

How to assemble

Treadmill



Rather see it in 3D and hear each step?

Point your phone camera at the code. The manual opens on your phone, shows each step in 3D and reads it aloud.

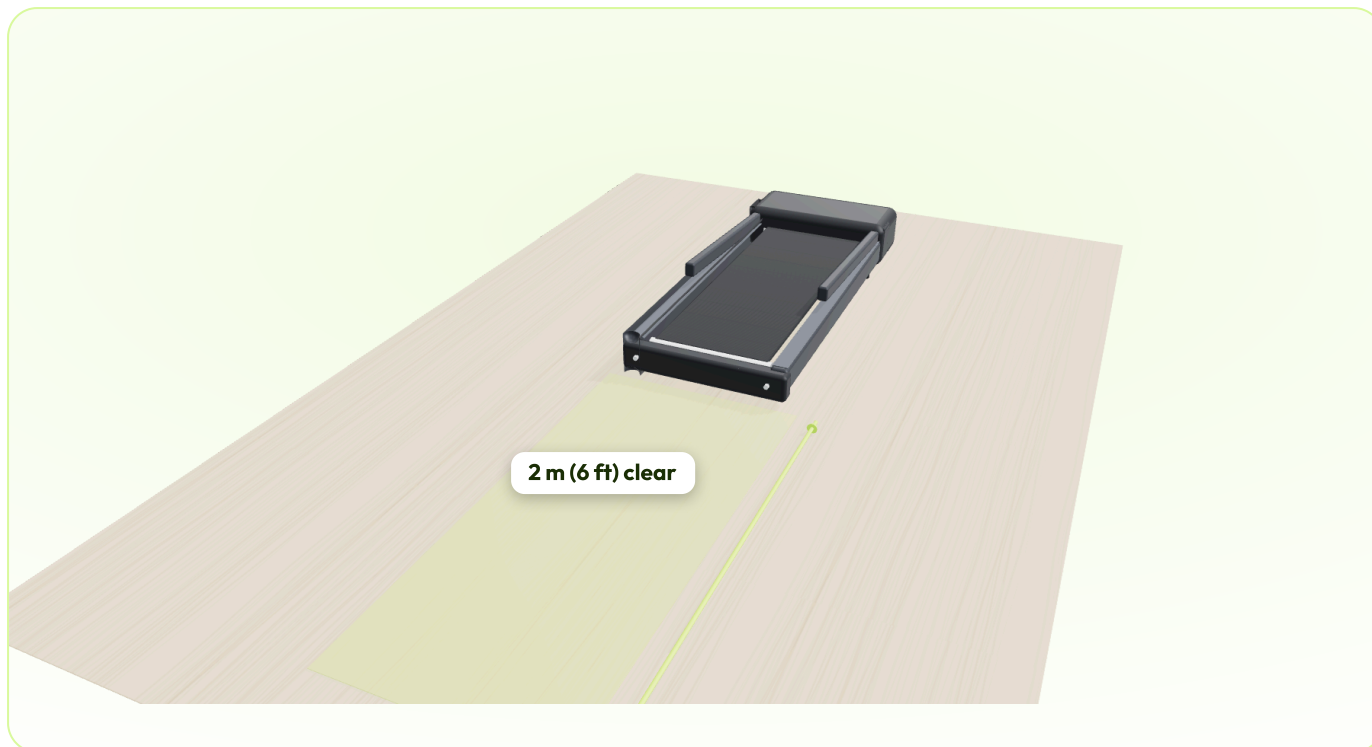
1

Unpack on a flat floor

Take the base out of the box on a firm, flat floor. Leave 2 m (6 ft) free behind the treadmill.



Scan to hear this step



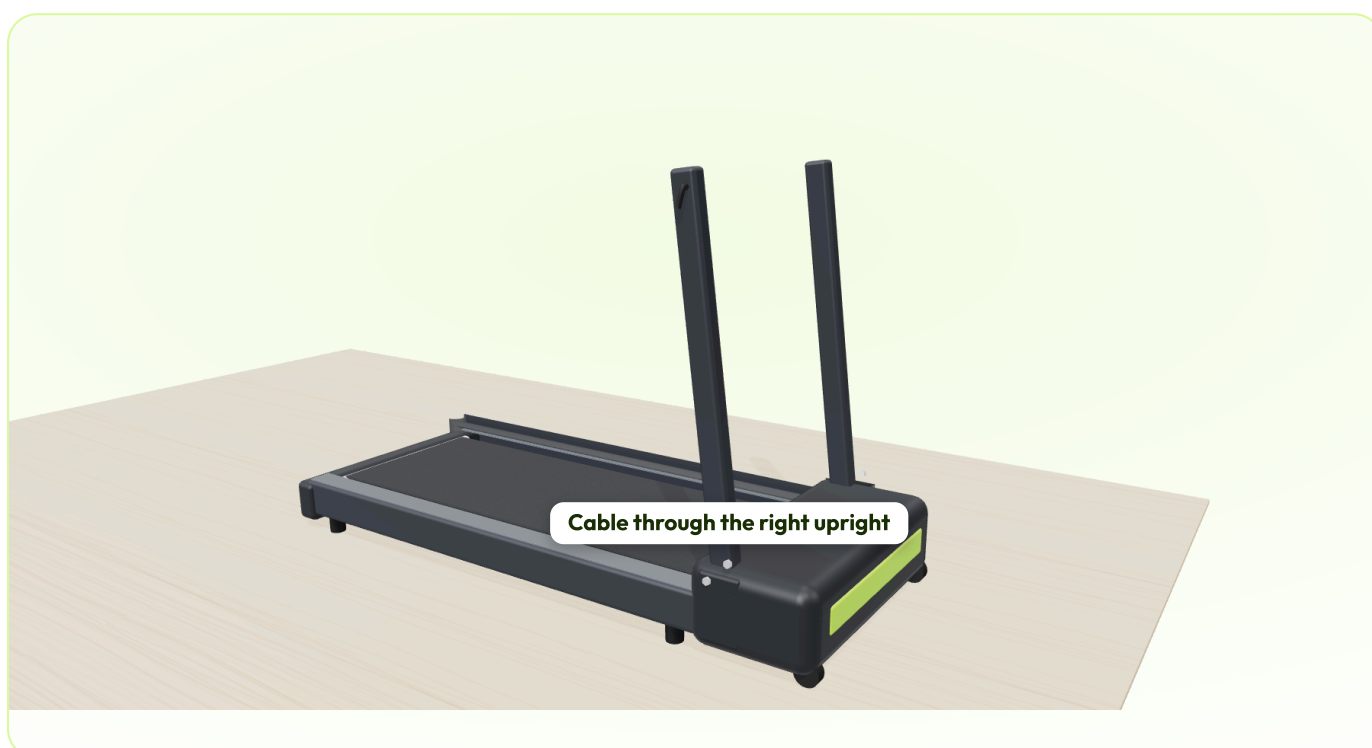
2

Raise the uprights

Lift both uprights until they stand. Feed the cable up through the right upright and put in the bolts without tightening them.



Scan to hear this step



3

Fit the console

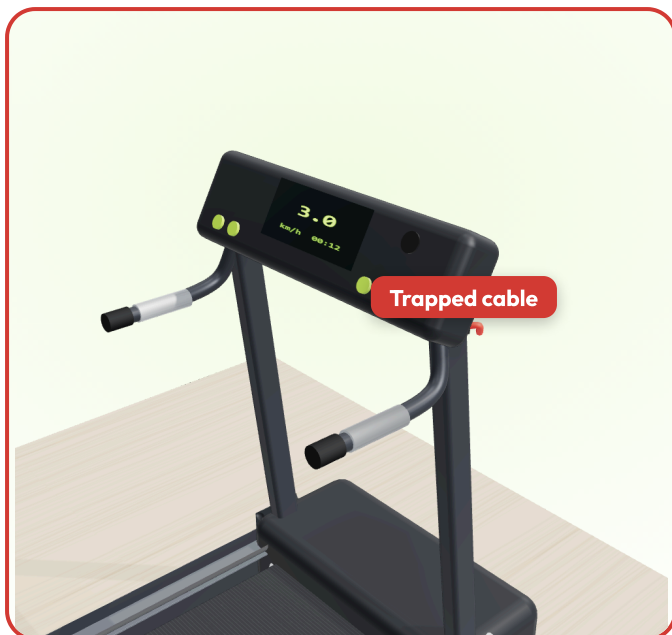
Join the upright cable to the console cable. Set the console on top of the uprights without trapping the cable.



Scan to hear this step



Not like this: a cable trapped between the console and the upright breaks the wires and the console stays dead.



Like this



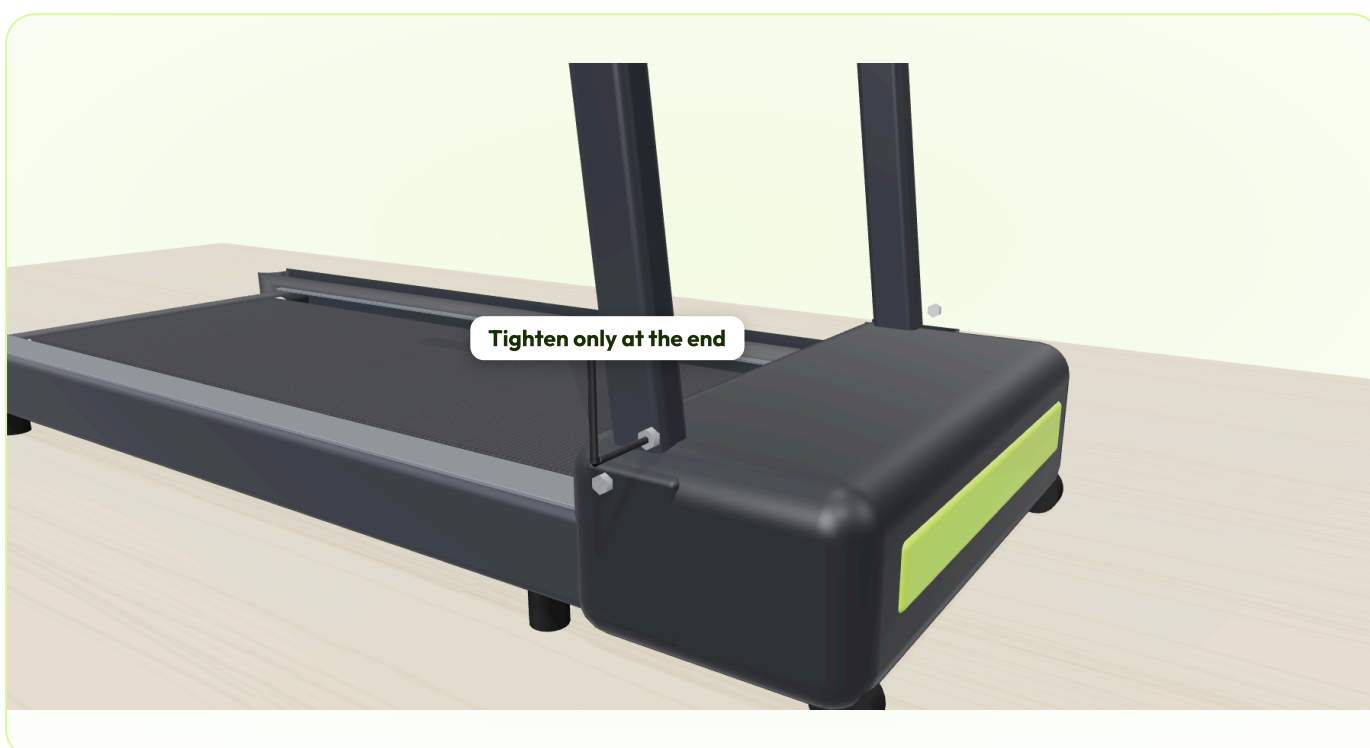
4

Tighten every bolt

With everything in place, tighten the upright and console bolts with the key from the box.



Scan to hear this step



5

Plug straight into the wall

Plug the power cord straight into a wall outlet. Do not use an extension cord or a power strip.



Scan to hear this step

✗ **Not like this: an extension cord overheats with the motor and can catch fire.**



✓ **Like this**



6

Center the belt

Run it at low speed. If the belt drifts to the right, turn the right rear bolt $\frac{1}{4}$ turn clockwise.



Scan to hear this step

✗ **Not like this: a belt off center rubs the side rail and wears out fast.**



✓ **Like this**



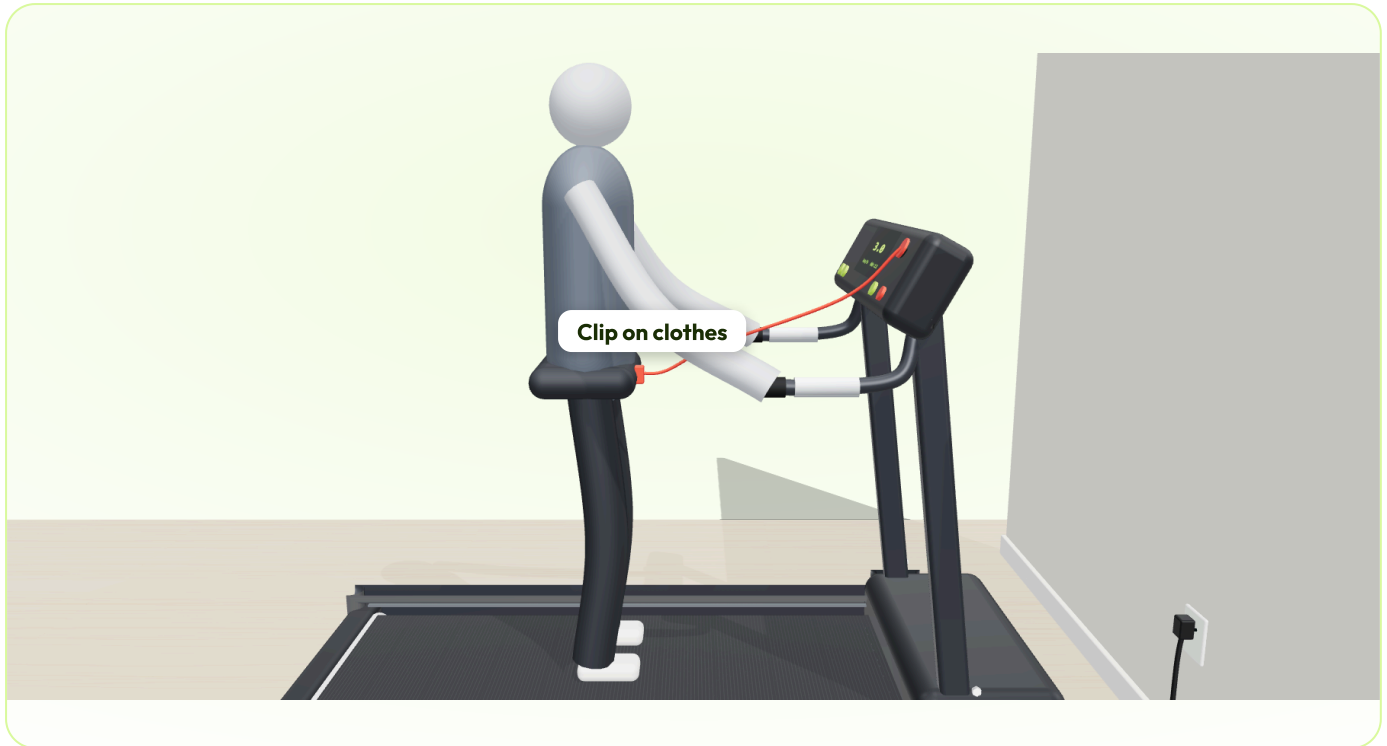
7

Clip the safety key to your clothes

Before you run, put the safety key in the console and clip it to your clothes. If you fall, the treadmill stops.



Scan to hear this step



Done!

Any questions left? Talk to Stride One.



See the 3D manual on your phone