05	Right upright tube	1
A06	Tablet holder	1
A07	Turning fixed round plate	1
A08	Panel turning tube bracket	1
A09	Incline bracket	1
B01	Front roller	1
B02	Back roller	1
B03	Universal joint screw	2
B04	Moving wheel bushing	2
B06	Cross wrench with screw driver	1
B07	6# Allen wrench	1
B08	Pulse plate	4

		QTY.
B09	8# Allen wrench	1
B10	Tablet holder rotating seat	1
B11	Needle bearing	1
B12	Tablet telescopic rod	2
B13	Compression spring A	2
B14	Tablet holder rotating base	1
B15	Safety key spring plate A	1
B16	Safety key spring plate B	1
B19	Big washer	2
B20	17# Spanner	1
B21	Grounding copper sheet	2
C01	Panel top cover	1
C02	Panel bottom cover	1
C03	Back end cover	1
C04	Left side rail	1
C05	Right side rail	1



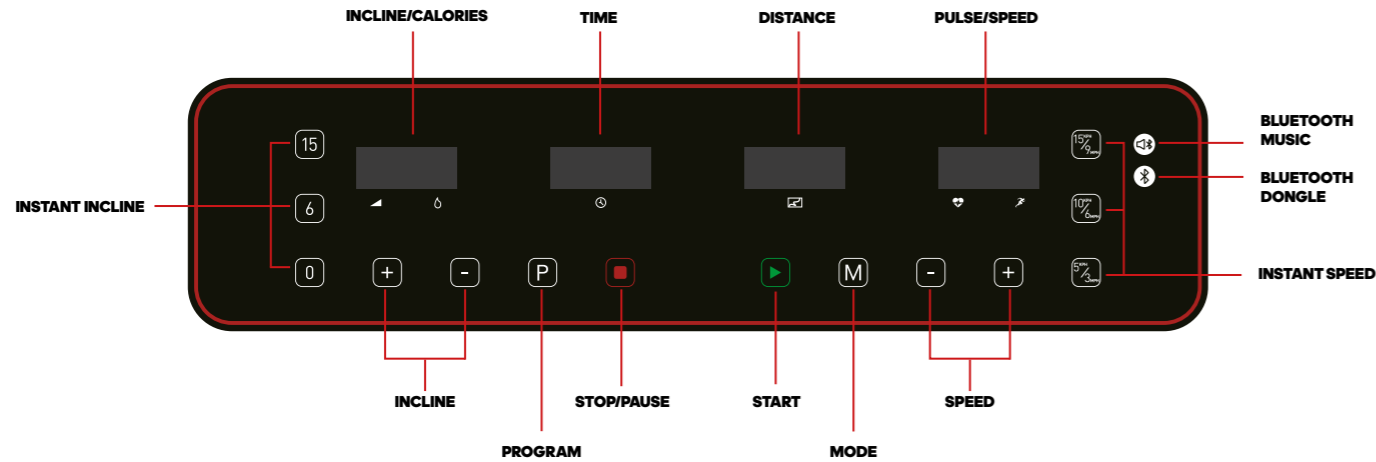
			QTY.
C06	Running belt		1
C07	Universal foot pad		2
C08	Foot pad cover		2
C09	Cushion		4
C10	Cushion		4
C11	Moving wheel		2
C12	Motor belt		1
C13	Flat foot pad		2
C14	Side rail pad		6
C15	Plastic pad		2
C16	Display panel		1
C17	Panel rotation cover		2
C18	Safety key clip		1
C19	Safety key		1
C20	Motor top cover		1
C21	Light cover		1
C22	Console top cover		1
C23	Console bottom cover		1
C24	Console small cover		1
C25	Bottle holder pad		2
C26	Left handlebar		1
C27	Right handlebar		1
C28	Speaker fixed base		2
C29	Speaker hiding plate		2
C30	Tablet holder front cover		1
C31	Tablet holder back cover		1
C32	Sleeve		8
C33	Tablet holder top cover		1
C34	Tablet holder bottom cover		1
C35	Tablet holder clip		1
C36	Tablet Holder mat		1
C37	Button +		1
C38	Button -		1
C39	Button		2
C40	USB module fixed base		1
C41	Bottle mat		2
C42	EVA pad		1

			QTY.
C43	Tablet holder clip cover		1
C44	Glass tube fastener		1
C45	Teflon washer		1
C46	Rubber pad		2
C47	Silicon anti-slip pad		1
D01	Nut	M8	20
D02	Nut	M10	5
D03	Bolt	M10*65	1
D04	Bolt	M10*45	3
D05	Bolt	M10*20	2
D06	Bolt	M10*20	12
D08	Bolt	M8*65	2
D09	Bolt	M8*60	1
D10	Bolt	M8*45	5
D11	Bolt	M8*15	4
D12	Bolt	M6*12	2
D13	Bolt	M8*25	4
D14	Bolt	M5*16	4
D15	Bolt	M5*12	13
D16	Bolt	M5*12	2
D17	Bolt	M5*15	6
D18	Bolt	ST2.9*8	8
D19	Screw	ST2.9*6	9
D20	Screw	ST4.2*12	42
D21	Screw	ST4.2*50	2
D22	Screw	ST4.2*65	3
D23	Screw	ST2.9*8	24
D24	Screw	ST2.9*6.0	19
D25	Screw	ST4.2*20	7
D26	Bolt	M6*15	4
D27	Screw	ST4.2*12	5
D28	Flat washer	8	9
D29	Flat washer	10	14
D30	Big flat washer	Φ10*Φ26*2.0	1
D31	Big flat washer	Φ8*Φ24*2.0	4
D32	Spring washer	5	2
D33	Spring washer	8	4

			QTY.
D34	Spring washer	10	14
D35	Lock washer	6	2
D36	Lock washer	8	3
D37	Lock washer	10	2
D38	Bolt	M10*20	1
D39	Bolt	M8*20	4
D41	Bolt	M5*12	2
D42	Screw	ST4.2*12	6
E01	Console		1
E02	Control board		1
E03	Panel top signal wire		1
E04	Console top signal wire		1
E05	Console middle signal wire		1
E06	Console bottom signal wire		1
E07	Instant speed top signal wire		1
E08	Instant speed bottom signal wire		1
E09	Instant Incline top signal wire		1
E10	Instant Incline bottom signal wire		1
E11	Hand pulse top signal wire		1
E12	Hand pulse bottom signal wire		2
E13	Safety Key connecting top wire		1
E14	Safety Key connecting bottom wire		1
E15	Running board		1
E16	Incline motor		1
E17	Magnet core		1
E18	Power wire		1
E20	AC single wire		1
E21	AC single wire		2
E22	AC single wire		2
E23	Grounding wire		1
E24	Power socket		1
E25	Square switch button		1
E26	Overload protector		1
E27	DC brushless motor		1
E28	Speaker		2
E29	Speaker connecting wire 1		1
E30	Speaker connecting wire 2		1

			QTY.
E31	Light tube	1250mm	1
E32	Running board grounding wire		2
E33	Hand pulse transfer module		1
E34	AC single wire		1
E35	AC single wire		2
E36	Hand pulse transfer module wire		1
E37	Light tube	450mm	1
E38	USB top signal wire		1
E39	USB middle signal wire		1
E40	USB bottom signal wire		1
F01	Filter		1
F02	Inductance		1
F03	AC single wire		1
F04	Grounding wire		1
F05	Screw		4
H01	Bluetooth transfer module		1
H02	Bluetooth transfer module wire		1
H03	Dongle		1
H04	Bluetooth transfer module wire 1		1
H05	Screw	ST2.9*8	4
J01	Belt hook		2
J02	Screw	ST4.2*12	4

CONSOLE



INSTANT INCLINE

Press 0-6-15 to choose incline quickly.

INSTANT SPEED

Press 5/3/10/6/15/9 to choose speed quickly. (kph/mpH)

INCLINE+/-

Increase/decrease incline during workout.

PROGRAM

Press P button to choose from 24 built-in programs, 3 user defined programs and body fat function.

STOP/PAUSE

Press this button to either pause or stop the machine.

START

Press to start treadmill, the running belt will start moving.

MODE

Press this button to choose between time, distance, calories workout targets.

SPEED+/-

Increase/decrease speed during workout.

BLUETOOTH MUSIC

The user can connect their device to the treadmill via Bluetooth and select adidas to play music. Adjust the volume of music from your device directly.

BLUETOOTH DONGLE

Insert DONGLE into port. Connect to DONGLE via Bluetooth using the APP and your unique adidas code "adidas****".

HANDLEBAR CONTROLS

SPEED+/-

Increase/decrease speed during workout.

INCLINE+/- (Λ/V)

Increase/decrease incline during workout.

HAND PULSE

Hold onto the pulse sensors on the handle bars for about 3 seconds, the display will show the heart rate value. This value is intended as a guide and can not be used as medical data.

COMPUTER PROGRAMS

MODE

- Press MODE to enter TIME, DISTANCE, CALORIES
- Press SPEED+/- or INCLINE+/- to set the workout target value
- Press START button, treadmill will run after 3 seconds
- Press SPEED+/- and INCLINE+/- to adjust the speed and incline

24 BUILT-IN PROGRAMS

- From standby mode, press P button, display will show 24 programs, select a program
- Press SPEED+/- or INCLINE+/- to set the workout time
- Each program can be divided into 10 sections; machine will beep 3 times when starting a new section
- Press SPEED+/- or INCLINE+/- to change the speed or incline during each section
- Machine will beep 3 times and stop when the program is finished

3 USER DEFINED PROGRAMS

- From standby mode, press PROG button until you see U1U2U3;
- Press SPEED+/- or INCLINE+/- to set the time
- Press MODE button to confirm and enter next section, repeat until you finish the setting of all 10 sections
- Press SPEED+/- or INCLINE+/- to change the speed or incline
- Set the running time and press START to begin

BODY FAT TEST

- From standby mode, press P button until you get to FAT
- Press MODE to enter information
- Set value with SPEED+/- or INCLINE+/- from F-1 to F-4 (F-1 GENDER, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT)
- Press MODE to enter F-5 (F-5 BODY FAT TEST), hold hands on the hand pulse sensors, the console will display your body fat value after 3 seconds
- The body fat value is intended as a guide, and is not medical data.

F-1	GENDER	01 MALE	02 FEMALE
F-2	AGE	10-99	
F-3	HEIGHT	100-200CM(40-80INCH)	
F-4	WEIGHT	20-150KG(44-330LB)	
F-5	FAT	≤19	UNDER WEIGHT
	FAT	=(20---25)	NORMAL WEIGHT
	FAT	=(26---29)	OVERWEIGHT
	FAT	≥30	OBESITY

HOW TO TRANSFER BETWEEN KPH TO MPH

Under standby mode, insert safety key, press SPEED+ and INCLINE+ buttons together and hold on about 5 seconds until you hear one sound, and then you can finish the transfer between kph and mph.

SAFETY LOCK FUNCTION

Under any mode, if you pull away the safety key, the machine will stop. The machine cannot work until the safety key is inserted back.

SAFETY KEY

Included with this machine is a red safety key, the machine will not operate unless this is inserted. Its purpose is to immediately stop the machine in the event of an emergency. The computer will display "----" if not correctly attached to the treadmill. The clip on the other end of the safety key must be attached to the user at all times during your workout to ensure the machine stops immediately in the event of an emergency.

POWER SAVE FUNCTION

This product is fitted with a power saving mode which will activate if the Treadmill is inactive for a period of 10 minutes. To restart the treadmill simply press any button.

POWER OFF

You can switch off the power to stop the treadmill at any time, which will not cause any damage.

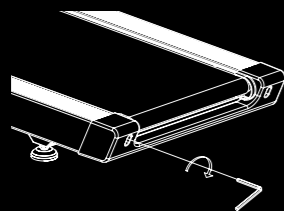
CAUTION

- We recommend that you maintain a slow speed at the beginning of a session and hold on to the handrails until you become comfortable and familiar with the treadmill
- Attach the safety key clip to your clothing
- To end your workout safely, press the STOP button or pull out the safety pulling rope, then the treadmill will stop immediately
- In case you must escape the equipment in an emergency situation during exercising, grab the handrails and set both feet on the right and left foot platform beside the running belt



(EN) MAINTENANCE AND CARE

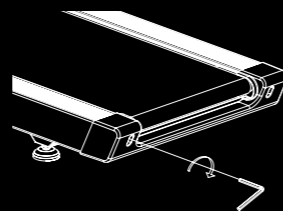
PLACE THE TREADMILL ON LEVEL GROUND AND SET IT AT 5-8KPH (3-5MPH) TO CHECK IF THE RUNNING BELT DRIFTS.



IF THE RUNNING BELT MOVES TO THE LEFT, TURN THE BOLTS ON THE LEFT SIDE ¼ OF A TURN CLOCKWISE, THEN TURN THE RIGHT BOLT ¼ TURN COUNTER-CLOCKWISE. IF THE BELT DOES NOT MOVE, REPEAT UNTIL IT CENTRES.

(FR) MAINTENANCE ET ENTRETIEN

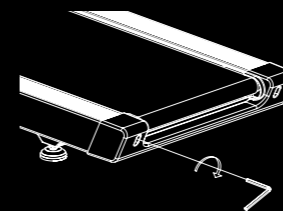
PLACEZ LE TAPIS SUR UNE SURFACE PLANE ET PARAMÉTRÉZ-LE SUR 5-8 KM/H (3-5 M/H) POUR VÉRIFIER SI LE TAPIS DÉVIE.



SI LE TAPIS ROULANT SE DÉPLACE VERS LA GAUCHE : TOURNER LES BOULONS DE GAUCHE D'UN QUART DE TOUR DANS LE SENS DES AIGUILLES D'UNE MONTRE, PUIS TOURNER LE BOULON DE DROITE D'UN QUART DE TOUR DANS LE SENS INVERSE DES AIGUILLES D'UNE MONTRE. SI LE TAPIS NE BOUGE PAS, RÉPÉTER L'OPÉRATION JUSQU'À CE QU'IL SOIT CENTRÉ.

(ES) MANTENIMIENTO Y CUIDADOS

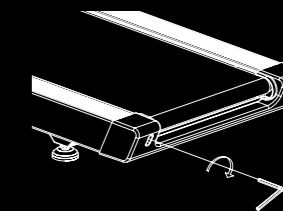
COLOQUE LA MÁQUINA SOBRE SUELO NIVELADO Y AJUSTE UNA VELOCIDAD DE 5-8 KM/H (3-5MPH) PARA COMPROBAR SI LA CINTA DE CORRER (TAPIZ) SE DESVÍA.



SI LA CINTA DE CORRER SE DESPLAZA A LA IZQUIERDA: GIRE LOS PERNOS DEL LADO IZQUIERDO ¼ DE VUELTA EN SENTIDO HORARIO, A CONTINUACIÓN GIRE EL PERNO DERECHO ¼ DE VUELTA EN SENTIDO ANTIHORARIO. SI LA CINTA NO SE DESPLAZA, REPETIR HASTA CENTRARLA.

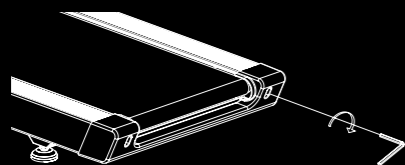
(DE) WARTUNG UND PFLEGE

STELLEN SIE DAS LAUFBAND AUF EINEM GERADEN UNTERGRUND AUF UND STELLEN SIE DIE GESCHWINDIGKEIT AUF 5 - 8 KM/H, UM ZU SEHEN, OB SICH DER LAUFBANDGURT BEWEGT.

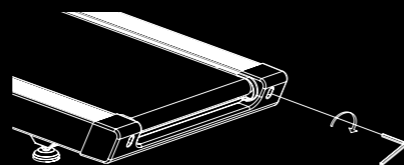


WENN SICH DAS LAUFBAND RECHTSHERUM BEWEGT: DREHEN SIE DIE SCHRAUBE AUF DER RECHTEN SEITE UM 90 GRAD IM UHRZEIGERSINN UND DANN DIE SCHRAUBE AUF DER LINKEN SEITE UM 90 GRAD GEGEN DEN UHRZEIGERSINN. BEWEGT SICH DAS LAUFBAND NICHT, WIEDERholen SIE DEN VORHERIGEN SCHRITT, BIS ES SICH ZENTRIERT.

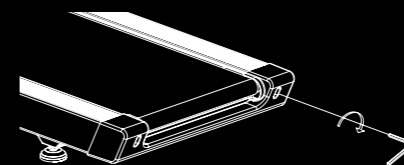
IF THE RUNNING BELT MOVES TO THE RIGHT, TURN THE BOLT ON THE RIGHT SIDE ¼ TURN CLOCKWISE, THEN TURN THE LEFT BOLT ¼ TURN COUNTER-CLOCKWISE. IF THE BELT DOES NOT MOVE, REPEAT UNTIL IT CENTRES.



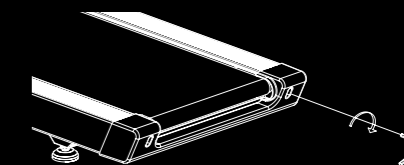
SI LE TAPIS ROULANT SE DÉPLACE VERS LA DROITE : TOURNER LE BOULON DE DROITE D'UN QUART DE TOUR DANS LE SENS DES AIGUILLES D'UNE MONTRE, PUIS TOURNER LE BOULON DE GAUCHE D'UN QUART DE TOUR DANS LE SENS INVERSE DES AIGUILLES D'UNE MONTRE. SI LE TAPIS NE BOUGE PAS, RÉPÉTER L'OPÉRATION JUSQU'À CE QU'IL SOIT CENTRÉ.



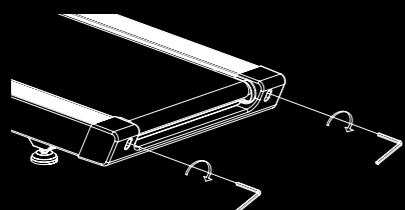
SI LA CINTA DE CORRER SE DESPLAZA A LA DERECHA: GIRE EL PERNO DEL LADO DERECHO ¼ DE VUELTA EN SENTIDO HORARIO, A CONTINUACIÓN GIRE EL PERNO IZQUIERDO ¼ DE VUELTA EN SENTIDO ANTIHORARIO. SI LA CINTA NO SE DESPLAZA, REPETIR HASTA CENTRARLA.



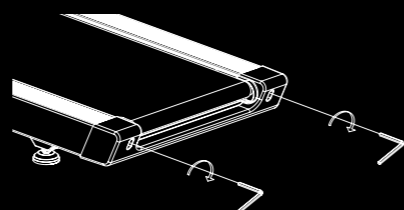
WENN SICH DAS LAUFBAND LINKSHERUM BEWEGT: DREHEN SIE DIE SCHRAUBEN AUF DER LINKEN SEITE UM 90 GRAD IM UHRZEIGERSINN UND DANN DIE SCHRAUBE AUF DER RECHTEN SEITE UM 90 GRAD GEGEN DEN UHRZEIGERSINN. BEWEGT SICH DAS LAUFBAND NICHT, WIEDERHOLEN SIE DEN VORHERIGEN SCHRITT, BIS ES SICH ZENTRIERT.



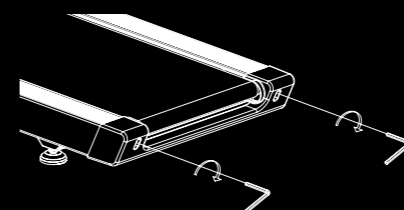
OVER TIME THE RUNNING BELT WILL LOOSEN. TO TIGHTEN THE BELT TURN THE LEFT & RIGHT SIDE BOLTS ONE FULL TURN CLOCKWISE. CHECK THE TENSION OF THE BELT. CONTINUE PROCESS UNTIL BELT IS THE CORRECT TENSION. ENSURE TO ADJUST BOTH SIDES EQUALLY TO CORRECT BELT ALIGNMENT.



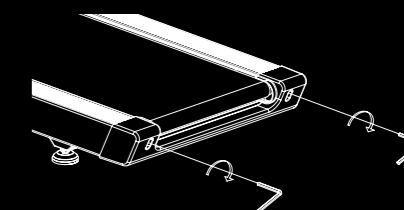
LE TAPIS ROULANT VA SE DÉTENDRE AU FIL DU TEMPS. POUR LE RETENDRE, TOURNER LES BOULONS DE GAUCHE ET DE DROITE D'UN TOUR COMPLET DANS LE SENS DES AIGUILLES D'UNE MONTRE. VÉRIFIER LA TENSION DU TAPIS. CONTINUER LE PROCESSUS JUSQU'À CE QUE LE TAPIS SOIT À LA BONNE TENSION. VEILLER À AJUSTER LES DEUX CÔTÉS DE LA MÊME FAÇON POUR CORRIGER L'ALIGNEMENT DU TAPIS.



LA CINTA DE CORRER SE AFLOJARÁ CON EL TIEMPO. PARA TENSAR LA CINTA GIRE LOS PERNOS DE LOS LADOS DERECHO E IZQUIERDO UNA VUELTA COMPLETA EN SENTIDO HORARIO, COMPRUEBE LA TENSION DE LA CINTA. CONTINÚE CON EL PROCESO HASTA QUE LA CINTA ESTÉ CORRECTAMENTE TENSADA. ASEGÚRESE DE AJUSTAR AMBOS LADOS POR IGUAL PARA UNA ALINEACIÓN CORRECTA DE LA CINTA.



MIT DER ZEIT WIRD SICH DAS LAUFBAND LOCKERN. UM DAS LAUFBAND ZU SPANNEN, DREHEN SIE DIE SCHRAUBEN DER RECHTEN UND LINKEN SEITE EINMAL UM 360 GRAD IM UHRZEIGERSINN HERUM UND ÜBERPRÜFEN SIE DANN DIE SPANNKRAFT DES LAUFBANDS. FÜHREN SIE DIESEN PROZESS FORT, BIS DAS LAUFBAND DIE RICHTIGE SPANNKRAFT HAT. STELLEN SIE SICHER, DASS BEIDE SEITEN GLEICH EINGESTELLT SIND, UM DIE AUSRICHTUNG DES LAUFBANDS ZU KORRIGIEREN.





T-23 TREADMILL

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