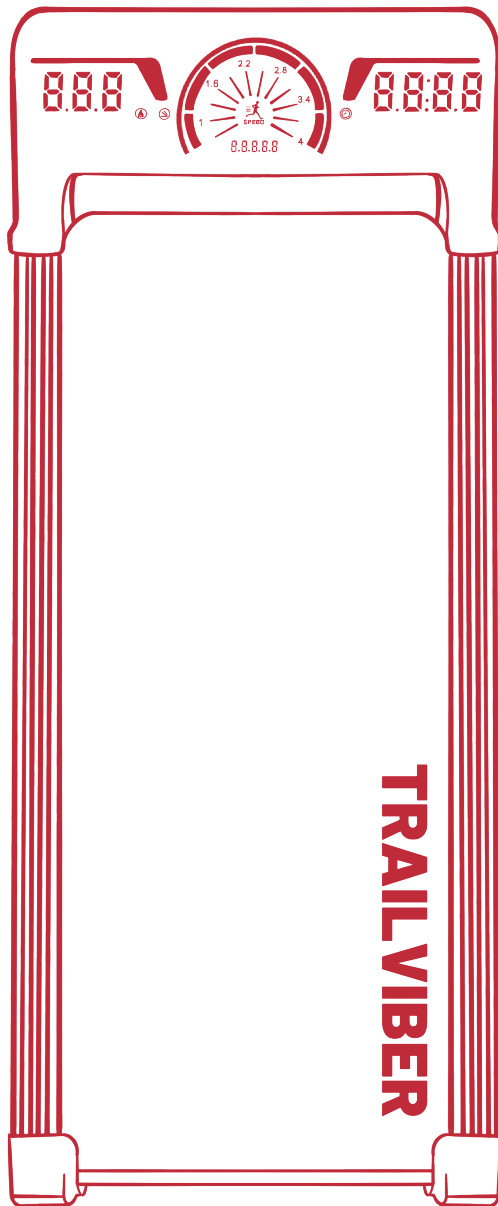


USER MANUAL



TRAIL VIBER



Jumpstart your fitness — download the app and connect to your treadmill.



pay attention to safety



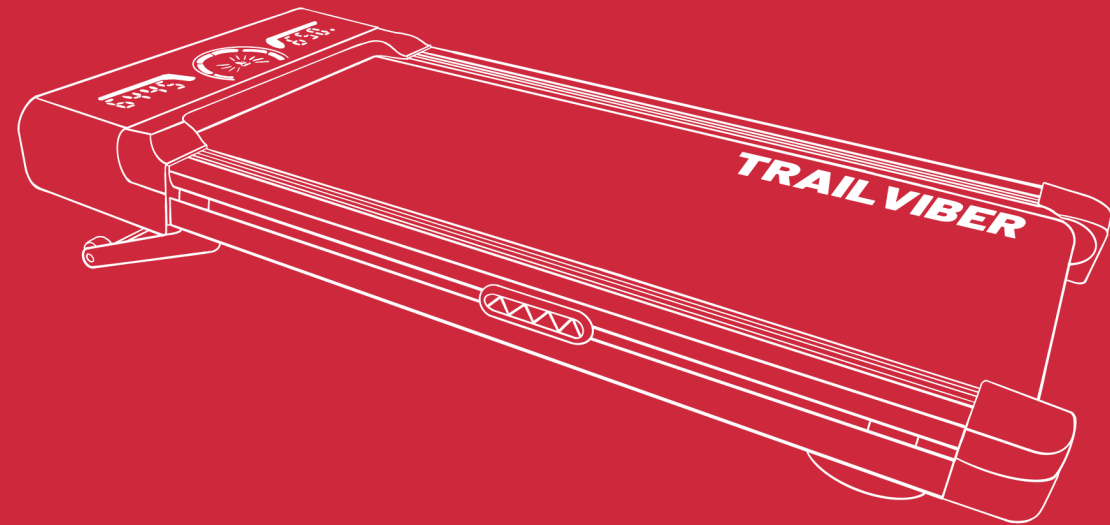
keep children away



Wear Shoes Required

For safety, keep your children away from treadmill while exercising!

TRAIL VIBER



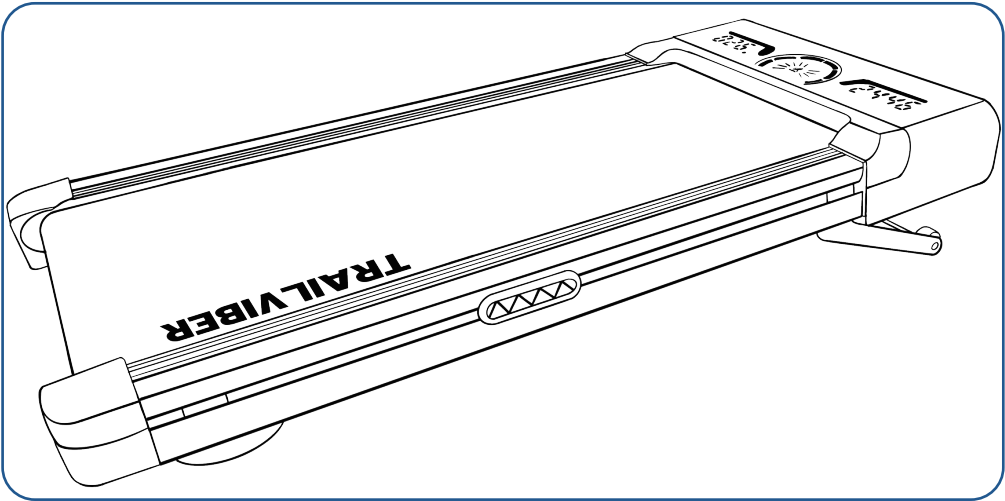
User Manual
Treadmill with Auto Incline

CONTENT

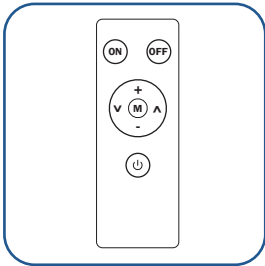
Package List	02
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Join us on the journey towards a healthier,
happier you with TRAILVIBER - your pathway to fitness anytime, anywhere.

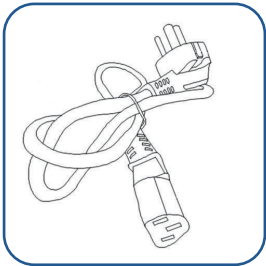
Package List



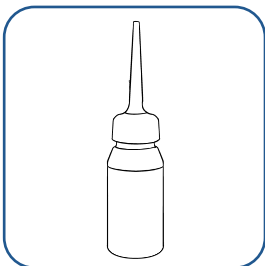
Treadmill



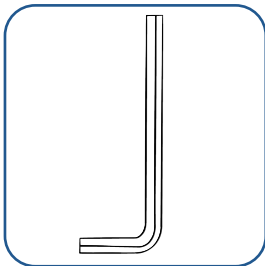
Remote Controller x 2



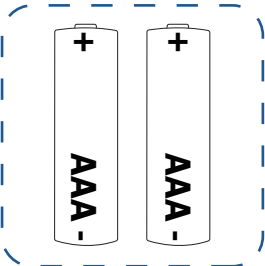
Power Line x 1



Oil Belt Lubricant x 1



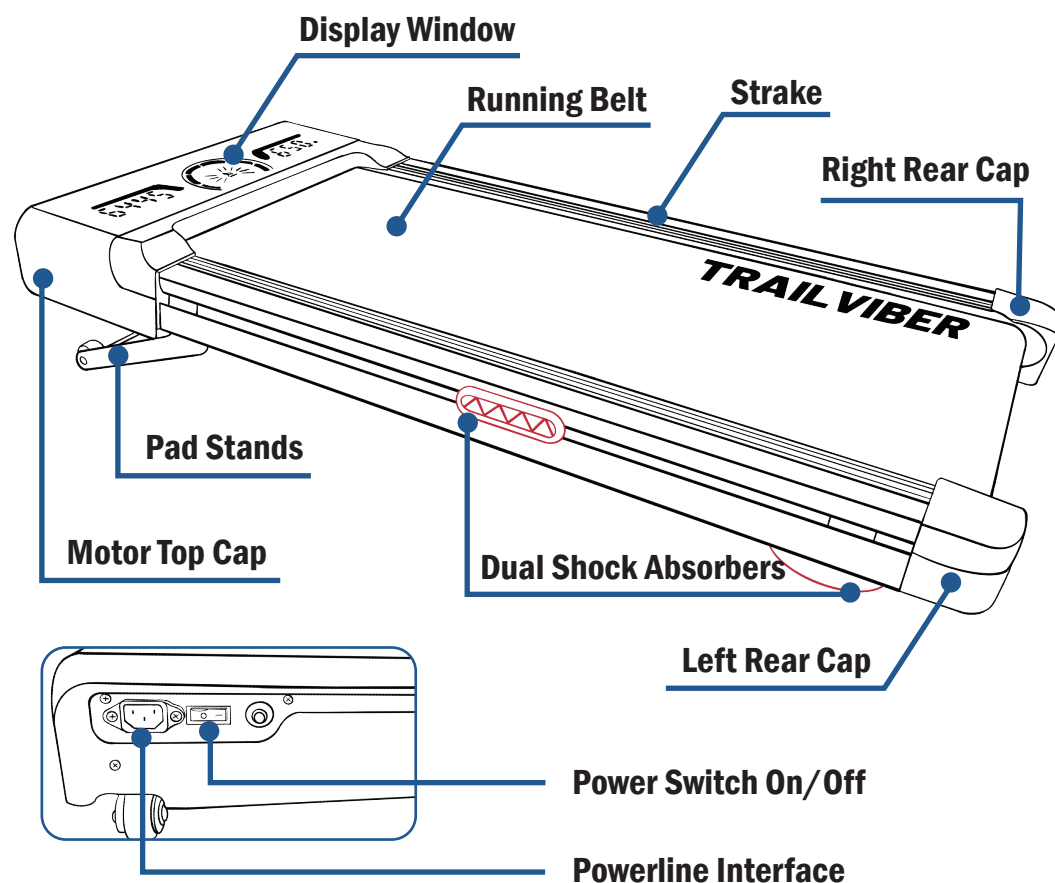
L-Shaped Wrench x 1



Triple-A x 2

(No battery included for shipping safety,
please prepare it first !)

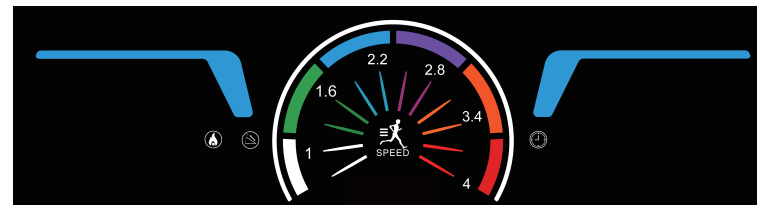
Product Structure



Product Specifications

Product Configuration	Technical Parameters
Speed Range	0 - 4.0 mph
Maximum Load Bearing	450 lbs
Maximum Horsepower	2.5 hp
Incline	12% with 9 - grade positions

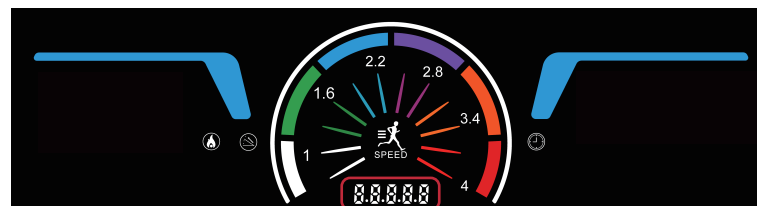
Introduction To Display



1.SPEED (SPEED Display)

SPEED Display count from 0.7 to 4.0 miles per hour. When starting the treadmill, the default speed is 0.7 miles per hour, with a maximum setting of 4 miles per hour. The remote control adjusts the speed by increments of 0.3 miles per hour each time.

Notice: When using the **FitYo** App, the speed can be adjusted more precisely in 0.1 mph increments, allowing smoother and more accurate control.



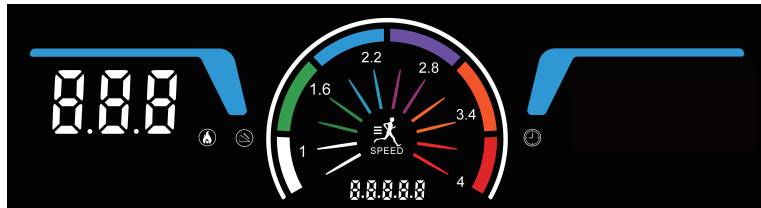
2.DISTANCE (Distance Display)

Display count from 0 to 9999.9 miles.

While the machine is in standby mode, it defaults to showing the historical total miles walked (with one decimal point). Long-press the "M" button to reset the cumulative mileage data.

When starting to walk, the count begins from 0, displaying the accumulated miles for that session.

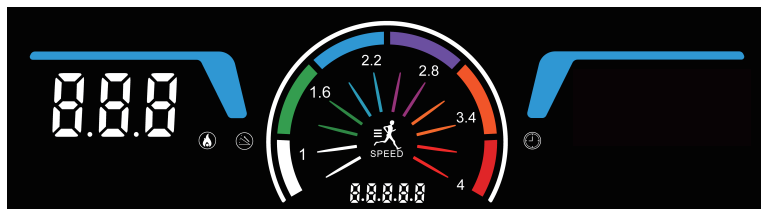
While the machine is in standby mode, you can use the "M" button to select distance as the unit of measurement for countdown. By default, it counts down in 1.0-mile intervals, but you can set it within the range of 0.5 to 99.9 miles. Each press of the remote control adjusts the countdown by 0.1 miles.



3. Calories Burned (Calorie Consumption Display)

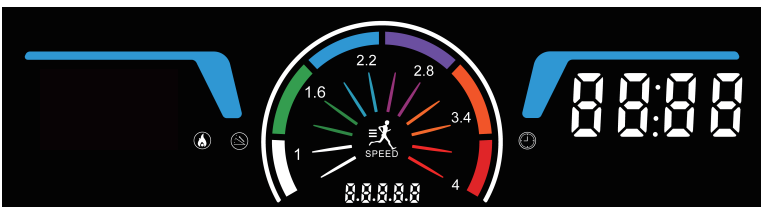
Calories Burned (adjustable): Displays 0–999 calories. In standby mode, press the “M” button to set calories as the countdown unit. Default interval is 50 calories, adjustable between 10–999. Each press of the remote increases the countdown by 1 calorie.

Please note the displayed calorie count is an estimate based on average profiles and motion sensors, not personalized data. It helps gauge workout intensity. For accurate results, use fitness apps or devices with weight input and heart rate monitoring.



4. INC Incline (Incline Description)

INC Incline (adjustable): 0 to 9 levels, defaulting to level 0, which corresponds to a 12% incline. Each press of the remote control adjusts the incline level by 1.



5. TIME (Time Display)

TIME (adjustable): Displays 0–99:59. In standby mode, press “M” to select time as the countdown unit. Default is 30 minutes, adjustable between 5–99. Each remote press changes countdown by 1 minute.

Operation Mode

1 - Manual/Free Mode

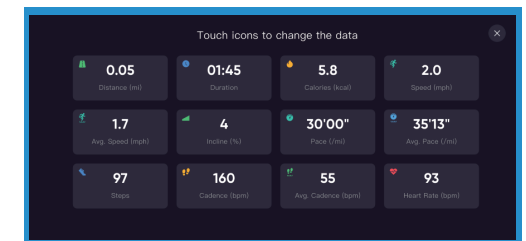
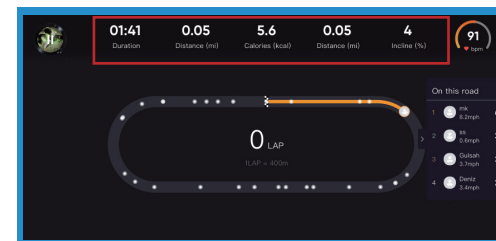
Startup: After turning on the power switch, the machine enters standby mode. Click ON to start the treadmill directly. After the screen displays 321 and a sound prompt, the treadmill defaults to a speed of 0.7 miles per hour, with calories, time, and distance starting from 0, and the incline defaulting to 0.

During operation, you can adjust the speed and incline at any time:

1. Speed Setting: 0.7 to 4.0 miles per hour, defaulting to 0.7 miles per hour. The speed indicator on the display lights up the first small grid. Each press of the remote control adjusts the speed by 0.3 miles per hour, and the speed indicator on the display synchronizes accordingly.

When using the **FitYo App**, the speed can be adjusted more precisely in 0.1 mph increments, allowing for finer control during your workout.

In the **FitYo App**, tap any value displayed at the top of the workout interface—such as speed, time, distance, calories, or others—to view detailed performance data and trends.



2. Incline Setting: 0 to 9 levels, defaulting to level 0. Each press of the remote control adjusts the incline by 1 level, and the incline indicator on the display shows the corresponding level number.

Stopping: Click OFF to stop the treadmill at any time. The speed and incline will gradually return to 0, calories and time reset to 0, and the distance display shows the historical total miles walked on the treadmill.

Note: In Free Mode, the treadmill will automatically stop after running for a maximum of 99 minutes.

2 - Countdown Setting Mode

While the machine is in standby mode, press the "M" button on the remote control to switch between calories, time, and distance. Choose any one of them to set the countdown target. By default, the countdown parameter is set for calories.

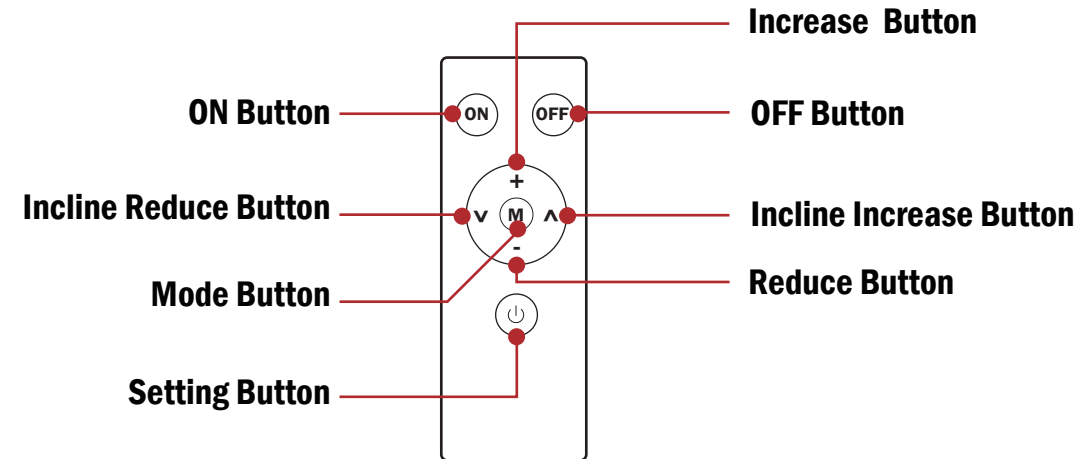
1. Press the "M" button to select calories as the unit of measurement for countdown. By default, it counts down from 50 calories, but you can set it within the range of 10 to 999 calories, adjusting by 1 calorie each time.

2. Press the "M" button to select time as the unit of measurement for countdown. By default, it counts down from 30 minutes, but you can set it within the range of 5 to 99 minutes, adjusting by 1 minute each time.

3. Press the "M" button to select distance as the unit of measurement for countdown. By default, it counts down from 1.0 mile, but you can set it within the range of 0.5 to 99.9 miles, adjusting by 0.1 mile each time.

Once you've selected and set a specific target for any one of these countdown options, click ON to start and begin using the treadmill. You can adjust the speed and incline as needed during operation.

Remote Control Instructions



ON Button (Start/Hold)

Once the power switch is turned on, press the ON button to start the treadmill. While the treadmill is running, pressing the ON button again will pause operation, and the display will show "PAU."

During pause mode, all current workout parameters—such as speed, incline level, distance, time, and calories burned—will be automatically saved. For safety, the speed and incline will gradually return to zero.

If you press the start button again within one hour, the treadmill will resume operation at the previous speed and incline levels, and your distance, time, and calories will continue accumulating.

However, if the Hold Mode lasts for more than one hour, all workout records will automatically reset to zero and cannot be recovered.



OFF Button

Clicking ON allows you to end walking/running at any time, with speed and incline automatically returning to zero, and the machine entering standby mode.



M Button

While stopped, you can click the M button to switch between countdown targets: calories, time, or distance. Then, use the + and - buttons to set specific countdown target parameters for the selected target. Once set, click ON to start running according to the countdown target. Once the target is reached, the treadmill automatically stops.



Increase Button/Reduce Button

You can use the + or - buttons to adjust the speed, calories, time, and distance.



Incline Increase Button/Incline Reduce Button

Use the ▲ or ▼ buttons to adjust the incline level.



Setting Button (Sound & Screen Light)

You can control the keypad sound effects and screen display with the corresponding buttons.

Regardless of whether the treadmill is in standby or running mode, you can press the button once to toggle the keypad sound effects on or off. By default, the keypad has sound effects when the machine starts up.

Only in standby mode (when the power switch is on), you can press and hold the button once to turn off the screen. Press the button again briefly to turn on the screen back-light.

Bluetooth Speaker Connection

We have a high-quality Hi-Res Audio Bluetooth speaker built so you can enjoy great music while working out.



1- Connect Bluetooth Speaker:

After the walking machine is powered on, you can connect the Bluetooth speaker of the walking machine through devices such as mobile phones or Pad.

IOS & Android device: Enter "Settings - Bluetooth", turn on Bluetooth, search, and select the device that matches the format: "FS-" followed by four random letters or numbers, and ending with one letter (e.g., FS-12AB-A). Once successfully connected, you will hear an audible prompt.

2- Play Music:

You can directly adjust the music volume through your mobile phone /Pad device and select and switch your favorite music.

3- Disconnect the Bluetooth Speaker:

You can directly turn off the Bluetooth function of the mobile phone /Pad, you can disconnect the connection with the Bluetooth speaker of the walking machine, once the disconnect is successful, the walking machine will have a sound prompt.

4- Replace the Player Device:

When a new device is waiting to be connected, the currently connected player device needs to disconnect/turn off the Bluetooth function first, disconnect the connection with the Bluetooth speaker of the walking machine, and the new device can be connected.

FitYo APP Connection & Operation



FitYo APP Scan to Download

FitYo is an interactive indoor training application



App Control for
Effortless Walking



Track Performance & Sync
Automatically

Link your TRAILVIBER treadmill with the **FitYo** app and jumpstart your fitness

- **Treadmill Control:** When controlling the treadmill, you can not only use the remote control but also directly operate the treadmill's auto incline and speed through **FitYo** APP, or select programs (preset or custom) within the APP to execute. **(Please notice the golden rule: the remote control always has the highest priority and will override any command from the FitYo App. For safety, always keep the remote control within reach. When using the App for control, it is recommended to set up a stable table parallel to the treadmill or place the treadmill under a desk, so your phone or tablet can stay steady and within easy reach.)**
- **Performance Tracking:** Monitor all your key metrics and sync seamlessly with your watch or other health apps.

Privacy Note: We do not access or store any personal or workout data. Data handling follows the FitYo App's own policy. Use of the App is optional and independent from our product.

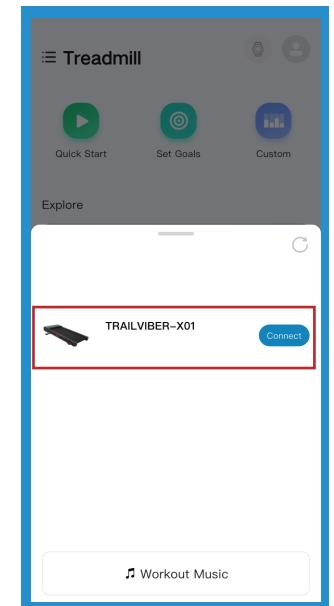
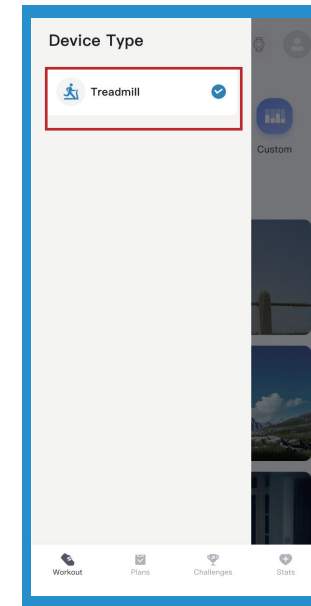
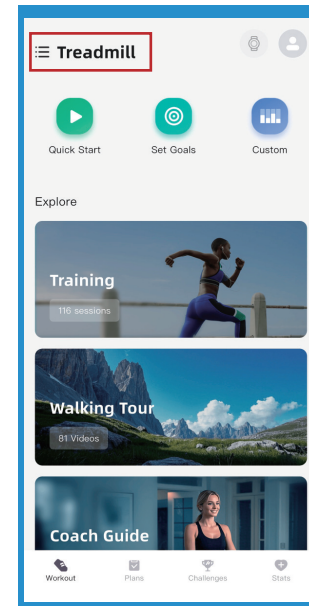
If you encounter any connection failures or other issues when using the **FitYo** APP to control the treadmill, please feel free to contact us at any time.

TRAILVIBERservice@outlook.com

1 - First-Time Setup

To connect your treadmill to the app:

1. Download the **FitYo** App from the App Store (iOS) or Google Play (Android).
2. Open the app and create your user profile by entering your personal details.
3. When prompted to select your equipment, choose "Treadmill."
4. Follow the in-app instructions to search for and connect to your treadmill via Bluetooth.



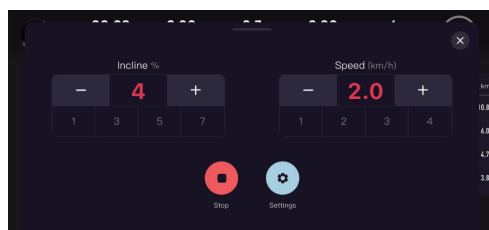
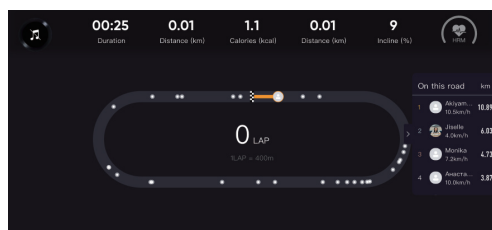
2 - Operation Modes

The **FitYo** app offers several modes to control your workout.

Manual Mode

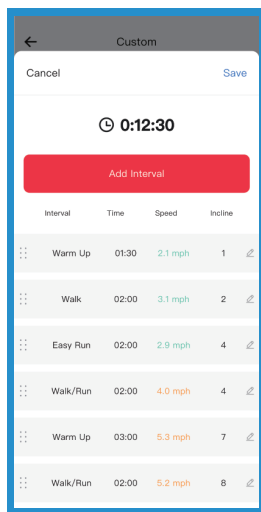
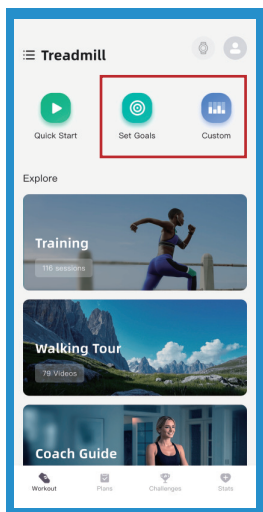
This mode gives you full control over your session.

- **Quick Start:** For an immediate start. Tap "Quick Start" to begin your workout. You can adjust the speed and incline from the app or the remote control.



- **Set Goals:** For targeted training. Before starting, you can set a target based on Distance, Time, or Calories. The treadmill will automatically stop once the target is reached.

- **Custom Program:** Create and save your own personalized workout routines. You can design a sequence of different segments (e.g., Warm Up, Run, Cool Down), each with a specific duration, speed, and incline.



3 - Smart Device Integration

Bluetooth Speaker Connection

Your treadmill can function as a high-quality Bluetooth speaker.

If you would like to play music from the **FitYo** App or any other app, please follow the instructions below to connect to our built-in high-quality Bluetooth speakers.

- On your phone or tablet, go to Settings - Bluetooth.

- Search for and select the device named like "**FS-XXXX**" to pair. A sound prompt will confirm the connection.

- Any audio played from your mobile device will now come through the treadmill's speakers.

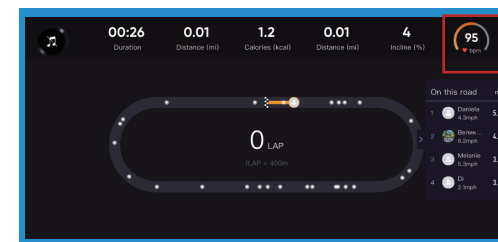
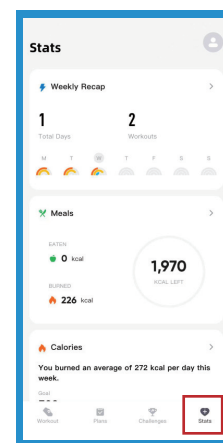
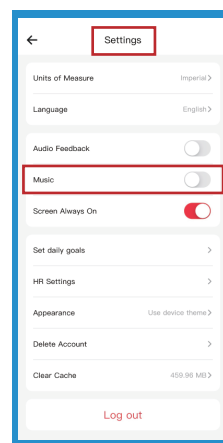
***Pro-Tip:** To use other music apps like Spotify, you may need to disable the default background music in the **FitYo** app's settings menu.

Smartwatch Connection (e.g., Apple Watch)

- Before using the **FitYo** App, please make sure your smartwatch is already paired with your mobile device to enable quick data synchronization.

- Pair your smartwatch with the **FitYo** App to sync real-time data such as heart rate and steps.

- The synced data will appear in the "Stats" tab of the app and can also be shared with your phone's native health application (e.g., Apple Health).



4 - Important Information & Tips

Remote Control Priority

- The Golden Rule: The remote control always has the highest priority and will override any command from the **FitYo** app. For safety, always keep the remote control within reach.
- To Use App Control: After turning the treadmill on, initiate your workout directly from the **FitYo** app.
- To Regain App Control: If the remote control is used first, the **FitYo** App will temporarily lose control until the treadmill is stopped. To switch back, you must press the [STOP] button on the remote. Once the treadmill belt has completely stopped, you can begin a new session from the app.

Hardware Limits

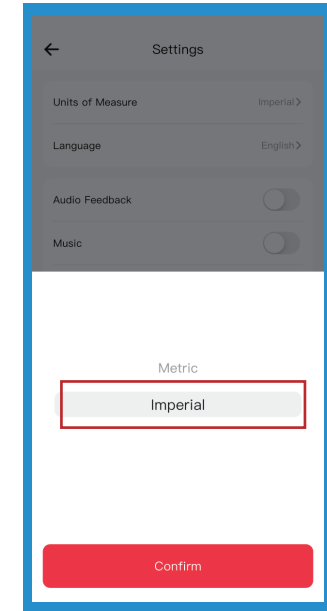
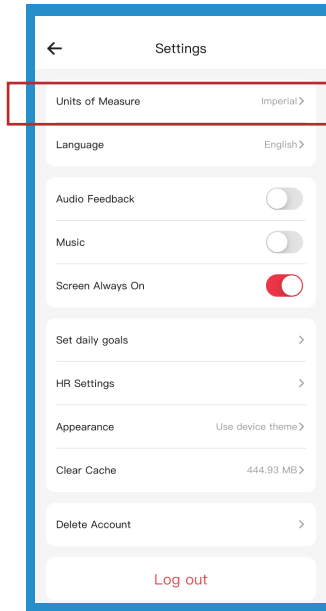
- Your treadmill has maximum hardware limits (e.g., Speed: 5.0 mph, Incline: Level 9). If a program in the **FitYo** app calls for a setting that exceeds these limits, the treadmill will safely operate at its physical maximum.
- When the treadmill enters sleep mode (the power switch lights on and the screen goes dark), you can wake it up by pressing any button on the remote control. After waking, the treadmill can continue to be operated and controlled through the **FitYo** App as usual.

App Background Activity

- The **FitYo** app must remain running in your phone's background to maintain connection. Do not force-close ("swipe away") the app during your workout, as this will sever the connection and stop app control.

Unit Setting (for U.S. Users)

- To match the treadmill's display, ensure the app's unit of measurement is set to Imperial (Miles).
- Path: In the **FitYo** app, go to Profile Avatar - Settings - Unit - Select "Imperial."



Running Belt Adjustment

Most treadmills come with the running belt properly adjusted from the factory. However, over time, the belt might loosen or become misaligned. If you notice that the belt is slipping while you're using the treadmill, it's a sign that it's loose. You can fix this issue by using an L-Wrench to make adjustments.

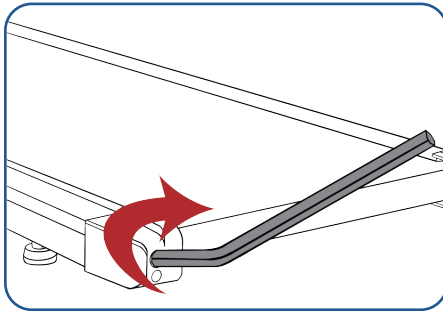
To adjust the running belt:

If you notice the running belt has shifted to the left, here's what you can do:

Grab the L-Wrench and turn the bolt on the left rear roller clockwise by a quarter turn to tighten the belt.

Plug in the power cord and start the treadmill. Let it run for about 3 minutes.

Keep repeating this process until the running belt is centered again.

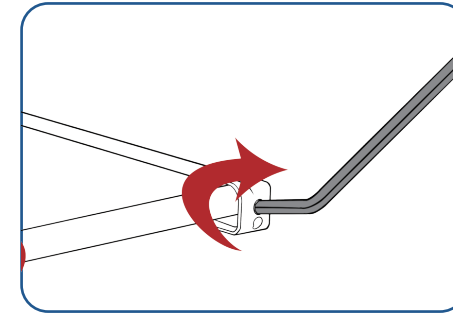


If you notice the running belt has shifted to the right, here's what you can do:

Grab the L-Wrench and turn the bolt on the right rear roller clockwise by a quarter turn to tighten the belt.

Plug in the power cord and start the treadmill. Let it run for about 3 minutes.

Keep repeating this process until the running belt is centered again.

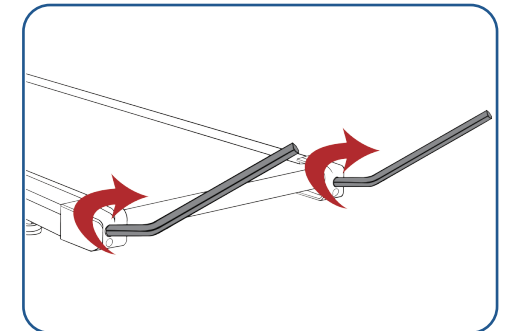
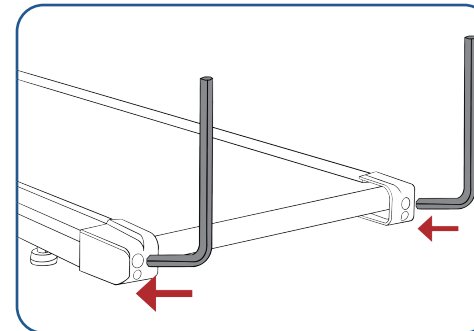


If you find that the running belt is loose, here's what you can do:

Take the L-Wrench and turn both rear idler bolts clockwise by a quarter turn to tighten the running belt.

Plug in the power cord and start the treadmill. Let it run for several minutes.

Keep doing this until the running belt stops slipping.



Oil Belt Lubricant

Lubrication:

After using the running belt for a certain period, it is necessary to lubricate it with a special lubricant. The recommended lubrication frequency depends on the usage time:

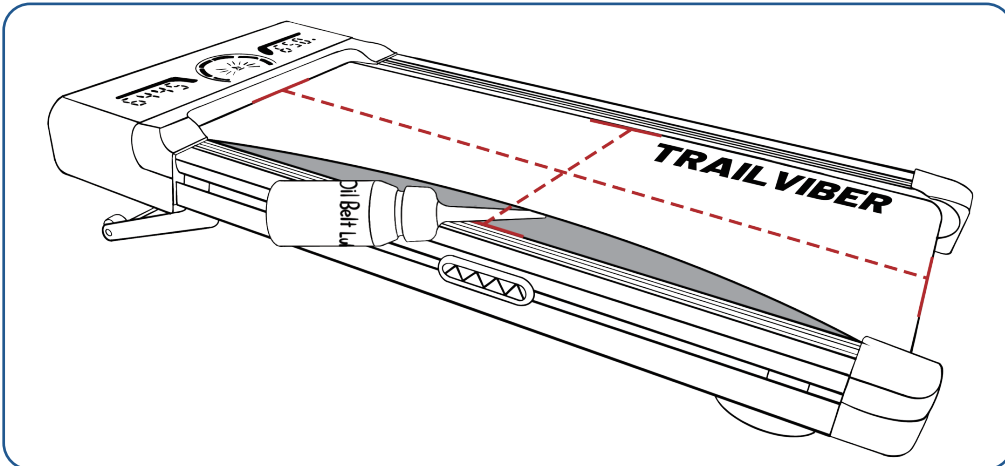
- For less than 3 hours per week, lubricate every 5 months.
- For 4-7 hours per week, lubricate every 2 months.
- For more than 7 hours per week, lubricate once a month.

Note: Do not add too much lubricant at once.

Check for lubrication:

To check if the running belt needs lubrication, grasp it and touch the center area at the rear as closely as possible. If there is silicone oil on the belt or if it feels slightly slick, it means that lubrication is not needed. If the running belt feels dry and there is no silicone oil on your hand, you need to add lubricant.

To lubricate the running belt, locate the both side of the belt and spray silicone oil on each side of it. Then, run the treadmill at a speed of 0.6mph, spreading the silicone oil evenly and letting the belt from left to right. After about a minute, the silicone oil will be absorbed into the running belt.



Warranty Statement

The TRAILVIBER warranty includes the following contents:

- 1-**Free refund or exchange the walking machine within 90 days from the date of purchase. TRAILVIBER VIP members get an additional 9 months of coverage.
- 2-**Free replacement of accessories within 1 year from the date of purchase. TRAILVIBER VIP members get an additional 2 years of coverage.
- 3-**Access to the **FitYo** APP, allowing you to connect, control your TRAILVIBER treadmill, and track your fitness data.

Trouble Shooting

When there is a problem with the treadmill's lift and it cannot lift normally:

- 1-Immediately after turning on the treadmill's power switch, press and hold the "▼" Incline Reduce Button on the remote for about 5 seconds. The lift motor will automatically rise and then lower.
- 2-The incline value will dynamically display as a scrolling "0" during this process. Once the calibration is successful, this scrolling display will stop.
- 3- If the scrolling display continues or the lift motor completes its movement but shows an "E09" error code, it means the calibration failed. In this case, repeat step 1 to retry the calibration.

If you find that the Walking Treadmill isn't available due to error codes that begins with E, or if you're facing any issues that disrupt its normal function, please email us immediately!

-If you encounter any connection failures or other issues when using the **FitYo APP** to control the treadmill, please feel free to contact us at any time.

TRAILVIBERservice@outlook.com

We're here to help and will swiftly send you a replacement walking treadmill and any necessary accessories. And there is no need to return the faulty treadmill for your convenience.

To ensure we can provide you with the best assistance possible, it would be wonderful if you could prepare the following information when contacting us:

- 1-Your order number.
- 2-A description and a picture or video of the issue you're experiencing, attach an error code if it appears on screen.
- 3-Recipient's full address and phone number.

Safety Information

TO REDUCE THE RISK OF INJURY, PLEASE READ INSTRUCTIONS IN FULL BEFORE USE.



- Intended for at-home use only. Please only use in an area with 3-6 feet of free space around your device. Do not operate your device on a carpet more than 0.5 inches thick or near water.
- Treadmill is not intended for use by children or those with physical, sensory, or cognitive impairments.
- To avoid injury, do not disassemble this machine without guidance of manufacturer.
- This product only works with electrical outlets with a voltage between 100 and 120VAC. If your product's plug does not fit your home's outlets, do not attempt to use.
- Check all parts before use to ensure the screws and nuts are not loose.
- Keep fingers away from moving parts. Don't put your hands or feet in the space under the running belt. Keep children or pets away from the treadmill.
- **Wear appropriate exercise clothes and athletic shoes while using the treadmill. Loose fitting or oversized clothing can get caught in machine.**
- Unstable power supply may overload the circuit. Do not plug high-power devices such as a computer into an outlet on the same circuit.
- This product can only be used by one person at a time.
- Do not place any objects on the machine. Do not stand directly on the belt when the machine is turned on.
- Always unplug the power cord after use before cleaning and performing maintenance.
- Only use manufacturer's accessories. Never exceed product's maximum weight capacity of 450lbs.
- Moisture and overheating will affect the use of the product. Please keep the machine, motor, power cord and plug away from water and high temperatures.
- If the treadmill overheats, emits smoke or a burning smell during use, please stop using it immediately and contact customer service for replacement.

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.

NOTE 1:

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.**

NOTE 2:

Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.