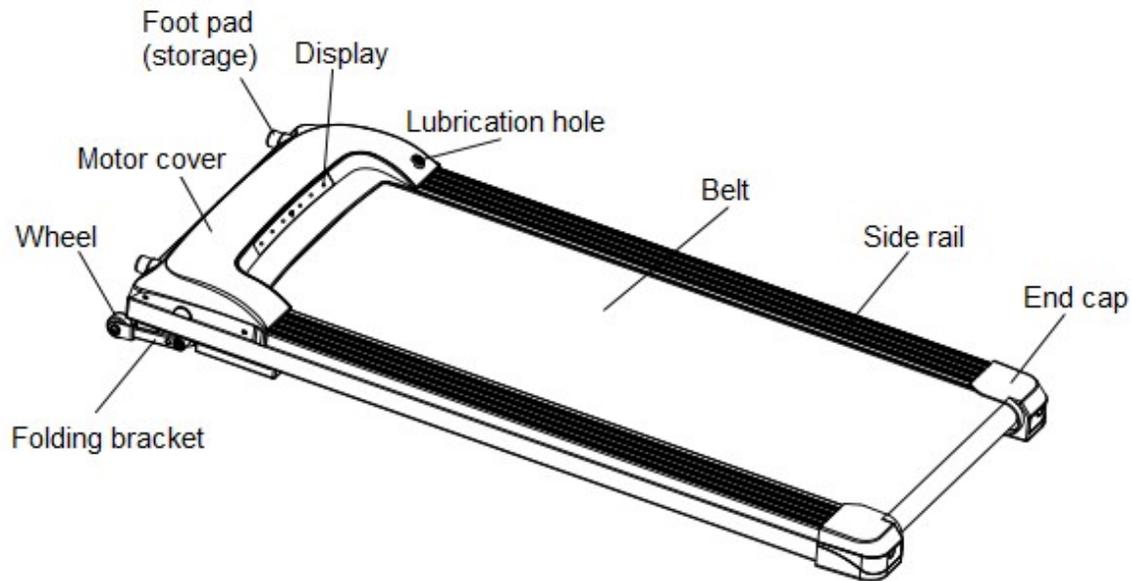




Product name: Conquer Under Desk Treadmill
SKU: 330-UDTM
EMAIL: customercare@conquerequipment.com
TEL: 855-349-4327
help.conquerequipment.com

Conquer Under Desk Treadmill



Please read all instructions carefully before using this product. Keep the manual for future reference.

IMPORTANT SAFETY INFORMATION

- It is important to read this entire manual before assembling and using the treadmill. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly.
- Please ensure that all users of this treadmill are informed of all warnings and precautions.
- Before using the treadmill, please consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using exercise equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- Be aware of your body's signals when using this machine. Incorrect or excessive exercise can harm your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, (continued)



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feeling light headed, dizzy or nauseous. If you do experience any of these symptoms consult your doctor before continuing with your exercise program.

- When using the treadmill, wear suitable athletic shoes and no loose clothing or jewelry.
- Have someone help with lifting, moving and/or assembling the treadmill.
- Keep hands away from moving parts.



WARNINGS

- Keep children and pets away from the treadmill. The machine is designed for adults only.
- Keep the equipment in an enclosed area, away from dust or humidity. Do not store it in a garage, outdoor patio or near water.
- Place treadmill on a hard, flat surface. If the surface is uneven, proper function of the unit could be affected. Consider using an exercise equipment mat under the unit to protect floor.
- Do not operate treadmill on deeply padded, plush or shag carpet.
- Be sure the treadmill is set up where there is enough room to walk. Clearance from walls, doorways, low ceilings should be adequate.
- Do not block the rear of the treadmill.
- Plug into a grounded outlet only. Make sure the cord and plug are in good condition with no cuts or wear, and never tangle or tie the power cord.
- NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill.
- Do not plug in or position the treadmill anywhere near a heat source.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Be sure all the hardware, screws, nuts, bolts are tight. Due to vibration from normal use of the treadmill, fastenings may loosen over time and should be checked before every session.
- Be sure the treadmill belt is properly aligned and tightened as the belt may shift over time.
- Proper maintenance and periodic cleaning of the treadmill should be performed so dirt and sweat cannot accumulate on the unit. Unplug, and then use a damp cloth to wipe treadmill after each session.
- Maintenance of the treadmill includes lubricating (before first use, then periodically), aligning its belt and maintaining the belt's tension.
- Lubricate with silicone before first use, and periodically after, depending on use. Never put silicone on the top surface of the belt.
- Before using treadmill, check the highest speed setting it can reach.
- Be careful when starting. Do not start treadmill while standing on the belt. Straddle unit by placing feet on the side rails/edges, turn treadmill on to its lowest setting, then carefully step onto belt and begin walking. Or, turn treadmill on to lowest setting, then carefully step on and walk.
- Raise the speed of the belt gradually, never suddenly.
- Never leave the treadmill unattended while it is powered on and the belt moving.
- Unplug treadmill before moving or cleaning.
- This treadmill is intended for indoor, home (non-commercial) use only.
- Keep original packaging, invoice and manual available in case you have questions.



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SPECIFICATIONS	
Input Voltage	220V±10%
Frequency	50/60 HZ
Running area	1110X410mm
Function	Time, speed, remote controller, easy self lubrication
Speed Range	1.0-6.0KM/H
Max user weight	90 kgs/198 lbs
Power	1.5CHP
PARTS	
remote controller	1
Silicone oil 	1
5mm wrench 	1
6mm wrench 	1
Multi- wrench 	1



Remote control for LED display

RED button: power on/off switch

▣ button: reduces speed by .5/mph

+ button: increases speed by .5/mph

Assembly:

Step 1

1. With a helper, place box containing the treadmill on the floor. Carefully unbox and take care to find all enclosed parts. Keep packaging.



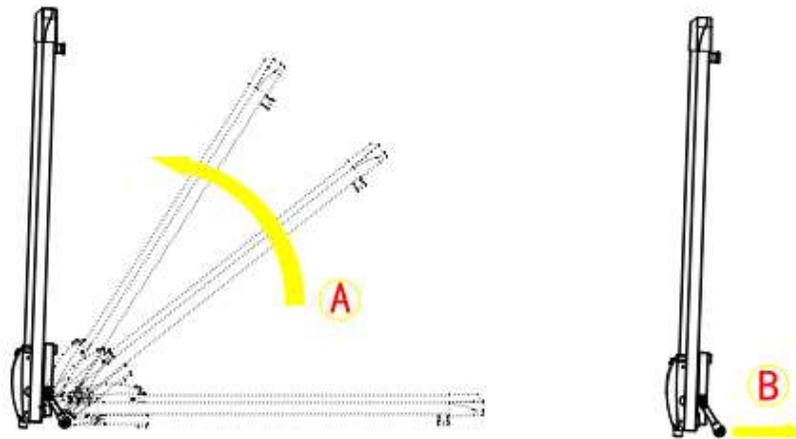
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2. Plug the treadmill in, turn it on, and familiarize yourself with its use, the remote and top speed.



Step 2

1. When treadmill is not in use, it may be folded. See below.

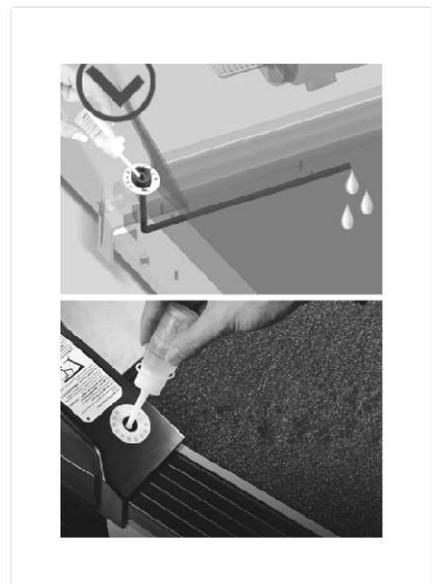


Maintenance:

1. Tighten screws and nuts regularly, as the vibration caused by repeated use may loosen hardware.
2. Lubricate before first use, and use chart below (left) to for how frequently thereafter. To lubricate using lubrication hole on motor cover (fig. 1), start machine, turn to highest setting, add silicone oil to hole and as treadmill runs it will spread between the belt and platform. The other method is to unplug treadmill, pull up the belt on one side, and spread silicone onto platform. Repeat on other side. Plug treadmill in, use button on remote to power it on, and then let it run for a few minutes to distribute silicone. Never put silicone on the top surface of the belt.

< 3 hours/week	2 months
4 – 7 hours/week	1 month
> 8 hours/week	15 days

Fig. 1



3. How to align the treadmill's belt: Over time and repeated use, the belt may move off center and will need to be realigned. If the belt has moved to the left, start treadmill and increase the speed to 3/mph. Use 5mm wrench to turn the fixed left bolt clockwise or turn the fixed right bolt counterclockwise. If belt moves to the right, then adjust the screw on the right side clockwise or the screw on the left side counterclockwise. Don't tighten the belt too much. Repeat this procedure until the belt is properly aligned. See fig. 2 and 3.

Fig. 2

Fig. 3

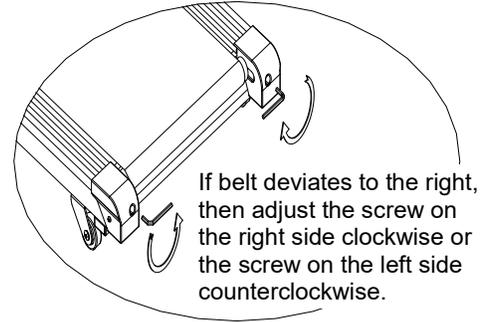
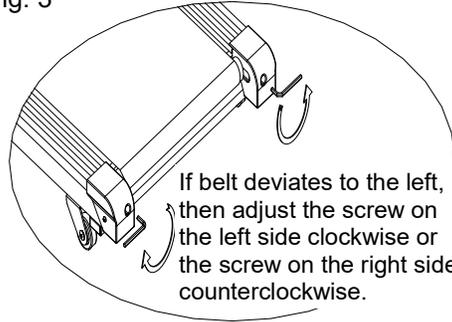
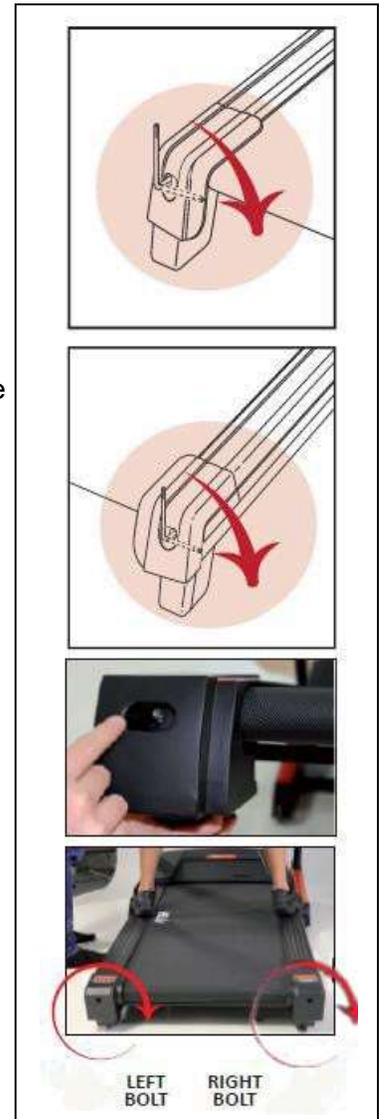
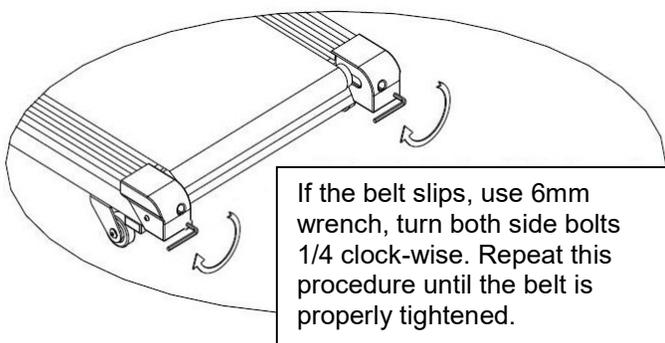


Fig. 4



4. Tighten the treadmill's belt (if the belt slips on the treadmill when walking). Start treadmill and increase the speed to 3/mph. Using the 5mm Wrench, turn both bolts 1/4 clockwise (Fig. 4, 5). To see if the belt is properly tight to walk, you should be able to pull up each side of the belt 5 or 7 cm off the platform. Be careful and keep the belt aligned. Repeat this procedure until the belt is properly tightened.

Fig. 5





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Maintenance, continued

5. Over time and use of the treadmill, the drive belt may become looser and require tightening. To tighten the treadmill's drive belt (fig. 6):
- Open motor cover.
 - Use the 5mm wrench to turn the adjusting bolt clockwise.
 - Repeat this procedure as necessary.

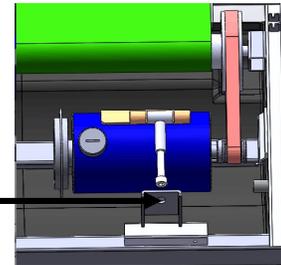


Fig. 6, adjusting bolt

6. To clean treadmill, use a damp cloth. Do not use abrasive cleaning products on the unit.



Thank you for purchasing our product. Check out help.conquerequipment.com for additional information, videos and assembly help.

We appreciate your feedback! We hope this exceeded your expectations. If you enjoyed our product, feel free to leave us a positive product review. If you need help or have questions, please email us at customercare@conquerequipment.com and we will do everything in our power to be sure you are happy.