

Household electric treadmill

FITNESS GUIDE

USER MANUAL



Before installing and using the motorized treadmill, please read carefully all the instructions in the manual and keep this manual in a safe place.

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1. Running Basics

1.1 How Much Should You Run Each Week?

The U.S. Department of Health and Human Services recommends adults to get at least 150 minutes of moderate-intensity exercise (e.g., brisk walking) or 75 minutes of vigorous-intensity exercise (e.g., running) weekly for optimal health benefits.

For treadmill runners:

Beginners: Start with 20–30 minutes, 3x/week (e.g., brisk walking or light jogging).

Intermediate: Gradually increase to 45–60 minutes, 4–5x/week.

Advanced: Maintain 60+ minutes, 5–6x/week with interval training.

1.2 Heart Rate Zones & Calculation

Calculate your max heart rate (MHR) using the Karvonen Formula:

$MHR = 220 - \text{Age}$

*Target Heart Rate (THR) $= [(MHR - \text{Resting Heart Rate}) \times \text{Intensity}] + \text{Resting Heart Rate}^*$

Example: A 30-year-old with a resting HR of 60 bpm training at 70% intensity:

$MHR = 220 - 30 = 190 \text{ bpm}$

$THR = [(190 - 60) \times 0.7] + 60 = 151 \text{ bpm}$

Heart Rate Training Zones :

Zone	Intensity (% Max HR)	Primary Purpose
Zone 1	59–74%	Active recovery & light warm-ups
Zone 2	74–84%	Base building, steady-state fat burn
Zone 3	84–88%	Tempo runs to boost lactate threshold
Zone 4	88–95%	High-intensity interval training (HIIT)
Zone 5	95–100%	All-out sprints & peak performance

Important Notice

Speed settings, incline levels, heart rate algorithms and training recommendations provided are for reference only. Adjust according to your physical condition. Discontinue use if experiencing discomfort and consult medical professionals.

1.3 Proper Running Form

1.3.1 Body Posture



Foot Placement: Keep toes pointed straight ahead and avoid inward or outward rotation.

Head Position: Hold head neutrally aligned with spine, eyes focused 20–30 feet ahead.

Lower Body: Maintain soft knees with slight flexion; never lock joints.

Arm Mechanics:

- I .Bend elbows at 90° like holding potato chips.
- II .Keep shoulders down/back and no hunching or shrugging.
- III.Swing arms front-to-back in tight pendulum motion.
- IV.Pro Tip: Imagine punching backward, not crossing your chest midline.

1.3.2 Cadence & Stride Length

Cadence, measured in steps per minute (spm), refers to the total number of steps you take while running in 60 seconds. Aim for 170–190 SPM help to reduce injury risk. To calculate it:

- First, count only your right foot strikes for one minute.
- Second, multiply that number by 2 (since each "step" includes both feet).

Example: If your right foot hits the ground 90 times in 60 seconds, your cadence is
 $90 \times 2 = 180 \text{ spm}$.

Stride Length: Adjust based on speed. Shorten strides for uphill/slow runs; lengthen slightly for sprints.

Cadence Progression

Each runner initiates the stride reset by actively driving the foot upward toward the glutes.



Jogging Cadence:

170–190 steps
per minute (spm)



Moderate-Paced

Running:
 ≤ 240 spm



Sprint Cadence:

≤ 330 spm

Pace-Driven Adaptation:

Increased running pace amplifies both pull-through range and velocity while maintaining cadence efficiency.



Don't push off the floor.

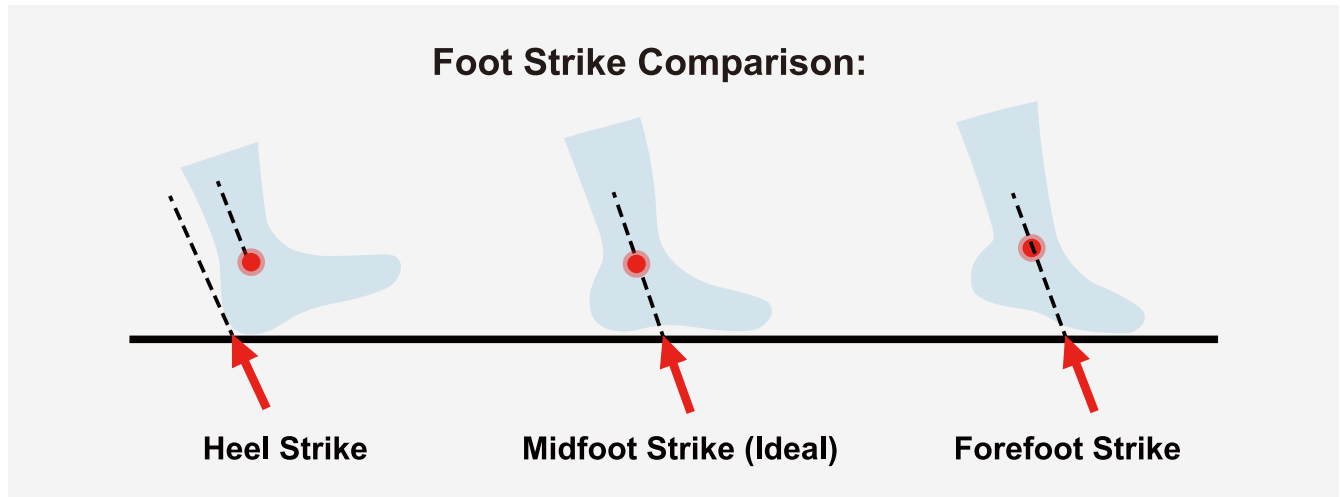
This can cause your hamstrings to tense up and not produce more drive.



Avoid excessive rear-leg calf activation.

Delayed quadriceps engagement beneath your center of mass restricts full hip/knee range of motion.

1.3.3 How to Land Safely to Avoid Injury?



Landing with your heel away from your center of gravity will subject your joints to bear 2-3 times your body weight, which is extremely vulnerable to injury.

Forefoot striking offers better shock absorption but demands greater calf and ankle strength. This places higher strain on muscles and soft tissues in the lower leg and foot, as they must tense to absorb ground forces. Over time, this can lead to fatigue, shin splints, achilles tendonitis, or plantar fasciitis.

The key to safe foot placement is landing close to your center of gravity (ideally under your hips). Overstriding (landing too far ahead of your body) forces the knees to straighten, amplifying vertical impact and requiring joints to rapidly absorb harsh ground forces — a recipe for injury.

1.3.4 Optimize Breathing for Performance

Proper breathing ensures oxygen delivery, prevents side stitches, and maximizes endurance. And Here's how to breathe smarter:

I .Boost Airflow

Breathe through your mouth and nose during runs. Mouth breathing reduces airway resistance, conserves energy, delays fatigue, and improves cooling.

Winter tip: Slightly open your mouth to allow air to warm in your mouth before reaching your throat.

II .Manage Breathing Rate

Avoid overly slow or deep breaths that limit oxygen intake. Aim for fewer than 30 breaths per minute (one full breath every 2+ seconds).

III.Focus on Full Exhalations

Air is pushed into your lungs by pressure differences. Emptying your lungs more fully (strong exhales) creates greater pressure drop, allowing deeper inhales.

IV.Sync with Your Stride

Match breathing to your rhythm—try inhaling for 2 steps and exhaling for 2 steps or inhaling for 3 steps and exhaling for 3 steps. Experiment to find your ideal paltern.

2.Warm up

2.1 Pre-Run Activation Routine

Muscles power every movement during running and exercise, generating force while stabilizing joints. Properly activating muscles before running enhances performance, endurance, and injury prevention. Recommended warm-up sequence (20 seconds per exercise):

2.2 Five-Minute Treadmill Warm-Up Protocol

Key Metrics:

- I . Speed 1 mph • 1 minute
- II . Speed 1.5 mph • 1 minute
- III. Speed 2.5 mph • 1 minute
- IV. Speed 3 mph • 1 minute
- V . Speed 1.5 mph • 1 minute

(Note: mph = miles per hour. Adjust pacing based on fitness level.)

3. Customized Workouts for Every Body Type

From Weight Loss to Muscle Sculpting – We've Got You Covered

3.1 For Beginners/Overweight Users

Goal: Gentle weight loss, building stamina, joint-friendly training.

Key Metrics:

Speed: 2.5–3.5 mph (brisk walk to light jog).

Incline: 1–4% (simulates outdoor terrain).

Duration: 20–30 mins/session, 4–5x/week.

Sample 12-Week Plan:

Weeks 1–4: Walk at 2.5 mph, 1% incline. Add 1-minute jogs every 5 mins.

Weeks 5–8: Alternate 2 mins jogging at 3.0 mph + 3 mins walking. Incline 3%.

Weeks 9–12: Continuous jogging at 3.5 mph, 4% incline.

Expected Results: Lose 1–2 lbs/week, improve cardiovascular health, reduce knee strain.

3.2 For Intermediate/Medium-Build Users

Goal: Fat burn, muscle toning, endurance boost.

Key Metrics:

Speed: 4.0–6.0 mph (jogging to running).

Incline: 4–8% (targets glutes and hamstrings).

Duration: 30–45 mins/session, 5x/week.

HIIT Routine (20 mins):

Warm-up: 5 mins at 3.5 mph, 2% incline.

Sprint: 1 min at 6.0 mph, 6% incline.

Recover: 2 mins at 3.0 mph, 1% incline.

Repeat 3x.

Cool-down: 5 mins walking.

Power Incline Pyramid (45 mins):

Start at 4% incline, 4.5 mph. Increase incline by 1% every 5 mins until 8%. Hold for 10 mins, then decrease back to 4%.

Expected Results: Shed 3–5% body fat in 8 weeks, sculpt lean legs and glutes.

3.3 For Advanced Users/Athletes

Goal: Elite conditioning, speed training, competition prep.

Key Metrics:

Speed: 7.0–9.0 mph (sprinting).

Incline: 10–12% (mountain simulation).

Duration: 45–60 mins/session, 6x/week.

Hill Repeats (50 mins):

Warm-up: 10 mins at 6.0 mph, 5% incline.

Sprint: 1 min at 9.0 mph, 12% incline.

Recovery: 2 mins at 4.0 mph, 2% incline.

Repeat 5x.

Marathon Prep (60 mins):

Maintain 7.5 mph, 2% incline for 50 mins. Finish with 10 mins at 8.5 mph, 0% incline.

Expected Results: Boost VO2 max by 15%, shave minutes off race times.

4.Targeted Fat Loss & Sculpting Programs

Science-Backed Plans to Transform Your Body

4.1 Belly Fat Blaster (30-Day Challenge)

Workout Structure:

AM Session (Fastened Cardio): 25 mins at 4.0 mph, 5% incline.

PM Session (HIIT): 20 mins alternating 8.0 mph sprints (30 secs) + 3.0 mph walks (90 secs).

Diet Synergy: Pair with high-protein, low-glycemic meals. Hydrate with green tea pre-workout.

Results: Target visceral fat – expect 1–2 inches off waistline in 30 days.

4.2 Glute & Leg Sculptor

Incline Power Hour (3x/week):

Warm-up: 5 mins at 3.5 mph, 0% incline.

Pyramid Sets:

5 mins at 4.0 mph, 8% incline.

5 mins at 4.5 mph, 10% incline.

5 mins at 5.0 mph, 12% incline.

Reverse back down.

Finish with 10 mins of backward walking at 2.0 mph, 5% incline (activates underused muscles).

Bonus: Add resistance bands above knees for extra burn.

Results: Lift and round glutes in 6 weeks; improve quad/hamstring definition.

5. Make Fitness a Lifestyle

Stay Motivated for the Long Run

Track Progress: Use fitness apps to log speed, heart rate, and weekly mileage. Aim for 5% improvement monthly.

Mix It Up: Rotate between endurance days, HIIT days, and incline challenges to avoid plateaus.

Rest Days Are Sacred: Take 1–2 days/week for yoga or light stretching to prevent burnout.

Final Tip: Crank up your favorite playlist – studies show upbeat music increases workout duration by 20%!

You're Now Ready to Conquer Your Goals!

Whether you're walking off baby weight or training for a Spartan Race, this treadmill is your all-in-one fitness partner. Stay consistent, trust the process, and watch your body transform. Let's make sweat your best accessory!

6. Post-Run Recovery Stretches

Muscles rely on both contractility (shortening) and extensibility (lengthening) for optimal function. Running primarily trains shortening capacity. Post-run stretching restores elasticity, reduces stiffness, and safeguards against injury. Hold each stretch 30 seconds unless noted:

7.Pro-Level Treadmill Hacks

7.1 Heart Rate Zone Training

Zone 2 for fat burn(74–84% Max HR): Stay at 4.0 mph, 3% incline.

Zone 3 for cardio (84–88% Max HR): 5.5 mph, 5% incline.

Zone 4 HIIT training (88–95% Max HR): 8.0 mph, 10% incline.

Tool: Use the treadmill's pulse sensors or a chest strap monitor.

7.2 Night Runner's Guide

Pre-Workout: Eat a light carb snack (e.g., banana) 30 mins prior.

Cool-Down Ritual: 5 mins of yoga poses to improve sleep quality.

7.3 Weather-Proof Training

Hot Day Simulator: Set incline to 5%, speed to 4.5 mph, and place a fan nearby.

Winter Storm Mode: Layer up with moisture-wicking clothes and crank incline to 8% (mimics snow resistance).

8.Warranty & After-sales Accessories

All treadmill purchases include a 1-year comprehensive warranty (effective from purchase date).

Defective parts due to manufacturing issues will be fully covered during the warranty period.

See warranty card for details.

To reward guests who choose THERUN, we offer extra warranty and an exclusive accessory treadmill mat. Call our hotline 1-866-996-8040 to claim:

1 year extended warranty (total 2 years coverage)

An exclusive accessory non-slip treadmill mat

Limit one per household.

9.Product Line Preview

THERUN T12 STARTER



LED Screen



0.5-9 MPH



0-12%



Upgraded 3HP motor handles 0-12% incline and 9 MPH speeds and supports 300 lbs for professional runners' advanced training needs.

Your Fitness Journey Grows With Us!



IMPORTANT SAFETY INSTRUCTIONS

⚠ WARNING: Before embarking on any exercise program, it is recommended that you should first consult a medical professional. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician. The motorized treadmill should not be switched on until it is fully installed and the motor protective cover is closed.

Precautions:

1. Before using this treadmill, make sure that the clip of the safety switch is clipped to your clothes or belt.
2. Please do not insert any other objects in any part of the equipment, which will damage the equipment.
3. Place the motorized treadmill in a clean and flat place, don't put the motorized treadmill on the thick carpet, so as not to affect the air circulation in the lower part of the motorized treadmill, and don't put the motorized treadmill in the place near the water or use it outdoors.
4. Do not turn on the treadmill when you are standing on the running belt. After the power is turned on, there may be a pause when the treadmill belt first starts to move, and people must stand on the plastic skid plate on both sides of the motorized treadmill until the treadmill belt moves.
5. When exercising, you can't wear too long and loose clothes to prevent hanging onto the motorized treadmill, and usually wear running shoes with rubber soles.
6. This product is for consumer use only
7. Any strenuous exercise can only be carried out after 40 minutes after meals.
8. Do not let children or pets near the motorized treadmill when it is in use.
9. The first time you use the motorized treadmill, be sure to use your hands to grasp the handrail, until you feel comfortable with the handrail can be released.
10. Treadmill is indoor equipment, please do not use it outdoor. Place clean and smooth, pay attention to moisture, note that the motorized treadmill is a special equipment, please do not modify and move for other purposes.
11. The power cord of the motorized treadmill is special, if the power cord is damaged, please buy it from the dealer or contact us directly.
12. If the motorized treadmill suddenly accelerates or the speed of the motorized treadmill automatically increases due to the problem of the electronic system, please pull out the safety switch immediately and the motorized treadmill will stop immediately.
13. Do not connect a separate wire in the middle of the power cord, extend the power cord or replace the plug of the power cord, pile up heavy objects on the power cord or put the power cord close to the heat source with high temperature, and prohibit the use of multi-hole sockets, or it will be due to poor contact, which will result in a fire, or an accident of electrocution and injury.
14. The machine is not in use for a long time, need to cut off the power supply. When cutting off the power supply, do not pull the power cord; must grasp the power plug unplugged, so as not to pull off part of the core wire in the power cord. Insert the power cord plug into a power outlet with a safety grounding, the power cord of the motorized treadmill is special, if the power cord is damaged, please contact the manufacturer as soon as possible.
15. This treadmill is for home use only.
16. CAUTION-To Reduce The Risk Of Injury From Moving Parts - Unplug Before Servicing.
17. WARNING-To Reduce the Risk of Electric Shock-Unplug Before Cleaning or Servicing.
18. WARNING-Risk of personal injury -Keep children under the age of 13 away from machine.