

BOTORRO[®]

BOTORRO-R5PRO
TREADMILL



User Manual

01 / User Manual

SAFETY PRECAUTIONS AND WARNINGS

TO AVOID INJURY, PLEASE READ THIS MANUAL CAREFULLY BEFORE USE.

Please make sure to read this user manual carefully before starting on this treadmill. This manual provides information necessary not only for your safety but also for the good functioning of this treadmill.

1. Consult a physician before beginning a new fitness plan. Incorrect or excessive training may result in serious injury.
2. If you experience faintness, chest pain, or shortness of breath, stop exercising immediately and consult a physician.
3. Under no circumstances should you have more than one person on the treadmill at the same time.
4. Children under the age of 14 and persons with reduced physical, sensory, and mental capabilities that may impinge their safe use of treadmill should not use this machine. Keep children and animals away from this treadmill at all times, even when the machine is powered 'off'.
5. When the machine is running, do not attempt to turn around.
6. Keep your position facing forward at all times. Inspect this treadmill for loose, worn, damaged, or incorrect parts before use. If you locate a missing, damaged, or loose part, do not use the machine until those parts are replaced, repaired, or tightened.
7. This treadmill must be used with the specified voltage power supply. The power socket must also remain grounded.
8. Do not use the treadmill if it is not working as described in the manual.
9. Read all safety information before using this treadmill. It is the owner's responsibility to ensure that users are aware of all warnings and precautions.

OPERATIONAL SAFETY

This product is not suitable for the following individuals:

Anyone whose doctor does not recommend daily exercise for any reason, including thrombosis, aneurysms, acute venous tumors, various dermatological conditions or skin infections, or other conditions.

It is also not recommended to use this treadmill for people with the following cardiac devices: implantable cardioverter defibrillators (or ICDs), pacemakers, implanted heart rhythm monitors, or loop recorders.

WARNING

Incorrect, unsafe or excessive exercise can cause serious injury or even death. If you feel dizzy, stop exercising immediately and consult a doctor.

ENVIRONMENTAL SAFETY

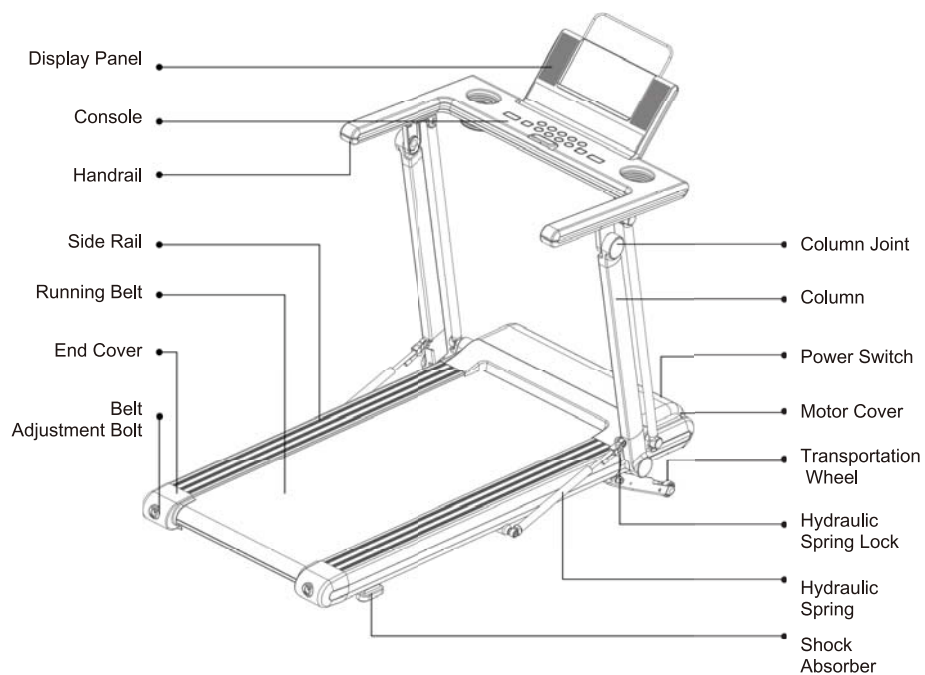
1. Do not use this product if room temperature is above 104°F /40°C.
2. Keep all conductive devices away from any liquids.
3. Do not place any items on the treadmill's running belt.
4. Do not wear clothes that can get caught in the machine. We recommend keeping loose clothing, shoelaces, and accessories away from the treadmill belt.
5. Do not allow the ventilation port on the motor cover to be blocked by debris while the machine is operating.
6. Regularly check the handrail locks, and do not put your hands on rotatable joints.
7. Do not touch the power cord or power switch with wet hands.
8. Do not place the treadmill outdoors or near a water source.
9. Do not place treadmill near electric heaters, stoves, or areas with direct sunlight.

DISCLAIMERS&PRECAUTIONS

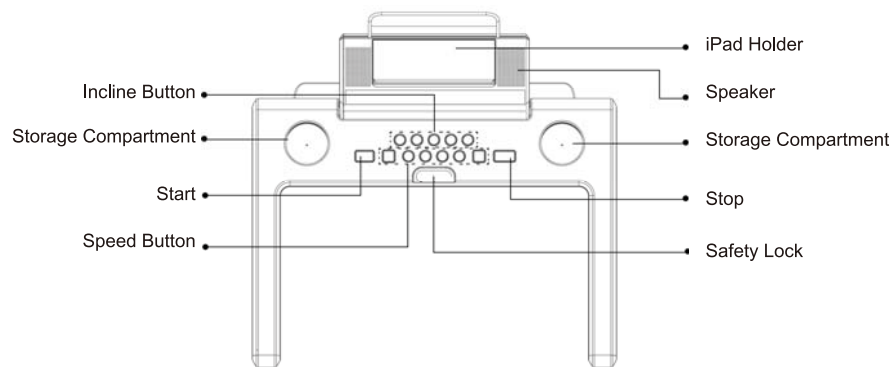
1. To avoid possible injury, read all instructions and warning labels before using this machine.
2. Use the treadmill solely as described, and subject to all limitation and restrictions, as set forth herein.
3. It is the full responsibility of the owner to assure that anyone using the machine is aware of all precautions set forth herein and is physically and medically capable of using the treadmill without injury.

4. Consult a medical provider or fitness specialist before starting any exercise. This is especially important for individuals over the age of 35 or for those with health conditions.
5. This machine is meant for indoor use only and for areas with controlled temperatures. Do not use the treadmill in areas without controlled temperatures or without air conditioners, such as garages, walkways, swimming pools, bathrooms, parking lots, or outdoor areas.
6. Do not place the machine in a cooler environment or in an environment with high humidity. Failure to follow these precautions can directly damage machine's electronic parts. If you fail to use treadmill in accordance with the precautions listed above, your warranty will be null and void.

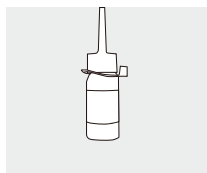
GENERAL INTRODUCTION



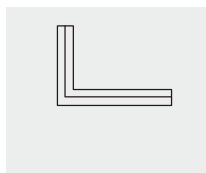
CONSOLE



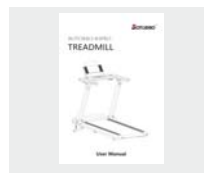
ACCESSORIES



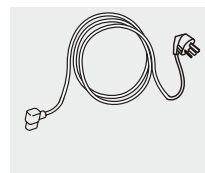
Lubricant



Allen Wrench



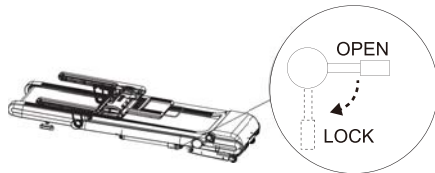
User Manual



Power Cord

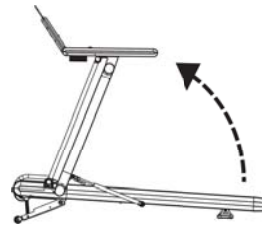
FOLD

01



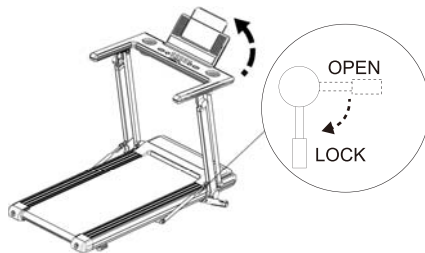
Move the hydraulic springs on both sides of the armrest from the locked position to the open position; at this point, the armrest is in the unlocked state.

02



Lift the armrests upward with both hands to a certain angle, and the armrests will automatically rise to their final height.

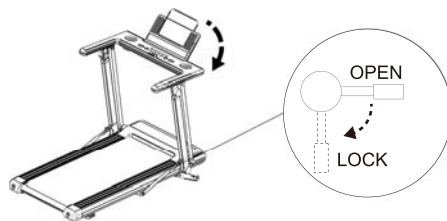
03



Once unfolded, you should move the hydraulic springs from the open position back to the locked position, at which point the armrest is in the locked state. Hold the display panel with both hands and adjust it to the suitable viewing angle.

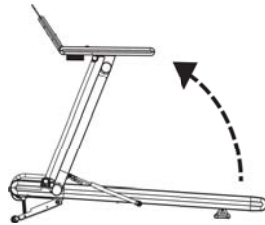
UNFOLD

01



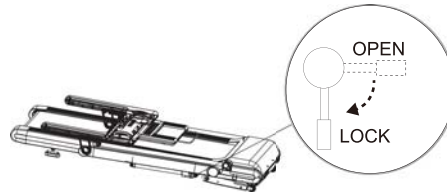
Hold the display panel with both hands and adjust it to be parallel with the armrest. Move the hydraulic springs from the locked position to the open position; at this point, the armrest is in the unlocked state.

02



Hold both ends of the left and right armrests with your hands and push the armrests down until they are flush with the edge of the treadmill. During the storage process, keep holding the ends of the armrests with both hands until the storage is complete.

03



After storage is complete, you should move the hydraulic springs from the open position back to the locked position; at this point, the armrest is in the locked state.

TRANSPORTATION

Before moving the treadmill, you must unplug the treadmill's power cord from the socket. Ensure that the armrest hydraulic spring lock is in the locked state.

01



Walk to the end covers, grasp the raised end covers with both hands, and lift the machine.

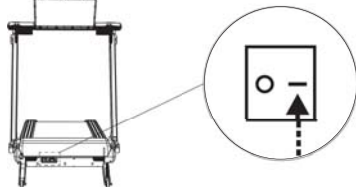
02



There are two transportation wheels underneath the motor cover for moving the treadmill using the wheels to the desired position. During the moving process, always hold onto the treadmill.

OPERATION GUIDANCE

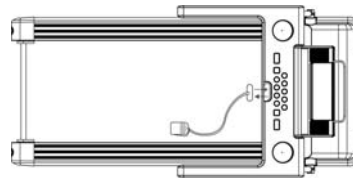
01



TURN ON THE TREADMILL POWER.

- Connect the treadmill to the power source.
- Turn on the treadmill's power switch. Afterward, the treadmill screen will automatically light up, completing the startup process.

02



SAFETY LOCK

- The treadmill cannot operate when the safety lock is in the disconnected state.
- To start running again, please reattach the magnetic safety lock.
- When not using the treadmill, be sure to remove the safety lock.

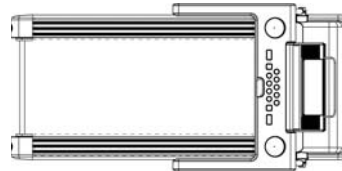
03



DISPLAY PANEL

- Hold the top and bottom of the display panel, then tilt it backward or forward until you can comfortably view the screen from the center of the platform.

04



SIDE RAIL

- The Side Rail on both sides of the treadmill allows users to safely step on during startup or in case of emergencies.
- In case of an emergency, you can grasp the treadmill's handrails with both hands and step onto the Side Rails on both sides of the treadmill with your feet to prevent losing balance and falling.

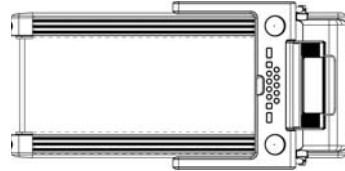
05



SAFETY LOCK BUCKLE

- a. Before using the treadmill, familiarize yourself with the emergency stop procedure. After getting on the machine, clip the safety lock buckle onto your clothing. In the event of an emergency during your workout, pull off the safety lock buckle from the end of the handle, and the treadmill will quickly stop.
- b. While the treadmill is running, disconnect the safety lock, and the treadmill will stop quickly. To restart the treadmill, you must reset the safety lock.

06



TREADMILL DECK

- a. The treadmill deck of this treadmill is designed with a four-point suspension shock-absorbing structure. The deck will naturally deform based on the weight it bears to protect the user's knees and enhance the running experience.
- b. There are built-in rubber pads at the points where the treadmill contacts the ground, providing cushioning and natural deformation.

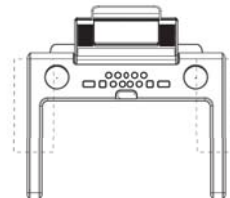
07



IPAD HOLDER

- a. The iPad Holder can be used to place an iPad or other tablet devices, as well as magazines and other publications.

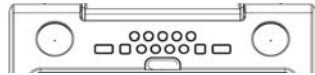
08



HANDRAIL

- a. When needed, step onto the Side Rail of the treadmill and use the handrail to maintain balance.
- b. When operating the treadmill control panel, one must grasp the handrail with one hand.

09



STORAGE COMPARTMENT/WATER BOTTLE HOLDER

a. The storage compartment and water bottle holder provide users with a place to place items while exercising.

10



IDLE FEATURE

a. When the treadmill is started, if the treadmill belt remains unused for an extended period, the treadmill will automatically pause. To resume, press the start button.

BUTTON FUNCTION

INCLINE ADJUSTMENT



Incline increase button.
Press to increase the incline by one level.



Incline decrease button.
Press decreases the incline by one level.



After pressing it, the treadmill's incline will increase to level 3.



After pressing it, the treadmill's incline will increase to level 6.



After pressing it, the treadmill's incline will increase to level 9.



There are a total of 0 to 12 incline levels.

NOTE:

1. While the treadmill is adjusting the incline up or down, the treadmill deck's slope will change. Please maintain your balance.
2. When the treadmill loses power, the current incline status remains unchanged. After power is restored, the incline is checked and then set to zero.
3. When the safety lock is disengaged and reset, the current incline status remains unchanged. When the treadmill is restarted, the incline returns to zero first, and then it adjusts up or down based on the preset incline value.

SPEED ADJUSTMENT (IMPERIAL UNITS AND METRIC UNITS)



Pressing it will adjust the treadmill's speed from the current setting to 2 mph.



Pressing it will adjust the treadmill's speed from the current setting to 4 mph.



Pressing it will adjust the treadmill's speed from the current setting to 6 mph.



Pressing it will adjust the treadmill's speed from the current setting to 8 mph.



Pressing it will adjust the treadmill's speed from the current setting to 3km/h.



Pressing it will adjust the treadmill's speed from the current setting to 6km/h.



Pressing it will adjust the treadmill's speed from the current setting to 9km/h.



Pressing it will adjust the treadmill's speed from the current setting to 12km/h.



Short press: Speed increases by 0.1 mph(0.1km/h)each time you press it.
Long press: Speed increases rapidly.



Short press: Speed decreases by 0.1 mph(0.1km/h)each time you press it.
Long press: Speed decreases rapidly.



Pressing the start button will initiate a 3-second countdown, after which the treadmill will start.

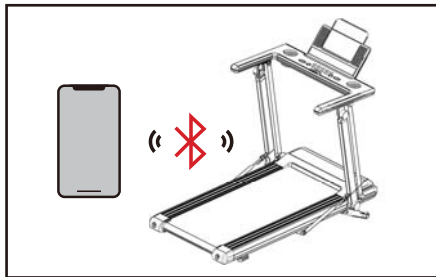


Pressing the stop button will gradually slow down the treadmill until it comes to a complete stop, and it will reset the exercise data.

BLUETOOTH SPEAKER

This treadmill is equipped with a Bluetooth speaker that connects to your cell phone's Bluetooth function. You can control the volume of the speaker through your phone. This machine supports both phones and tablets with Bluetooth capability.

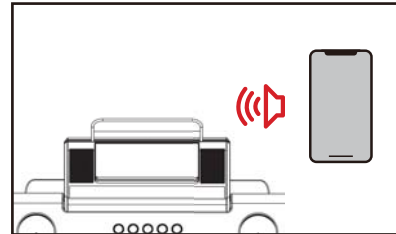
PAIRING



1. Press the power button on the machine's motor cover.
2. Open Settings on your phone.
3. Select Bluetooth settings, and make sure your Bluetooth is on.
4. After the Bluetooth function is turned on, choose R5PRO-Audio Bluetooth speaker from the list of devices available to pair.
5. When the Bluetooth connection is successful, you will hear a tone from the treadmill's Bluetooth speaker.

USE THE SPEAKER

You can control song playback with a mobile phone or tablet via Bluetooth.



TROUBLESHOOTING

If the Bluetooth device cannot connect to the unit, there are three troubleshooting solutions:

1. Power on the machine and wait 10 seconds. Restart the machine and then refresh the pairing.
2. Delete the Bluetooth device and refresh the pairing. Click the treadmill Bluetooth speaker and enter the pairing code again.
3. Check if another device has successfully connected to the Bluetooth speaker.

ERROR CODE AND TROUBLE SHOOTING

ERROR CODE	POSSIBLE CAUSE	SOLUTION
ERR 02	Surge Protection	1. Power off for 4-5 minutes, then restart. 2. Check motor connections and replace the controller.
ERR 05	Overcurrent Protection	1. Apply lubrication to reduce the excessive friction resistance on the treadmill. 2. Replace the controller due to damage.
ERR 06	Overload Protection	1. Apply lubrication to reduce the excessive friction resistance on the treadmill. 2. Replace the controller due to damage.

PRODUCT MAINTENANCE

WARNING

Before cleaning or maintaining the product, please make sure to turn off the power switch of the treadmill.

1.Reinigung: Eine gründliche Reinigung verlängert die Lebensdauer des Laufbandes.

1.Cleaning: A thorough cleaning will extend the lifespan of the treadmill.

Regularly remove dust to keep the components clean. Be sure to sweep the exposed portions of the walking belt to reduce the accumulation of impurities underneath. Ensure that your athletic shoes are clean to avoid carrying foreign objects that may cause wear and tear on the walking board and walking belt. Clean the surface of the walking belt with a damp cloth dipped in soapy water, being careful not to allow water to splash onto the electrical components. We recommend performing a surface cleaning after each workout.

2. Lubrication

After a period of use, it's necessary to lubricate the treadmill belt with specialized lubricating oil.

Recommended lubrication intervals:

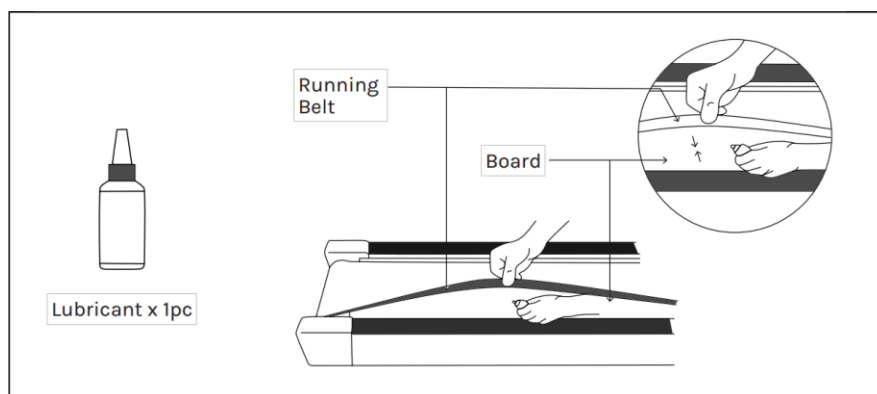
- Usage less than 3 hours per week: Lubricate every 5 months
- Usage 4-7 hours per week: Lubricate every 2 months
- Usage more than 7 hours per week: Lubricate every 1 month

Follow these steps to lubricate:

- Stop the treadmill, turn off the power switch and unplug the power plug.
- Apply 5-10 milliliters lubricant to the inner center of the belt as the below picture shows.
- Set the treadmill to a speed of 1 km/h(0.6mph) for 2-3 minutes to evenly distribute the lubricant.
- Stop the treadmill, lightly step on the belt from left to right for a few minutes. The belt will absorb the lubricant.

! NOTE

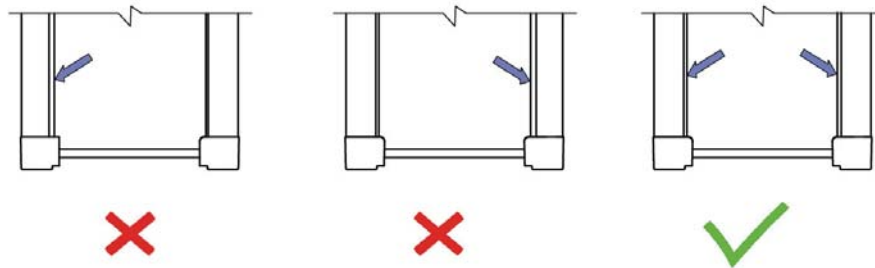
Do not overapply lubricant each time



3. Treadmill Belt Deviation Adjustment

All treadmills are adjusted for belt deviation before leaving the factory. However, after a period of use, belt deviation may still occur. There could be several reasons for this phenomenon:

- (1) Uneven placement of the mainframe.
- (2) Uneven force exerted by the user's feet.



ADJUSTMENT OPERATIONS:

Place the treadmill on a level surface. Set the electric treadmill to run at a speed of approximately 2.8-3.8 MPH (4.5-6 KPH) and observe the alignment of the walking belt.

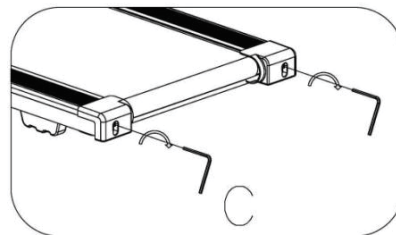
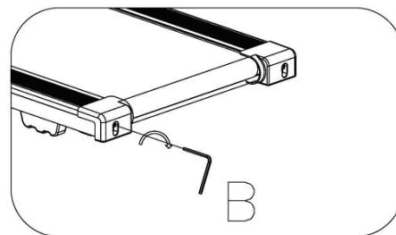
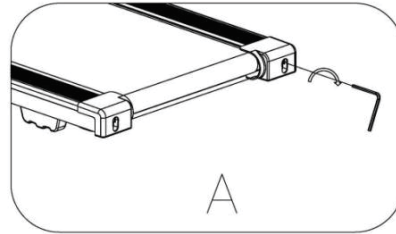
If the walking belt veers to the right, stop the treadmill and turn off the power switch. Rotate the right adjustment bolt clockwise by 1/4 turn (as shown in Figure A), turn on the power switch, and let the treadmill run while observing the alignment of the walking belt. Repeat these steps until the walking belt is centered.

If the walking belt veers to the left, stop the treadmill and turn off the power switch. Rotate the left adjustment bolt clockwise by 1/4 turn (as shown in Figure B), turn on the power switch, and let the treadmill run while observing the alignment of the walking belt. Repeat these steps until the walking belt is centered.

4. Treadmill Belt Tension Adjustment

All treadmills are adjusted for belt tension before leaving the factory. However, after a period of use, the treadmill belt may become loose. The specific manifestation is that there is a pause or slippage when using the treadmill normally.

If the walking belt becomes loose, it needs adjustment. Stop the treadmill, turn off the power switch, and simultaneously rotate the adjustment bolts on both sides clockwise by 1/4 turn (as shown in Figure C). Turn on the power switch and start the treadmill, walk on the walking belt to check the tension. Repeat these steps until the walking belt reaches the appropriate tension.



NOTE

When adjusting the treadmill belt, do not overtighten it. Adjust the belt tension to a level where the belt doesn't slip during normal use. Over-tightening the belt can accelerate its wear and tear, increase motor load, and shorten the lifespan of bearings.

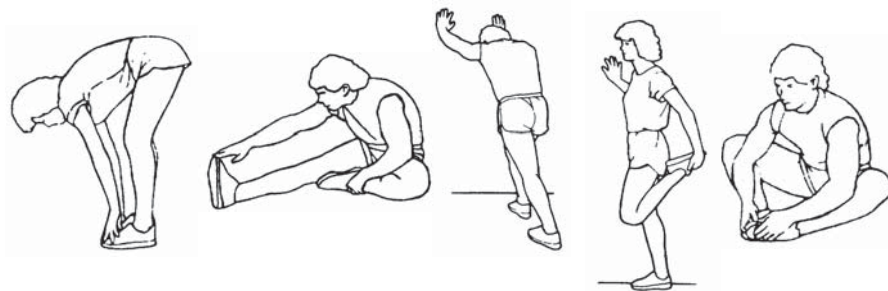
EXERCISE GUIDENCE

WARM-UP EXERCISE

A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down I relaxation period after the exercise session ensures that you do not experience any muscular problems. In the following you will find stretching exercise instructions for warming up and cooling down. Please pay attention to the following points:

1. NECK EXERCISES

Tilt your head to the right and feel the tension in your neck. Slowly drop your head down to your chest in a semi-circle and then turn your head to the left. You will feel a comfortable tension in your neck again. You can repeat this exercise alternately several times.



2. EXERCISES FOR THE SHOULDER AREA

Lift the left and right shoulders alternately, or lift both shoulders simultaneously.

3. ARM STRETCHING EXERCISES

Stretch the left and right arms alternately towards the ceiling. Feel the tension in your left and right side. Repeat this exercise several times.

4. TOUCH TOES

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20-30 seconds if possible.

5. EXERCISES FOR THE KNEES

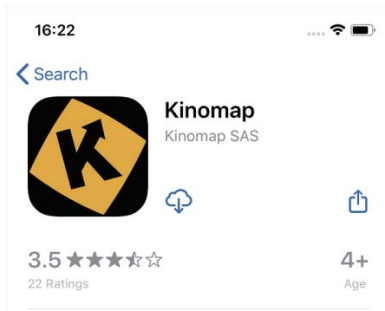
Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 30-40 seconds if possible.

6. EXERCISES FOR THE CALVES/ACHILLES TENDON

Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30-40 seconds if possible.

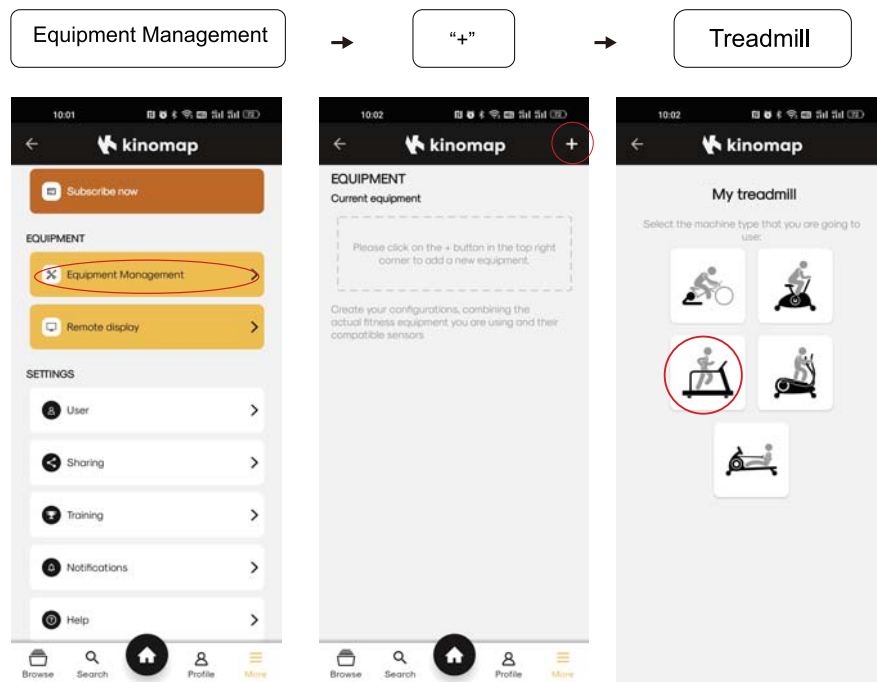
APP OPERATION

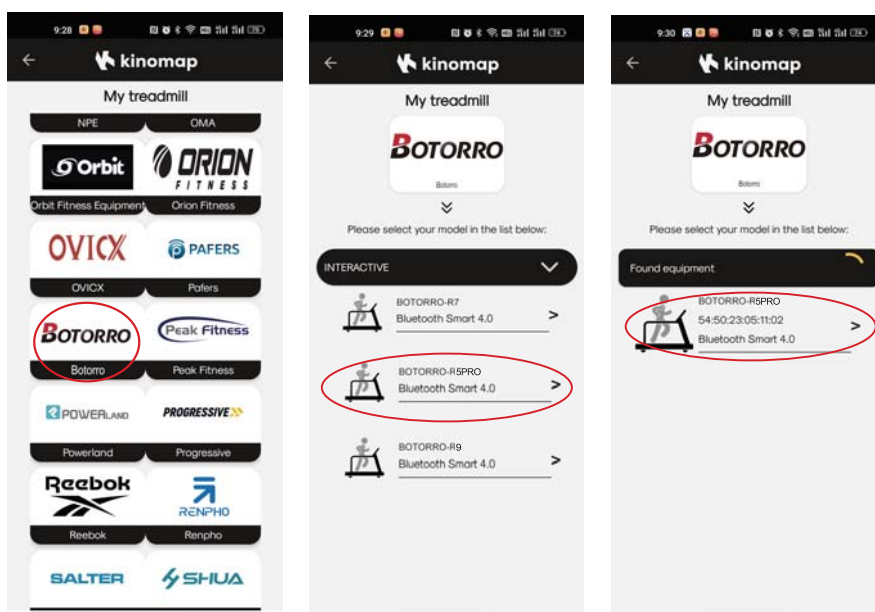
(1) Search "KINOMAP" in the mobile app store to download the app.



(2) After the download is complete, open the APP and register your personal information, turn on the Bluetooth of your mobile phone, and make sure that the monitor is powered on and awake.

(3) Add sports equipment, the specific operations are as follows:





(4)After the equipment is connected, choose the scene you like and start your workout!

FCC WARNING

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.

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

RF Exposure Statement

To maintain compliance with FCC's RF Exposure guidelines, this equipment should be installed and operated with minimum distance of 20cm the radiator your body. This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna nr transmitter.

IC WARNING

This device contains licence-exempt transmitter(s)/receiver(s)/ that comply with Innovation Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- 1) this device may not cause interference and
- 2) this device must accept any interference, including interference that may cause undesired operation of the device.

Radiation Exposure: This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment; To maintain compliance with IC's RF Exposure guidelines.

This equipment should be installed and operated with minimum distance of 20cm the radiator your body. This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

Déclaration de l'ISED Canada :

Cet appareil contient des émetteurs / récepteurs exempts de licence qui sont conformes aux RSS exempts de licence d'Innovation, Sciences et Développement économique Canada. L'opération est sous réserve des deux conditions suivantes :

- (1) cet appareil ne peut pas causer d'interférences et
 - (2) ce dispositif doit accepter toute interférence, y compris
- peut provoquer le fonctionnement indésirable de l'appareil.

Exposition aux rayonnements : Cet équipement est conforme aux radiations du Canada

Les limites d'exposition pour un environnement incontrôlé Pour maintenir le respect des guides d'exposition RF d'IC, l'équipement doit être installé et actionné avec une distance minimale de 20cm le radiateur de votre corps. Cet appareil et ses antennes ne doivent pas être co-localisé ou en opération en conjonction avec toute autre antenne ou émetteur

BOTORRO[®]



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