

ITREAD

INSTRUCTION MANUAL

Please read the instructions before use



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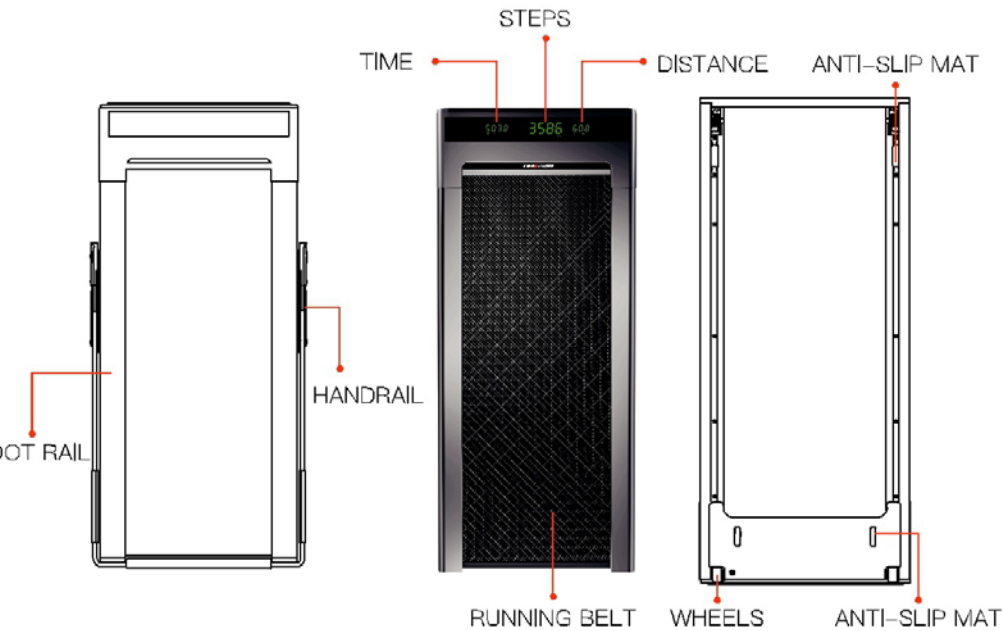
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PRODUCT INTRODUCTION

ITREAD INTRODUCTION



DISPLAY:



TIME, STEPS, DISTANCE,
START, SLEEP,

START DISPLAY:



WHEN STARTING THE ITREAD
6 SHORT STRINGS IN
THE MIDDLE OF THE DISPLAY
WILL LIGHT UP, AS SEEN TO THE
LEFT.

ITREAD IS STARTED
SUCCESSFULLY WHEN 3 LINES
ARE LIGHTED, AND BEGINS

SLEEP MODE DISPLAY

TIME: Display the single lasting time. Becomes 0 when restart.

STEPS: Display single time distance. Becomes 0 when restart.



WHEN IN SLEEP MODE 2
SHORT STRINGS OF LIGHTS
WILL APPEAR ON THE DISPLAY,

COMPONENTS LIST

ITREAD HAS A STANDARD VERSION AND HANDRAIL VERSION, DIFFERENT COMPONENTS
AS FOLLOWS:

COMPONENTS	Standard Version	Handrail Version
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ITREAD	✓	✓
Handrail	✗	✓
Instruction Manual	✓	✓

PRODUCT SPECIFICATION

(1) STANDARD ITREAD SPECIFICATION

(2) HANDRAIL VERSION SPECIFICATION

Product	
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Color	<input type="checkbox"/> Silver <input type="checkbox"/> Pink
N.W.	25kg
Product size	1450mm*670mm*90mm
RUNNING BELT SIZE	1200mm*460mm
Ground Clearance	47mm≤ITREAD≤90mm
MAX Power	350W
MAX Speed	6km/h

Product	
Color	<input type="checkbox"/> Silver <input type="checkbox"/> Pink
N.W.	29kg
Product size	1450mm*670mm*90mm
Running Belt size	1200mm*460mm
Ground Clearance	47mm≤ITREAD ≤90mm
MAX Power	350W
MAX Speed	8km/h

ASSEMBLE INSTRUCTION

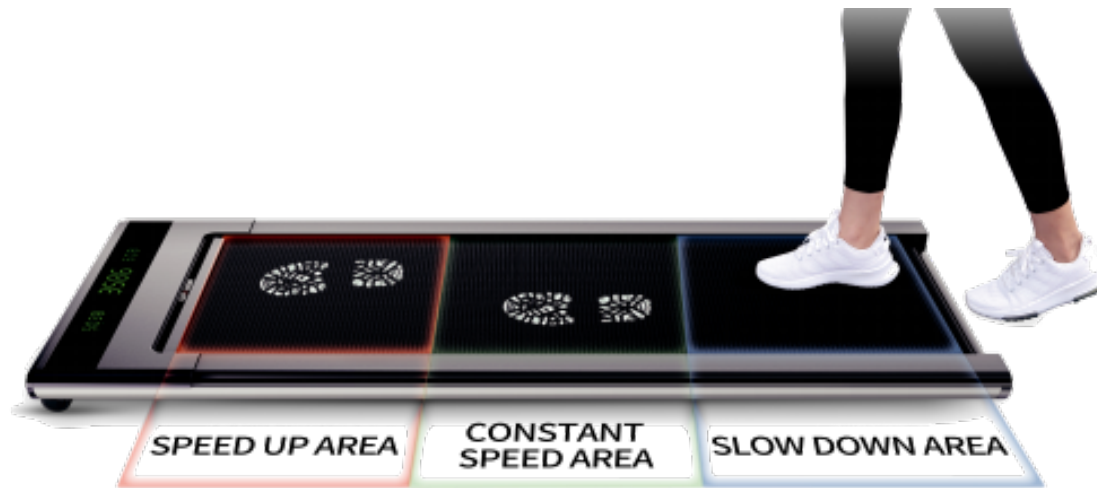
ITREAD IS COMPLETELY ASSEMBLED. PLUG IN AND START TO USE DIRECTLY.
ASSEMBLE INSTRUCTIONS ARE FOR USERS WHO BUY HANDRAIL SEPARATELY.

ASSEMBLE INSTRUCTION FOR HANDRAIL

1. Put ITREAD face down; make sure surface that you are placing ITREAD on is clean and free of any items so that the surface of ITREAD does not get scratched.
2. Put handrail down to overlap both sides of ITREAD. Align holes on each side.
3. Lock support on both sides with the 8 screws
4. Overlap the holes of long support bar (the part which stretch across the running belt)

5. Put ITREAD face up, plug in and start to enjoy the ITREAD.

USE INSTRUCTION



1. HOW TO START

- (1) Put ITREAD on flat and open area
- (2) Plug in, display will light up

(3) Three steps to begin start up. The display will appear as below.

(4) Make sure you start your steps at the head of the machine



1st step



2nd step



3rd step

INCORRECT WAY TO START UP:

- (1) Use one foot to step forward.
- (2) Distance between two steps is smaller than 5cm or bigger than 10cm
- (3) Children cannot start the ITREAD due to their size which is unable to activate the body sensor system
- (4) Steps are too slow. Time interval between steps cannot be longer than 1.5 seconds
- (5) ITREAD is in sleep mode and has not been awoken

SPEED UP

Walk/Run on the front section of the machine, near plastic cover. Speed will become faster until it reaches the max speed 6km/h (8km/h with handle).

CONSTANT SPEED

Walk/run in the middle section of the running belt platform to keep a consistent speed.

SLOW DOWN/STOP

From the speed up area: slow down casually from jogging to fast walking and then move to the constant speed area . Keep walking slowly till you reach the slow down area until machine stops.

From the constant speed section: slow down casually from fast walking by increasing your step size and moving to the slow down area. Walk for another 5 second and the machine will slow down and automatically stop.

SLEEP MODE

ITREAD will enter sleep mode after 5 minutes of inactivity. Two short strings will be shown on the display.

Wake up

Step 3 times within 5 seconds at the end of the running belt. Make sure your heel keeps in touch with the running belt. Strings on the display will light up as shown below.



INCORRECT WAYS TO WAKE UP

- (1) Treading in the constant speed or speed up area
- (2) Not continuously treading or not completing the 3 steps within 5 seconds.

AUTOMATIC PROTECTION

ITREAD will automatically stop for protection after 100 minutes of continuous use.

Hydraulic Handrail

- (1) Hydraulic handrail will lift automatically when it is lifted to a certain height.
- (2) Hydraulic handrail will fold automatically when it is folded to a certain height.
- (3) Max speed is 8km/h when handle is lifted. Max speed is 6km/h when handle is folded.

Storage

(1) Max ground clearance is 9CM and minimum is 4.7CM. It can be put under a bed/sofa or any another other places which are suitable for this size.

(2) For wall suction storage; there are 2 magnets that are assembled in the end part of the foot rails. Place the round steel with sucker on a suitable position on the wall. They will attract together and insure the safety when the ITREAD is placed against the wall.

SAFETY INSTRUCTION

In order to avoid any injury, please read instruction manual carefully before using.

(1) Do not alter, change, or disassemble any part of the ITREAD

- (2) Please consult your physician if you have any underlying medical conditions before use.
- (3) It is recommended to wait at least 40mins after a meal to start walking/running.
- (4) Only users 18 and older are permitted to use this machine. Do not leave children or elderly unattended with ITREAD to avoid potential injury.
- (5) This product is designed for home use only. Not suitable for professional training, test or commercial use.
- (6) Check product and your surroundings carefully before using this machine. Make sure machine is on a flat level surface before use.
- (7) Do not use by water, heat, or sunlight.
- (8) Wear casual and comfortable clothes when running/walking. Wearing loose clothing or clothing with decorations could increase your risk to injury.
- (9) Do not insert hand, foot or any other body parts into ITREAD or the intervals between running belt and foot rails.
- (10) ITREAD is to be used by only 1 user at a time. Failure to follow this could cause serious injuries.
- (11) Not for use with live animals.
- (12) Original parts are only to be used.

- (13) Max loading is 100kgs.
- (14) ITREAD will automatically stop for protection after 100 minutes of continuous use. Over use may cause machine to overheat causing damage to the motor.
- (15) When not in use, please turn off the power and unplug the power cord. Running electricity may present risks for electric shock or fire
- (16) If using wall suction storage insure the magnets are attracted to the steel.
- (17) Do not use this product for any purposes other than exercise. Do warm up exercises before walking/running to prevent injury or stress on the body.
- (18) In case of an emergency situation you may step off to the left or right of the machine carefully.
- (19) Please use original power cord. If power cord is damaged discontinue use and contact retailer for replacement.
- (20) Do not replace the plug by yourself or a use power strip. Connection must be made to wall socket.
- (21) Do not plug/unplug machine with wet hands
- (22) When using the machine please comply with instructions of use to prevent injury.
- (23) Do not use ITREAD in direct sunlight. Machine will not operate due to the sunlight effecting the sensors

IMPORTANT NOTICE

- (1) Use qualified wall socket, and verify plug is tightly inserted into the wall. If Plug and socket is incompatible please change to a compatible socket to avoid possible electrical shock or fire.
- (2) Do not use in such conditions: outdoor, high humidity, freezing temperatures, direct sun exposure.
- (3) Do not stomp on display.
- (4) Do not overload ITREAD.
- (5) Do not disassemble any parts forcibly.
- (6) Do not shut power off when in use
- (7) Please verify that power is off before daily cleaning and maintenance of ITREAD