

**CONFIDENCE**  
**FITNESS**  
**GTR TREADMILL**



**IMPORTANT!**

Read the entire manual carefully before assembly and use.



# Introduction

## **Thank you for choosing CONFIDENCE**

**CONFIDENCE** treadmills have undergone thorough testing and have been certified safe and reliable for private use. Read through this manual carefully before beginning to use your treadmill in order to get maximum effect from your training. Keep the manual nearby so it can be consulted when needed.

**CONFIDENCE** treadmills have a well-conceived design and offers the user many benefits. The treadmill is easy to handle and folds up easily for storage.

The whole idea behind **CONFIDENCE** treadmills is the health benefits that can be gained through low intensity exercise – which in turn provide you with the physical basis for a good quality of life. Exercise has a large number of benefits, and the ability to exercise daily increases when it is easy to train at home.

## **Regular exercise also gives a large number of health benefits:**

- Stronger heart and better condition.
- Less risk of contracting cardiovascular diseases, high blood pressure and diabetes.
- Stronger muscles and increased joint mobility.
- Better balance and coordination.
- Less risk of osteoporosis.
- Lower blood cholesterol levels.
- Weight loss through increased energy expenditure.
- Less risk of type 2 diabetes.
- Less risk of bone fractures from osteoporosis.

The **CONFIDENCE** treadmill GTR is a product for people who want to walk or jog at home. The treadmill works equally well for low and high intensity training. The treadmill's motor has a high capacity, which means you can also jog on the belt. You can also choose to set the belt in three different positions if you want to work with a little higher resistance/incline. **CONFIDENCE** GTR works equally well for walking as for running – a compact and smart model, with pulse, calorie and distance monitor that you can easily use in the living room in front of the TV, all to make your training easy and simple.

Thank you on your purchase.



ENGLISH

# Contents

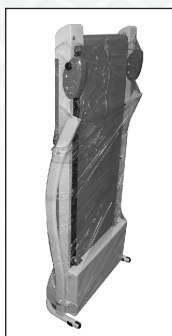
Assembly instructions.....	4
Incline of belt/folding away .....	5
Safety information .....	6-7
Starting the belt .....	8
Pre-set programs .....	9
Main parts of treadmill.....	10
Regular maintenance .....	11
Troubleshooting.....	12
Guarantee conditions .....	13
Exploded view drawing .....	14
Product specification .....	15
Contact information .....	16

# Assembly instructions

Open the packaging and take out the treadmill

**NOTE.** Fold up and **SAVE** packaging in case of future transport or return.

The package should contain the following parts:



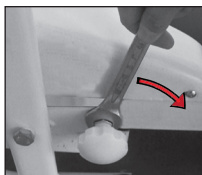
Picture 1



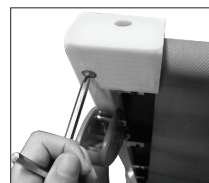
- Treadmill
- Handrail/Control panel
- Locking screw (1)
- Plastic cover (2)
- Toe cap(2)
- M4\*10 screw (2)
- Allen key (2)
- Safety strap (1 )
- M6 mounting screw (1)
- M8 mounting screw (4)
- Fixed wrench for locking screw (1)
- Locking Pin(1)

How you assemble your treadmill, step by step.

1.Place the treadmill in an upright position. Stand behind the treadmill, use your left hand to remove the plastic wrap (which secures the treadmill when folded), while at the same time holding the treadmill with the right hand. Use both hands when you open out the base onto the floor (as shown in picture 1).



**2. Screw the locking screw into position** (found in the accompanying bag) at the front of the belt, on the left side just below the base of the handrail, to secure the treadmill.



**3. Mounting the control panel**  
Align the control panel with the screw hole, screw in place with accompanying M6 screw.

**4. Mounting the plastic Toe cap**  
Align the plastic Toe cap with the screw hole, screw in place with accompanying M4\*10 Screw with small gasket.

## 3. Mounting handrail



Mount the handrail on frame leg and tighten screw with accompanying Allen key.



Mount the modular contact in the outlet on the right frame leg.



Fasten the plastic cover over the screws on the handrail.

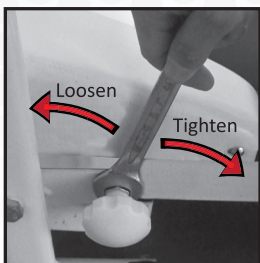


Screw the locking pin into position(found in the accompanying bag)

# Incline of belt/folding away

## Changing the belt's incline

1. Loosen the locking screw one turn (see picture 1)
2. Move the pin to desired position (there are three choices)  
Top hole (level position), middle hole (3.5% incline), bottom hole (7% incline)  
Release the pin by pulling it straight out and secure the pin by pushing it straight in. (see picture 2)
3. Tighten the locking screw. (see picture 1)



Picture 1



Picture 2

*Adjust the treadmills incline with the help of the pin on the adjustable feet*



## Folding away your treadmill.

1. Turn off the treadmill, turn off the main power switch and pull out the plug.
2. Loosen the safety screw
3. Lift up the base, pull out and secure the pin on the left side of the frame.

**Note.** Store the safety screw in the container for locking screws.

**NOTE.** Check that the belt is centered. If it is not, adjust the belt so that it runs freely (see section on Regular Maintenance page 11).

# Safety information

**Read all instructions before use  
to minimize any risks.**

*(Note that this is required for the guarantee to be valid.)*

**The treadmill should only be connected to a grounded wall outlet!**

*When using electrical products, especially if children are nearby,  
you should follow normal safety procedures which include the following:*

- This product should not be used by people with physical conditions that limit the users possibility of reaching the control panel.
- This product should not be used by children under 10 years old.
- People with learning disabilities should be instructed by a supervisor.
- Pregnant women should contact their doctor before using the treadmill.
- The treadmill is only intended for indoor use, in dry areas.
- Do not place the product in water or any other liquid.
- Do not use or have metal objects when on the treadmill, make sure your pockets are empty before use to avoid accidents.
- Keep the product dry and do not use in humid conditions.
- Turn off the main power switch and take out the plug when the treadmill is not in use or when being cleaned or moved.
- If the treadmill is damaged or you think there may be a fault, always contact us.

**All service and repairs to this treadmill are to be performed by authorized personnel.**

- This product is designed solely for private use.  
It is not for professional use.
- When you start, always stand on the side rails.  
Only get on the belt when it has started moving.

Warning – to minimize the risk of burns, electric shocks, fire or other personal injury: never leave the treadmill unattended when it is plugged in . Remove the electrical plug from the wall when the treadmill is not in use, e.g. to stop unsupervised children from starting the treadmill. Never remove the electrical plug with damp hands. Pull on the plug, not on the cord. Make sure the power cord is never crimped, pinched or damaged.

**SAVE THESE INSTRUCTIONS.**

# Safety information (contd).

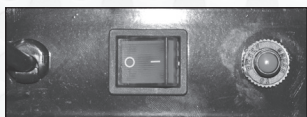
## To remember before using the treadmill.

- Adjust the belt if needed with accompanying Allen key, if the belt is off-centre or making an unusual sound (see section Regular maintenance on page 11).
- Before you turn on the power, make sure that the treadmill is correctly assembled and placed on a flat surface.
- Do not place the treadmill on a thick textile carpet, air must be able to circulate under the treadmill.
- Do not wear clothing that is too long as it may get stuck in the treadmill. Empty your pockets before use.
- We recommend that you wear walking shoes/gym shoes, not shoes with a heel as these can lead to injury as well as damage to the treadmill.
- To avoid accidents, ensure there are no children or pets in the immediate vicinity.
- Always use the "safety strap" when you exercise on the treadmill.  
This is a safety measure that causes the treadmill to stop immediately if its magnets are separated from each other. The safety strap can be fastened to the lower part of your top.
- Start at the lowest speed and begin walking, then increase speed successively until you feel comfortable and the desired speed has been reached.
- To make getting on and off easier, it is recommended to leave about a two square metre area clear behind the treadmill. This maximizes safety during use.

# Starting the belt

## Activating the treadmill.

Put the electrical plug in a grounded wall outlet and then turn on the power switch on the front right side of the treadmill (see picture 1) . As soon as the power is turned on a short sound is emitted that means the product is in stand-by mode. Attach the safety strap magnet (see picture 2) in the round hole on the front of the control panel. (The display shows "--" if you have not attached the safety strap on the front of the display).



Picture 1



Picture 2



### THE DISPLAY SHOWS:

SPEED, TIME, DISTANCE AND PULSE.  
( To view estimated calorie burn press PULS/CAL once, press once to return to pulse view)

*When you feel ready and are standing on the treadmill:*

### Starting the belt

1. Press the start button,  
The display counts down and beeps three times.  
The belt starts at the lowest speed (0,8km/h),  
the pre-set program time is 60 minutes.

### Changing speed

There are several ways of changing speed.

1. Increase/decrease speed with the ▼/▲ on the control panel.
2. Increase speed with the +/- button on the handrail.
3. Go straight to 3, 5, 7km/h with the quick choice buttons on the control panel.

### Changing program time before starting in manual control mode.

1. Press the Mode button once (the display shows 30 minutes).
2. Select desired program time (total minutes) with the t/s
3. Press the start button, the display counts down and beeps three times. The belt starts at the lowest speed (0,8km/h).
4. Select desired speed.
5. The display counts down from the selected time.

### Choosing distance before start in manual control mode.

1. Press the Mode button twice (the display shows 1km)
2. Select distance (total km) with the ▼/▲
3. Press the start button, the display counts down and beeps three times. The belt starts at the lowest speed (0,8km/h).
4. Select desired speed.
5. The display counts down from the selected distance

### Using the twelve automatic programs P01-P12

1. Press the PROG button until the desired program is shown in the display.
2. The pre-set time 30 minutes blinks in the display. Use the ▼/▲ to enter the desired time (5-60 minutes).
3. Press the start button. The automatic program starts after a three second countdown.

# Pre-set programs

**Twelve different pre-set programs can be used, P1 to P12, or you can decide speed and time yourself.**

**Autoprogram:** Press the "PROG" button and select one of the twelve pre-set programs. When you have selected a program, press START.

The autoprogram has a pre-set time of 30 minutes and is divided into 20 segments of 1,5 minutes (each representing 5% of the selected time). If you wish to change the selected time, this can be done through the "▼" or "▲" buttons. (The pre-set time can be changed from 5 minutes up to a maximum of 60 minutes). When you train using the autoprogram, the timer starts on the time you wish to exercise and then counts down to zero.

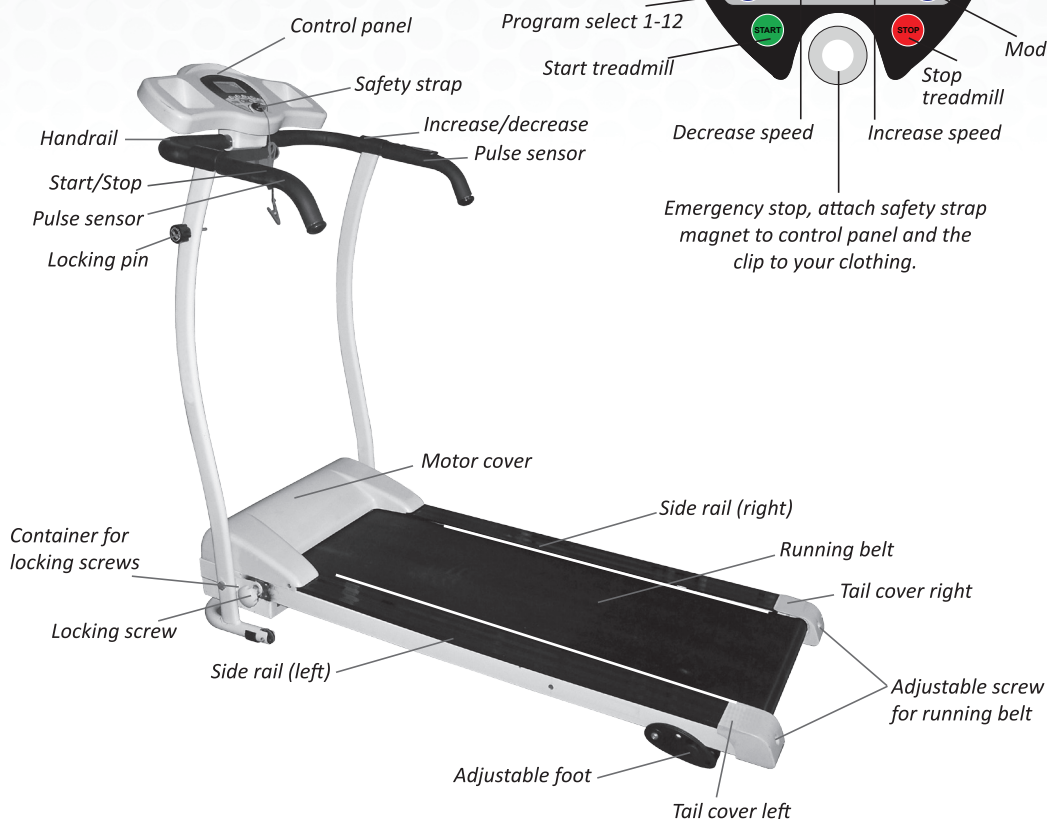
## Autoprogram P1-P12

*See the 20 pre-set speed segments (km/h) for the respective programs below:*

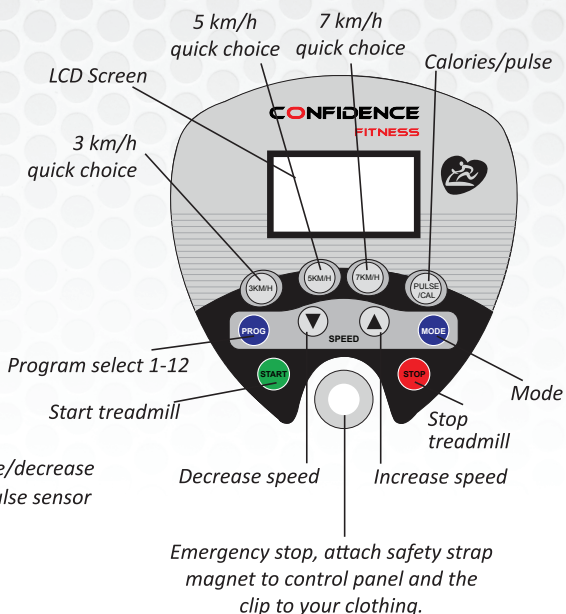
Program	Speed (km/h) per segment																			
P1	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P2	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P3	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P4	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P5	2	4	4	5	6	7	7	5	6	7	8	8	5	4	4	6	5	5	4	2
P6	2	4	3	4	5	4	8	7	5	7	8	3	6	4	4	2	5	4	3	2
P7	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P8	2	3	3	6	7	7	4	6	7	4	4	4	6	7	4	4	4	2	3	2
P9	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11	3	4	5	9	5	9	5	5	5	9	9	5	5	5	9	9	8	7	6	3
P12	2	5	8	10	7	7	10	10	7	7	10	10	6	6	7	7	5	5	4	3

# Main parts of treadmill

## TREADMILL PARTS



## CONTROL PANEL PARTS



# Regular maintenance

## Cleaning

Make sure that the treadmill and the area around and under it is clean. It is especially important that the running belt, the side rails and also the floor under the belt are kept clean, so no dirt gets between the running belt and the sliding surface or under the motor cover. Dirt and dust can quickly result in increased wear, as well as damaging the machine. Vacuum the running belt and the sides of the belt as needed or at least once a week, the rest can be wiped with a slightly damp cloth (a mild soap solution is ok). To avoid getting water in electrical components, the treadmill should not be cleaned with a wet cloth, swab or mop.

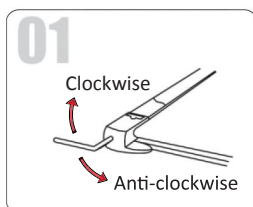
**Lubricating with silicone oil:** The treadmill comes lubricated when purchased. It should then be lubricated about every 30th time it is used (or once every other month). Turn off the power, lift up the rubber mat on the right side with one hand and spray silicone oil moderately along the whole sliding surface under the mat. Do the same on the left side. Turn on the belt at its lowest speed and walk for roughly three minutes so the silicone oil is evenly spread out.

## Adjusting the running belt

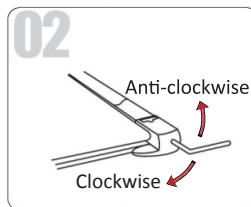
*Check that the belt is centred. If it is not, adjust the belt so that it runs freely (see below).*

*Check that the running belt is correctly centred between the back tail covers every time before using the treadmill. Adjust the belt if needed, normally only a small adjustment is required. Screw half a turn clockwise on the side that the belt is too near to, then test for at least 15 seconds at 4km/h (check and adjust a further quarter or half turn until the belt is centred).*

**NOTE:** the running belt should not be tightened too hard as this can cause noise and damage the machine.



*Picture 01: Screwing clockwise moves the mat to the right. Screwing anti-clockwise moves the running belt to the left.*



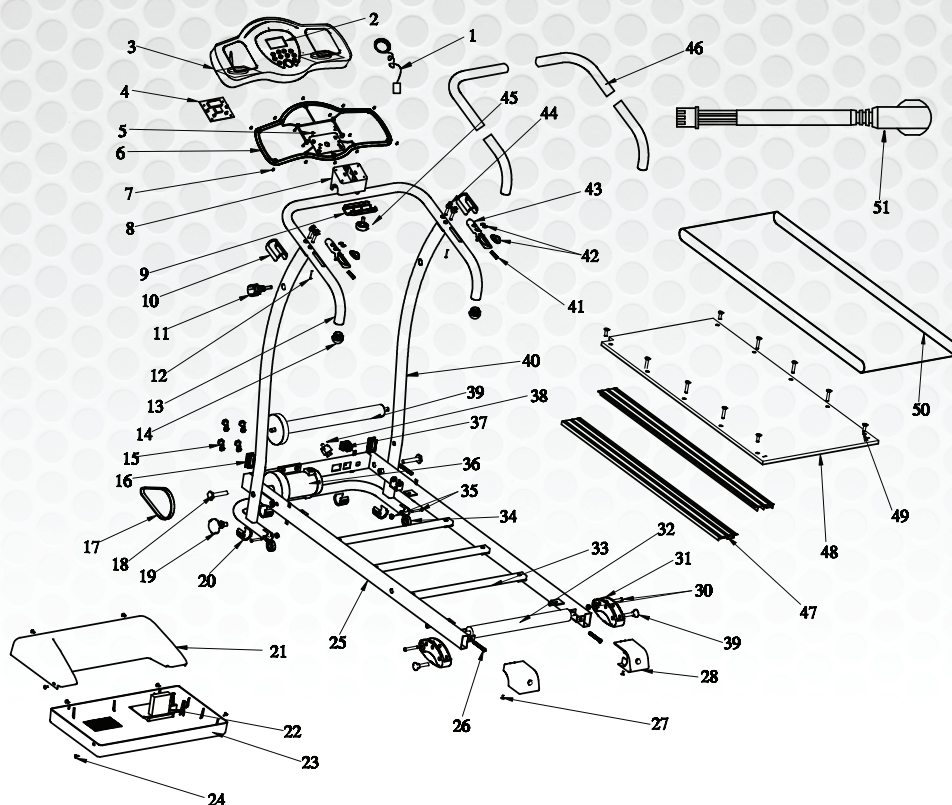
*Picture 02: Screwing clockwise moves the mat to the left. Screwing anti-clockwise moves the running belt to the right.*

## Storage

Remember to store the treadmill in a dry place and not to pile things on top of it.

# Troubleshooting

Problem	Possible cause	Solution
Treadmill not working	Plug is not properly connected to the wall outlet.	Put the plug into the wall outlet.
Treadmill not working	Main power switch is turned off	Turn on main power switch located on front side of motor cover.
Treadmill not working	Wall outlet has no power.	Check that wall outlet has power.
Treadmill not working	Circuit breaker has tripped.	Press in the red reset button on the circuit breaker located on front side of motor cover.
Running belt off-centre and/or making unusual noise.	The running belt settings are affected by our weight, balance and the load distribution. The settings may need adjusting.	Adjust by tightening the screws at the back of the treadmill. See the section titled Regular maintenance on page 11 for more information.
Running belt slips, is too loose.	With time and load the running belt tension is affected. It then needs to be tightened.	Adjust by tightening the screws at the back of the treadmill anti-clockwise on both sides. See page 11.



Item	Name	Qty	Item	Name	Qty	Item	Name	QTY
1	Safety Key	1	18	M12 Hexagon Blot	2	35	M6 Blot/Nut	2
2	Control Panel Sticker	1	19	Lock nut	1	36	Motor	1
3	Upper Control Panel	1	20	U tape mat	4	37	Lumen Switch	1
4	1#PCB	1	21	Motor Upper cover	1	38	Overload protection	1
5	ST3self-tapping screw	4	22	2#PCB	1	39	Front roller	1
6	Lower Control Panel	1	23	Motor lower cover	1	40	Handrail frame	1
7	ST3self-tapping screw	14	24	M5 Screw	8	41	Pluse plate	2
8	Handrail connect cover	1	25	Frame	1	42	Pulse plastic	4
9	Lower connect cover	1	26	M6 Inner Hexagon Screw	2	43	Pulse cover	2
10	Handrail cover	2	27	M4 Screw	2	44	M8 Bolt and washer	4
11	Spring bolt	1	28	Tail Cover	2	45	M8 Lock Nut	1
12	BT4 Screw	2	29	Pull Pin	2	46	Sheath	4
13	Upper handrail	1	30	M8 Inner Hexagon Screw	2	47	Edge band	2
14	Handrail cover	2	31	Adjust degree	2	48	Running Board	1
15	M8 Blot/Flange nut	4	32	back roller	1	49	M8 Countersunk Screw	10
16	Tube Cover	2	33	Iron tube	3	50	Runbelt	1
17	180J Belt	1	34	Roller	2	51	Power cord	1



# Contact information

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