

名称：HSM-T12C1跑步机说明书
材质：128克铜板纸彩色印刷
尺寸：145mm*210mm骑马钉装订

Walking Treadmill

USER MANUAL

Model:HSM-T12C1

FCCID: 2A522-HSM-T12C1

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Read all instructions carefully before using this product. Retain this owner's manual for future reference.

If the specification is not consistent with the product specific actual product shall prevail.

Troubleshooting & FAQs

1. Treadmill Won't Start

Ensure the power cord is plugged in securely.
Check if the safety key is properly in place.

2. Unusual Noise (Rattling, Grinding, or Squeaking)

Apply treadmill lubricant to reduce belt noise.
Check for loose screws and tighten them if necessary.

3. Overheating or Burning Smell

Avoid prolonged use at high speeds.
Allow the motor to cool down and check ventilation.

4. Remote Control Not Working

Remove the battery insulation tab before use.
Replace the battery if unresponsive.

5. Display Screen Not Working

Ensure all cables are securely connected.
Try a different power outlet.

6. Missing or Damaged Parts

Contact our support team with your shipping address for a replacement.

7. Why is there a crease on the treadmill belt?

This is a normal result of the treadmill belt manufacturing process. Each belt has a crease due to the production technique, and it does not affect performance or durability.

Facebook: T120my-Shop

Email: support@trismy-eshop.com

Please feel free to scan the code for help

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6. Treadmill Belt Misalignment

If the treadmill belt is misaligned, you can adjust it using a hex wrench (screwdriver) following the markings on both sides of the treadmill. Adjustment steps: If the belt shifts to the left, turn the right adjustment screw clockwise. If the belt shifts to the right, turn the left adjustment screw clockwise. Adjust in 1/4-turn increments and test until the belt is centered.

Email: support@trismy-eshop.com

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Troubleshooting Guide

Problem	Potential Causes	Corrections
Treadmill will not start.	1. Treadmill not plugged in.	1. Plug the power cord into a wall outlet.
	2. Safety Tether key is not correctly installed.	2. Reinstall the Safety Tether Key.
	3. Circuit breaker in the house has been tripped.	3. Reset the circuit breaker or call an electrician to replace the circuit breaker.
	4. Treadmill circuit breaker has been tripped.	4. Wait 5 minutes and then try to restart the treadmill.
Belt slips.	Belt not tight enough.	Adjust belt tension.
Belt hesitates when stepped on.	1. Not enough lubrication applied onto the running deck.	1. Apply lubricant.
	2. Belt is too tight.	2. Adjust belt tension.
Belt is not centered.	Running belt tension not even across the rear roller.	Centre the belt.

1. In automatic mode, it will beep 3 seconds in advance each time the speed is switched to alert the user.

2. In standby or pause mode, if there is no operation after 10 minutes of connection, it enters sleep mode and shows "All off".

3. In sleep mode, press any key to wake up to the initial standby state.

4. There is an indicator light on the lower control power board for the determination of basic faults. Under normal circumstances, the indicator light flashes. When the indicator light remains on for a long time, it indicates a communication failure. For maintenance, the lower control should be replaced first, followed by the upper control. When the indicator light remains off for a long time, it indicates a power board failure. Replace the lower control power board.

I. Product overview

Main technical parameters

Order number	The parameter name	Description
1	Rated voltage	110-120 V AC
2	Rated frequency	50/60Hz
3	Velocity range	0.6-6mph
4	Running table	920*380mm
5	Sleeptime frame	5-99 Minutes
6	Distance range	0.5-65 Miles
7	Calorie range	For the 10-995 Cards

Product and accessories

Walking treadmill

Lubricating oil

User manual

Handrail lock nut

Safety Tether Key

Bracket locking nut

Allen Key

Remote controller

Tablet Holder

Product brief introduction

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1. Tablet Holder

2. Safety Key

3. Hand Roll Fixed Snap

4. Hand Rail

5. Display panel

6. Adjustable Foot Seat

7. Fixed column screws

8. High adjustment foot pad

9. Running Belt

10. Rear cover

11. Power line

12. Mains switch

13. Mobile wheel

14. Frame

15. Motor cover paste

16. Edgings

17. Cushioned foot pads

18. Secure Rack screws

Product brief introduction

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17. Cushioned foot pads

18. Secure Rack screws

II. Safety precautions and installation instructions

In order to ensure your safety and avoid accidents, please read the instructions carefully before use, and pay attention to the following safety matters.

Safety instructions: There are many safety issues in the design and manufacturing, but still follow the following instructions, just in case. We do not bear any consequences caused from abnormal operation.

• The treadmill is suitable for placing indoors to avoid moisture, water can not be splashed on the walking machine, and any foreign matter should not be placed on the treadmill. The two sides and front end of the treadmill should be 1 meter and the rear end should be 2 meters x1 meters for emergency jump away.

• Before exercise, please wear appropriate sports clothes, sports shoes, avoid clothes, shoes and hats contact with treadmill accident. Do not exercise barefoot on the treadmill, and stretch your whole body before running.

• The power plug must be reliably grounded, and the socket must have a special loop to avoid sharing with other electrical equipment.

• Children should stay away from their own machine to avoid accidents.

• Ultra-long time overload operation should be avoided, otherwise it will cause damage to the motor and controller, and speed up the wear and aging of bearings, running belt and running board. Please maintain the treadmill regularly.

• Reduce indoor dust, maintain a certain indoor humidity, avoid producing strong static electricity, otherwise may interfere with the normal work of the electronic watch controller.

• Please turn off the treadmill power supply and unplug the power plug after the exercise.

• Maintain the indoor air circulation when using the treadmill.

• If you feel abnormal conditions such as irradigation during use, please stop exercising and consult your doctor.

• Please put the unused silicone oil out of reach of children to avoid serious consequences due to sation and misuse.

Warning:

To reduce accidents or injuries to others, follow the following rules:

• Before using the treadmill, please check whether the clothing is fastened or zipped up, or whether the clothing is too loose.

• Don't wear clothes that are easily caught by treadmill hooks.

• Do not approach the power cord to hot or moving objects.

• Do not bring the children close to the treadmill.

• Do not use a treadmill outdoors.

• Cut off the power supply and unplug the machine.

• Non-professional personnel shall not disassemble the machine without authorization, otherwise serious consequences may occur.

• This treadmill is limited for use in 20 amps.

• When the machine is started, only one person can exercise on the treadmill.

This product should not be used for a long time, it is recommended to use the treadmill for one hour and half an hour. Long time use is easy to cause hidden overheating of treadmill appliances and lead to electrical failure.

Special safety instructions:

• Place the treadmill where to plug into the socket.

• Plug the power cord directly into the socket, and no loosening is allowed.

• Please use a qualified socket to avoid the resulting danger. If the plug and socket are not compatible, please do not move the plug, please electricity to deal with it.

• Supply according to the machine voltage 110V AC.

• Please do not let the power cord and the drum contact, do not put the power cord on the running belt, do not use a damaged plug.

• Remove the plug from the socket before cleaning and maintenance.

Warning: failure to unplug may cause human damage and damage to the device.

Warn! Force!

• Patients who are being treated by a doctor or the following patients must be consulted with a professional doctor before use.

1) People with back pain or people who have been injured in their legs, waist and neck, numbness of legs, waist, neck and hands (with disc herniation, spinal slipp, cervical herniation and other diseases).

2) Have deformable arthritis, rheumatism, gout, person.

3) Patients with abnormal osteoporosis.

4) With circulatory system disorders (heart disease, vascular disorders, hypertension, etc.).

5) People with respiratory organ disorders.

6) Using an artificial heart rate rate adjuster.

7) Patients with malignant tumors.

8) People with thrombosis or severe aneurysm, acute venous tumor and other blood circulation disorders or various skin infections.

9) There are perceptual disorders caused by high peripheral circulation disorders caused by diabetes.

10) People with skin.

11) People with high fever due to illness (above 38 degrees).

12) Abnormal or bent dorsal bones.

13) Women who are pregnant or those who may be pregnant or those who are in the menstrual period.

14) Feel the abnormal body, need to rest.

• Those with obvious poor physical condition.

• For the purpose of rehabilitation.

• In addition to the above conditions, especially you feel physical abnormalities.

Fcc Statement:

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 antenna used with this transmitter must be installed to provide a minimum separation distance of at least 20 cm from all persons and must not be co-located or operating in conjunction with any other antenna or transmitter.

• Avoid all moving parts and do not place your hands and feet in the space under the running belt.

• After the product is assembled, make sure that the screws and the bolts are tightened.

• Please use the original parts, do not replace them without permission.

Installation instructions:

1. Please read the assembly steps instructions carefully before assembly.

2. Take out all the packaging parts and put them on the clean ground, so that your overall check can also make your installation more convenient.

3. Check carefully if all the parts are complete according to the packing list.

4. When you are using tools or handling, please pay attention to safety, please do not forcibly install according to personal preferences.

5. Please confirm whether the remaining tools are dangerous, plastic and foam are harmful to children.

6. Assemble the products according to the instructions. Please read the assembly steps and instructions carefully.

7. According to the picture.

8. Remove the electric treadmill from the packing box. Place it flat in the open space.

9. According to the picture.

10. The left hand holds the column in the direction of the arrow.

C. According to the picture

(2) After rotating the column upward into position, with the (7) 2 PCS fix the column screw corresponding to the column hole lock can be.

D. as shown

(4) If you want to adjust the front slope, please open the (13) height adjustment block forward in place, and rotate the (8) high adjustment pad close to the ground to support the frame.

E. Use as shown in the drawing (Figure 5)

(8) Secure Pad rack screwlock the P# frame (1) with the corresponding screw hole of the column and close the safety switch (2). The whole machine has been assembled (Figure 6).

The product must be installed by adults carefully reading the instructions. If necessary, please professional installation.

Adjustment of handrail up and down

Release upwards

Raise the handle upwards

Lock downward

Instructions for incline

The unique foldable incline options that provides users of ability to increase the intensity of exercise, you saw commensurate increases in fitness.

Pull out the bolt to adjust the angle

One deer

Two deer

Third deer

Emergency stop

SAFETY TETHER KEY

Before beginning a workout session ensure that the Safety Tether Key is properly placed onto the Computer Console and the Safety Key is securely attached to an article of your clothing.

If you pull the key will pull out the SAFETY TETHER KEY from the Computer Console and the running belt will stop immediately for emergency stop, helping to prevent injury. Replaced the Safety Tether Key onto the Computer Console. Press the START button to begin exercise again.

Before using this product, please consult your doctor and have a complete health examination, before frequent and intense exercise, please get the doctor's permission, for any discomfort, please stop using this product and consult your doctor, you need to use this product in the right way, please read the manual carefully before exercise.

If this product is unattended or in use, please prevent children and pets from approaching.

Before you start: Start a fitness program depends on your condition. If you haven't been exercising for years or are overweight, you must slowly and gradually increase your exercise time by a few minutes per week.

Warning: install the product carefully and do not damage the product.

III. Exercise recommendations and guidelines

• Warm-up with soothing exercises

A successful exercise program is composed of three parts: warm-up exercise, aerobic exercise and soothing exercise.

Warm up is a very important part of exercise, and it must be done before each workout.

Warm-up exercises can warm up the body, stretch your muscles, and adapt the body to more intense exercises.

Repeated warm-up exercises at the end of the exercise can help relieve muscle soreness.

We recommend that you warm up and relieve yourself as shown below:

Head movement

The head first to the right shoulder stretch, the left neck straight, turn back clockwise, stretch the head to the left shoulder and turn backward counterclockwise. So repeated.

Shoulder movement

Lift the left shoulder back and repeat 5 times, then lift the right shoulder back and repeat 5 times.

Stretch movement

Hold your hands straight over the top of your head, then hold your right wrist with your left hand and stretch up until you feel the right.

Hand tendon completely straightened, for 5 seconds, change right hand.

Quadriceps stretching exercises

Right hand against the wall, keep the body balance, the left hand back to lift the left foot, the left heel as close to the buttocks, Hold for 15 seconds, change the other foot.

The inner thigh is stretched

Stand on the ground, the soles of the feet, hands hold to the feet, make the feet as close as possible to the body, and slowly press down on your heels and hold this position for 15 seconds.

Foot tendon stretching

Sit down, right leg straight, left leg bent, left hand hold onto to push in, make the left foot as close to the body

And the bottom of the foot close to the right inner thigh, and then the body pressure down, left and right forward extension to touch the toes, lower pressure amplitude.

The bigger the degree, the better. Hold this position for 15 seconds and change the left leg.

The calf stretch

Heads on the wall, the body and the ground into 45 degrees, left and right feet alternately straight back to do walking movement.

DISPLAY FUNCTIONS:

SPEED: Max Speed of Walking Mode (Handle Bar Down): 4 MPH

Max Speed of Running Mode (Handle Bar Up): 6 MPH

TIME: Displays your elapsed workout time in minutes and seconds.

DISTANCE: Displays the accumulative distance travelled during workout.

CALORIES: Displays the total calories burned during your workout.

FUNCTION BUTTONS:

Start or pause the treadmill. You can view your workout data on the screen display.

Increase the speed.

Decrease the speed.

Select the preset training program (P1-P10) before training.

Switch the display to set the time/distance/calories.

Time range: 5 - 99 minutes.

Distance range: 0.5 - 65.0 kilometers.

Calories range: 10 - 995 Kcal.

Stop the treadmill. "0" is displayed for all 4 display functions.

Turn off the beeping sound.

CONTROL PANEL

NOTE: Always stand on the side rails when you start the treadmill, never start the treadmill while you are standing on the running belt.

1. Plug in the power supply and turn on the power switch. The display screen will first show the program code, then fully display 0.0 and beep to enter the initial standby mode. manual standby, SPEED shows 0.0. TIME shows 0.00. DIST shows 0.00 and CAL shows 0.

2. In manual standby MODE, by pressing the MODE key (M), you can respectively choose to run according to the preset time, preset distance or preset calories. The time is counted in sequence, and the second digit " " flashes. Countdown, instant display. When adjusting through the plus and minus keys, it becomes the maximum when the value is less than the minimum and the minimum when it is greater than the maximum, setting in a loop.

A. When running at the preset time, it starts at 30:00 and can be adjusted to 5:00-99:00 by pressing the acceleration/deceleration keys. It will run with the time as the countdown and the distance and calories as the forward count. Stop the machine when the time is up and it reaches 0.

B. When running at the preset distance, the initial value is 1.00, and it can be adjusted to 0.50-100.00, through the acceleration/deceleration keys. <60.0, with each addition or subtraction being 0.5. It will run in reverse distance and forward time and calories. Stop the machine when the distance is reversed to 0.

C. When running at the preset calories count, the initial value is 50. It can be adjusted to 10-1520 to 995 (each increase or decrease is 5) through the acceleration/deceleration keys. The operation will be counted backward in terms of calories and forward in terms of time and distance. The machine stops when the calorie count reaches 0.

D. When initially running in manual standby mode, time, distance and calories are all counted in sequence, and the machine will automatically shut down after 100 minutes.

3. In standby mode, press the program key (P) to select the automatic standby modes P1 to P6 (if automatic modes) and manual standby mode.

4. In the automatic standby mode, the countdown display is always based on the time. The initial time is 30:00, which flashes. The running time can be pre-adjusted to 5:00-99:00 by pressing the acceleration/deceleration keys, with a duration of minutes.

5. In the regular standby or PAUSE standby mode, press the START/PAUSE key to enter the running state. At the beginning, there must be a 3-second countdown and the buzzer will sound three times.

6. When in operation, press the START/PAUSE key. The motor will slowly decelerate until it stops. The displayed content will not be reset to zero, and the speed will flash, indicating that it is paused and in standby mode. The next operation will be based on the current value.

7. When in operation, press the RESET button. The motor will slowly decelerate until it stops, enter the initial standby mode, and the data will be reset to zero.

8. In the regular standby or pause standby mode, press the RESET key. The data reset marks the beginning of the standby.

9. In the paused standby MODE, press the PROG or MODE key to change the corresponding regular standby Settings.

10. In the running mode, the mode key and program key are invalid. The running speed can be set by accelerating or decelerating 0.5-6.0MPH (0.80MPH or 0.5-6.0MPH fastest unfolding). It is also effective in automatic mode, but the table speed will be automatically loaded at the next beat.

TRAINING IN PRE-SET PROGRAM MODE:

When in PROGRAM mode, press the PROG (PROGRAM) button to select your chosen workout (P01 to P06). Press the SPEED+ or SPEED- button to change the setting. Press the START button to confirm and start your workout.

This treadmill console has 2 kinds of Workout Programs to choose from.

PROG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100

V. Maintenance and care

Warning: Always remove the power plug of the electric treadmill before cleaning or maintaining the product.

Cleaning: Full cleaning will extend the life of an electric treadmill.

Clean the dust regularly to keep the parts clean. Be sure to clean the expanded sides of the running belt, which will reduce the accumulation of impurities under the running belt. Make sure the sneakers are clean and avoid carrying foreign objects into the running belt under the worn running board and running belt. The surface of the running belt must be scrubbed with a wet cloth stained with soap. Please be careful not to splash the water on the electrical components and under the running belt.

Running belt and electric running special lubricants

The electric treadmill has been lubricating between the running board and the running belt. The friction between the running belt and the running board has a great impact on the service life and performance of the electric treadmill, so the lubricating oil should be applied regularly. We recommend a regular inspection of the board surface. If the surface is damaged, please contact our customer service center.

We recommend lubricating the running belt and running boards of the electric treadmill as follows:

Lightweight users (less than 3 hours per week) once a month;

Heavyweight users (more than 3 hours per week) every half a month.

In order to better maintain your electric treadmill and extend the life of the machine, it is recommended that you turn off the power supply for 1 hour and let the machine rest for 10 minutes before using it.

2. If the running belt is too loose, it will slip when running. If too tight, too tight may reduce the motor performance and wear the roller and running belt.

Care and maintenance

A. Symptom: walk belt off centered or slips

Centering walk belt process as follow:

1. Turning treadmill at low speed with no load (make sure there are no obstructions around).

2. Release centering process as follow:

If the walk belt has shifted to right, use the hex tool to turn the right roller screw clockwise 1/4 or turn (refer to Figure 1).

If the walk belt has shifted to left, use the hex tool to turn the left roller screw clockwise 1/4 or turn (refer to Figure 1).

3. Adjustments MUST wait 2-3 minutes. Repeat manual centering process until the walk belt is centered.

Belt slip connecting process as follow:

1. Running treadmill at low speed with no load (make sure there are no obstructions around).

2. Using the hex tool turn both roller roller screws clockwise (1/2 turn refer to Figure 3).

3. After correction, please wait for 1-2 minutes under 10mph speed setting. Repeat until the walk belt is properly tightness.

Attentions:

1. Do not prevent any injury, don't place any debris around appliances before maintenance process.

2. MUST use manufacturer's tool.

3. Take care of maintenance process. Do not pinch fingers.

8. Belt lubrication process, follow instruction below to lubricate belt.

Order of appliance and unplug cord.

2. Using the hex tool turn both roller roller screws counterclockwise till belt loosen and lifting easily.

Tip: please maintain down heel foot rotating cylinders when loosen belt, which use for adapting the belt tension after lubrication process.

3. Lifting edges of belt and spraying lubrication oil at center of walk platform evenly. Not necessary to apply spray lubrication oil at entire walk platform.

4. Lubrication oil volume Per time maintenance is 5-10ml.

Attention: it will cause belt slip if spray too much.

5. Using the hex tool, turn the both roller screw clockwise as previous mark-down number of turns until walk belt tighten properly.

6. Power on appliance and workout for a few minutes. In order to spread lubrication oil to whole belt surface evenly. Lubrication frequency: High recommend 125 Miles Per Time.

Lubricant 1 PC

C: Appliance cleaning

1. Power off appliance and unplug power cord before cleaning.

2. Wipe and clean with damp cloth. Do not cleaning with acidic or caustic detergents.

3. Do not clean opposite of walk belt.

4. Use normal few black powders residual under appliance after long working.

Application Software (APP)

Check if your mobile device confirms the requirements for the application.

The requirements of each application are shown in the Google Playstore or Appstore.

Check out Kinmap for 7 days now for free or choose the FREE FITSHOW app.

Android

Kinmap

iOS

Please remember to turn on the Bluetooth feature on your device.

Android

FITSHOW

iOS

Please understand that we are not able to offer you a complete operation guide of the application inside that moment, as the apps will be updated from time to time.

This process can make changes to the operation or the design of the application. Please refer to the instructions inside the specific app download store to contact us.

Step2:

Open the FitShow App and agree to the Privacy Policy and Terms of Service of the FitShow.

Step3:

Tap on the "Create Account" button to register a new account.

Step4:

Tap on the "Create Account" button to register a new account.

Step5:

Tap the FitShow app, go to the "Work-out" tab and press the "Quick Start" button.

Step6:

After searching, you should see your Equipment's name appear on the equipment list. Press "Connect" next to your equipment's name.

Step7:

In the workout screen, swipe down for settings and swipe up for controls.

Step8:

In the workout screen, swipe down for settings and swipe up for controls.

(Other modes are the same as above)

VII. Service and support

Dear Customer,

Thank you for choosing this treadmill for your needs. We are committed to providing you with an exceptional fitness experience and ensuring comprehensive post-purchase support.

Our mission is to deliver the highest quality products and services through innovation and care. As you use your treadmill, we guarantee:

Comprehensive after-sales support:

Our dedicated team is ready to provide timely and professional assistance with any issues you may encounter.

Attentive customer care: We value each customer's needs and strive for your satisfaction and trust through personalized service and communication.

Continued technical support:

Our specialized online support team is equipped with extensive expertise to assist with product warranty and maintenance.

We firmly believe that excellent after-sales service is essential not only for product continuity but also for building long-term customer trust and collaboration. We are committed to maintaining high standards and ensuring you enjoy the best shopping and user experience.

If you have any questions or require assistance regarding our treadmill products, please do not hesitate to contact our dedicated online support team at support@trismy-eshop.com. We are here to serve you wholeheartedly and look forward to helping you achieve your health and fitness goals.

Thank you for your support and trust in our brand.

Best regards,

The Customer Service Team

Important:

Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specifications of this product may vary from this photo, subject to change without notice.

CE

FC

RoHS

WEEE

REACH

China

Made in China