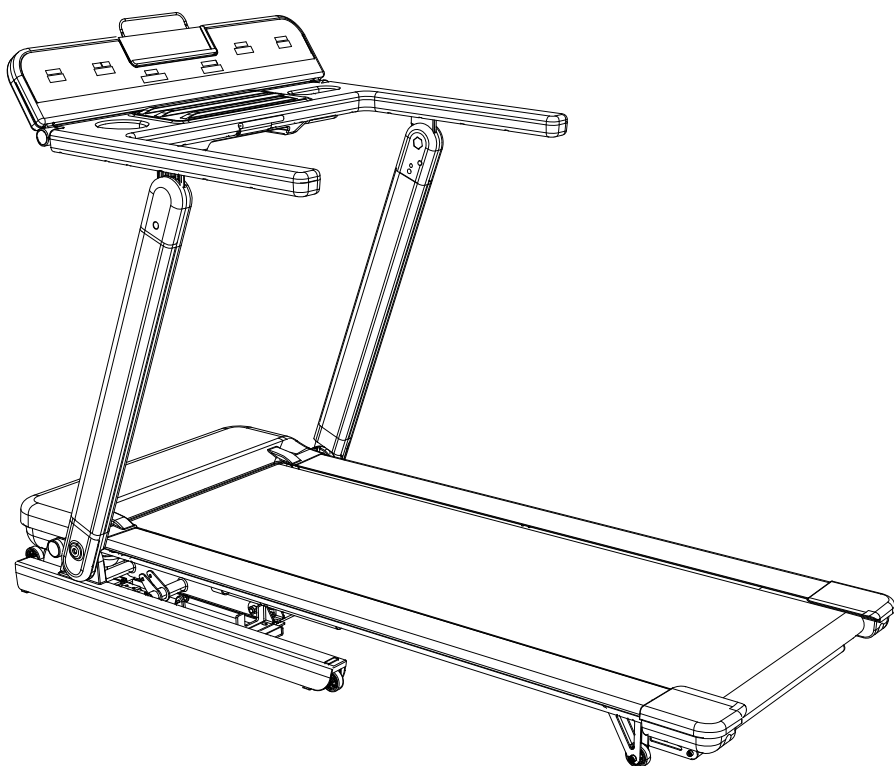


**BOTORRO®**

BOTORRO-R9

# TREADMILL



**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

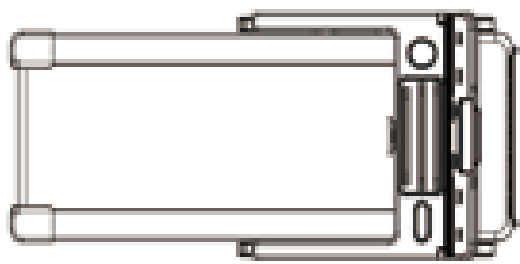
1. Do not use this product if room temperature is above 104°F /40°C.
2. Keep all conductive devices away from any liquids.
3. Do not place any items on the treadmill's running belt.
4. Do not wear clothes that can get caught in the machine. We recommend keeping loose clothing, shoelaces, and accessories 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

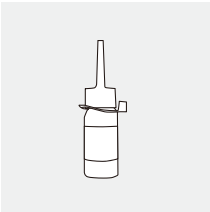
1. To avoid possible injury, read all instructions and warning labels before using this machine.
2. Use the treadmill solely as described, and subject to all limitation and restrictions, as set forth herein.
3. It is the full responsibility of the owner to assure that anyone using the machine is aware 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.

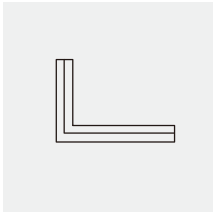
# PACKAGING LIST



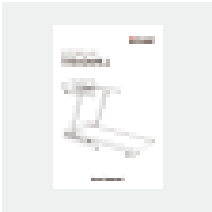
Treadmill



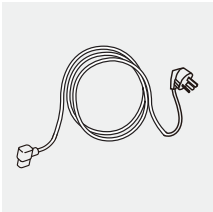
Lubricant



Allen Wrench

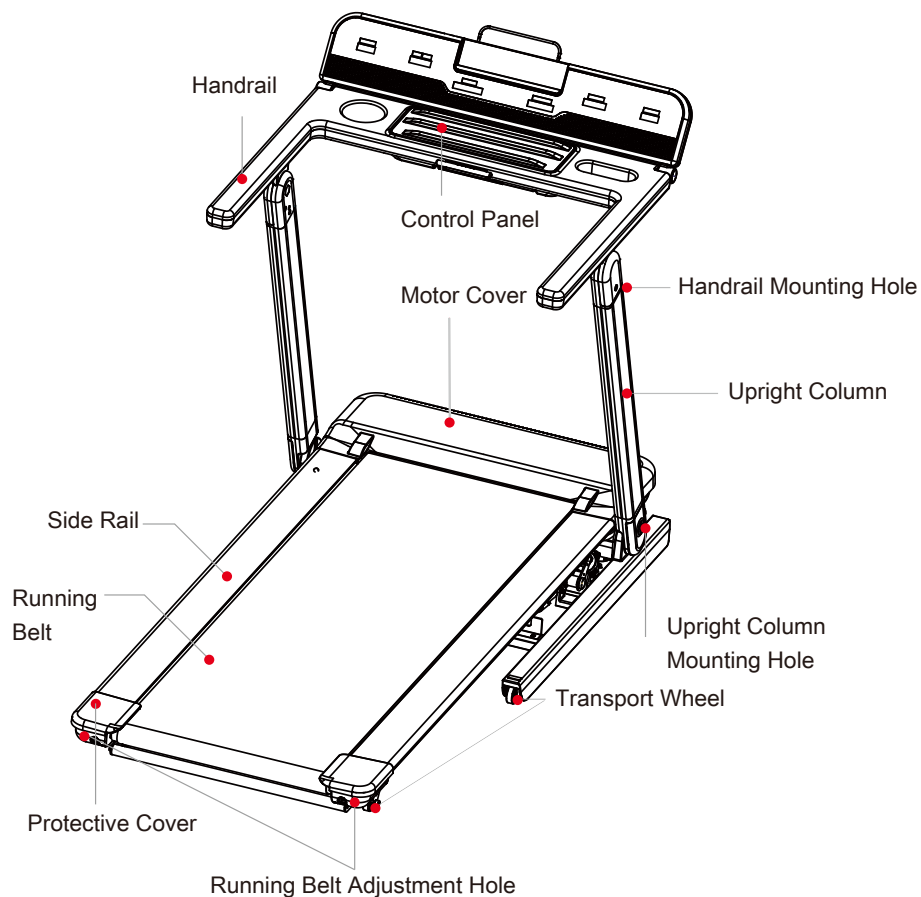


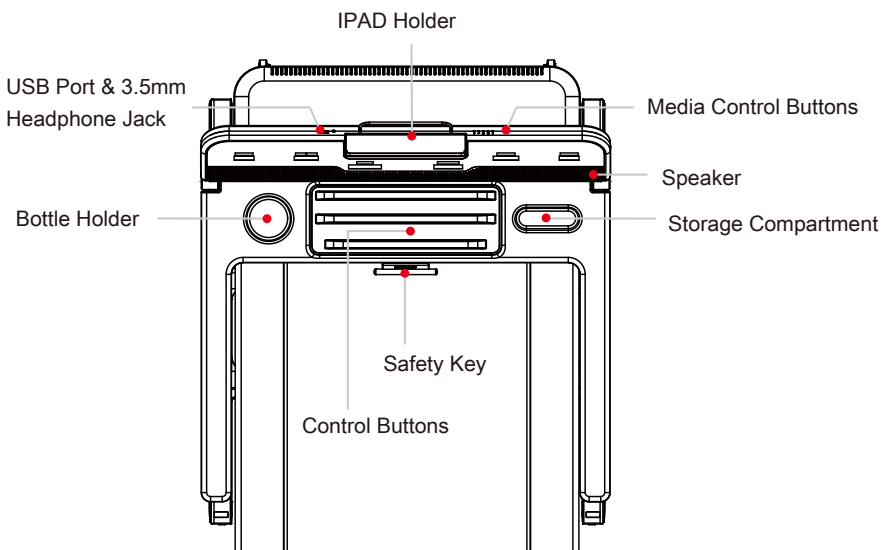
User Manual



Power Cord

# TREADMILL INTRODUCTION



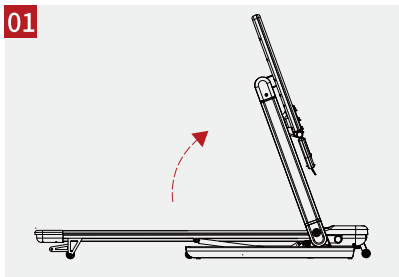


## TECHNICAL SPECIFICATION

Operating Voltage	AC 110V 60 Hz (NA) / AC 220-240V 50Hz (Eur)
Speed Range	1.0 - 18 kph / 0.6 - 11.2 mph
Incline Range	Level: 0-18
Unfolded Dimension	1815*880*1220 mm / 71*35*48 inch
Folded Dimension	1815*880*220 mm / 71*35*9 inch
Belt Dimension	1500*520 mm / 59*20 inch
Net Weight	79 kg / 175 lb

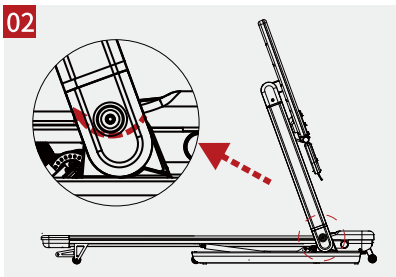
# UNFOLDING STEPS

01



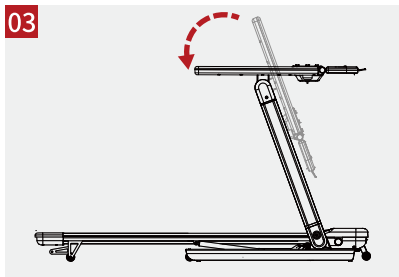
1. Extend the column to the limit angle

02



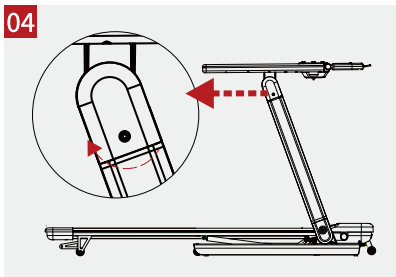
2. Tighten the screws inside the left and right upright column mounting holes with the Allen Wrench clockwise.

03



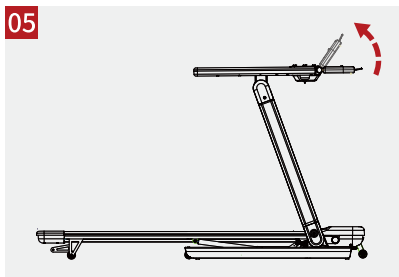
3. Hold both sides of the handrails with both hands, push down to open the handrail and control panel to the limit angle.

04



4. Tighten the screws inside the left and right handrail mounting holes with the Allen wrench clockwise.

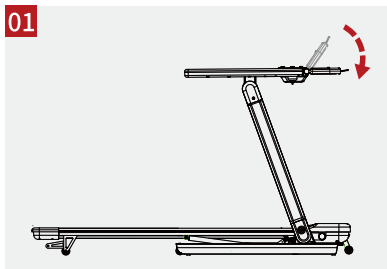
05



5. Hold the console with both hands and adjust it to the desired position.

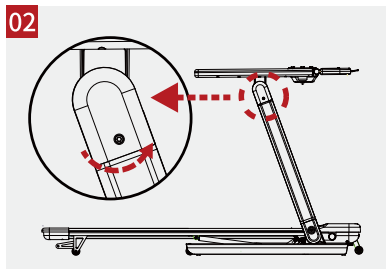
# STORAGE STEPS

01



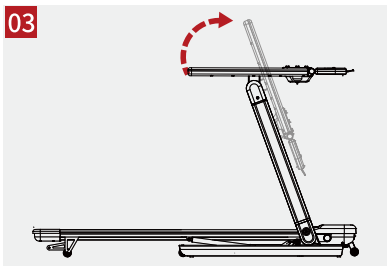
1. Grasp the console with both hands and adjust downward until they are level with the handrails.

02



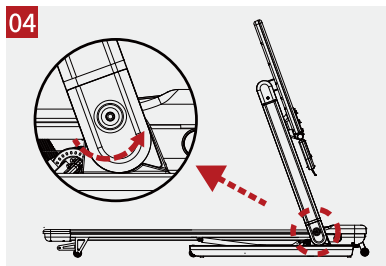
2. Loosen the screws inside the left and right handrail mounting holes with the Allen wrench counterclockwise.

03



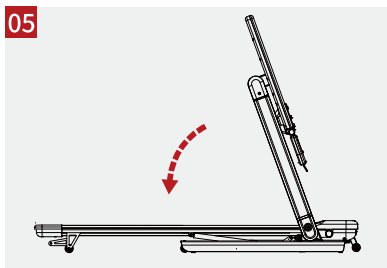
3. Grasp both sides of the handrails with both hands and lift upwards to retract the handrails and the control panel to the limit angle.

04



4. Loosen the screws inside the left and right upright column mounting holes with the Allen wrench counterclockwise.

05



5. Retract the upright columns downward to the limit angle.

## **WARNING**

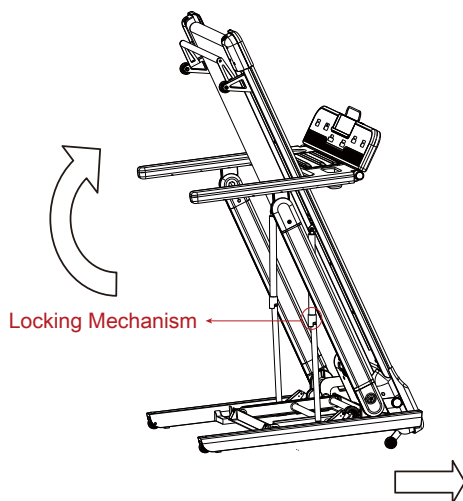
1. Before storage, please ensure that the treadmill's current incline level is set to zero.
2. During the folding process where the handrails are pushed down, both hands must firmly grip the handrails until the folding is completed.
3. To lower the handrails, you must be able to safely lift a 10kg weight.



# TRANSPORT INSTRUCTION

## NOTE

Before moving the treadmill, please make sure the screws in the mounting holes are tightened.



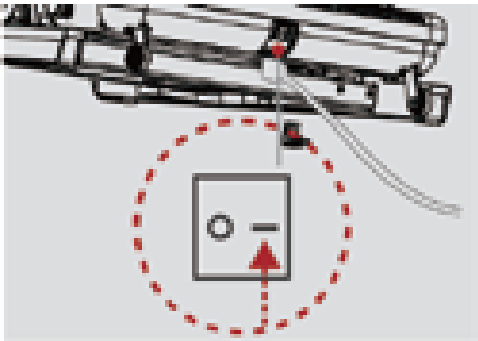
1. To fold the treadmill, stand at the rear end. Grasp the lower horizontal bar beneath the running belt with both hands and lift the treadmill deck to its limit position. The locking mechanism will automatically engage.
2. There are four transport wheels located underneath the base. Hold onto the handrails with both hands and, using the wheels, move the treadmill to your desired location.
3. To unlock, lightly kick the locking mechanism with your foot. Then, with both hands gripping the lower horizontal bar beneath the running belt, slowly lower the treadmill deck to unfold it for use.

## WARNING

Before moving the treadmill, unplug the treadmill's power cord from the electrical outlet.

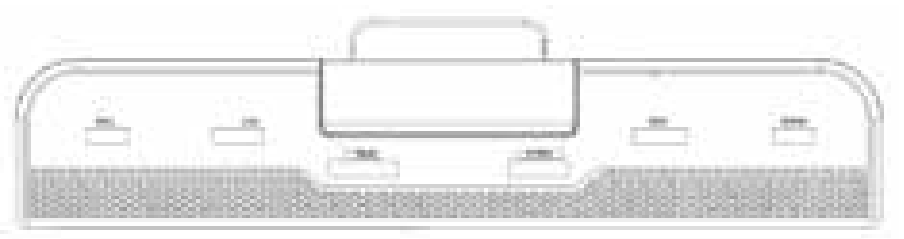
# FEATURES INTRODUCTION

## 1. POWER ON AND START



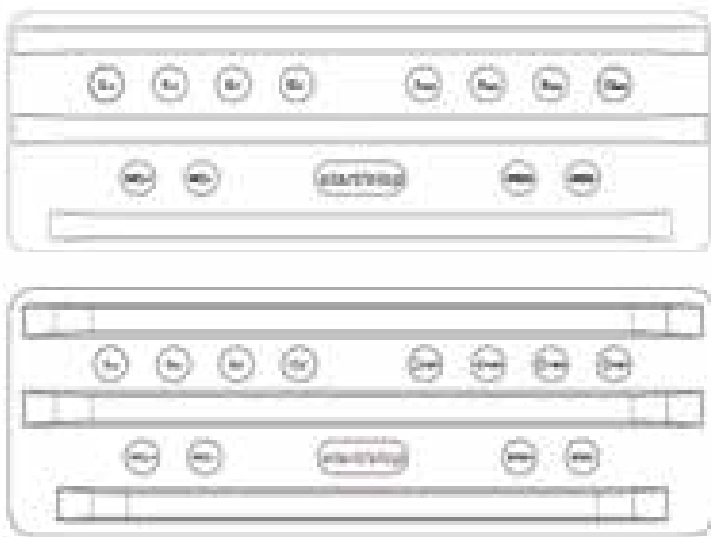
Plug in the power cord, engage the safety lock and turn on the power switch. The treadmill will turn on the screen and perform a 10-second lift calibration.

## 2. DISPLAY AND CENTRAL BUTTONS



## DATA RANGE

INCL.	0-18
CAL.	0-9999 kcal
TIME	0:00:00-9:59:59
STEPS	0-99999
DIST.	0-99.99 km or mi
SPEED	1-18 km/h or 0.6-11.2 mi/h



## 1) START/STOP

Press to start the treadmill after a three-second count down when it's powered on and in standby mode. Press to stop when the treadmill is running. After stop, the workout data and current incline will retain for 60 seconds. After 60 seconds no operation the workout data and incline will reset to 0.

**Automatic Stop:** The treadmill is equipped with sensors to detect user activity. If the treadmill is running and no activity is detected for over 3 minutes, it will initiate an automatic stop.

## 2) INCLINE ADJUSTMENT

- Incl +/- : Press to increase/decrease the incline from level 0 to level 18.
- Quick adjustment: "3%", "6%", "9%", "12%" are incline quick adjustment button. Press to adjust the incline to corresponding level.
- Incline adjustment range: Level 0-18.

## NOTE

1. During the elevation increase/decrease process of the treadmill, the incline of the running deck will change, so please maintain body balance.
2. When the treadmill loses power, the current elevation status remains unchanged. Upon power restoration, the elevation is recalibrated, and the incline returns to zero.
3. When the safety lock is disengaged, the current elevation status remains unchanged. When the safety lock is reset, the elevation first returns to zero.

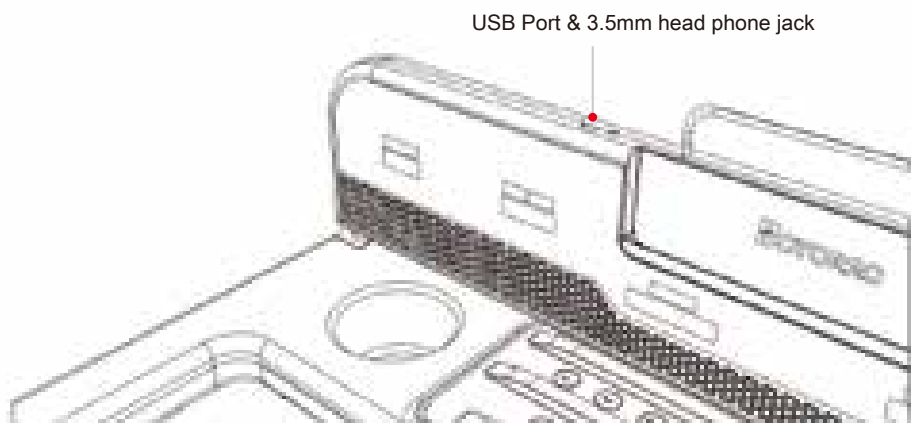
### 3) SPEED ADJUSTMENT

- SPEED +/- : Press to increase/decrease the speed by 0.1 km/h or 0.1 mi/h. Press and hold to adjust continually.
- Quick adjustment: "3 km/h or 2 mi/h", "6 km/h or 4 mi/h", "9 km/h or 6 mi/h", "12 km/h or 8 mi/h" are speed quick adjustment button. Press to adjust the speed to corresponding value.
- Speed range: 1 - 18km/h or 0.6 - 11.2 mi/h.

## NOTE

Please maintain your balance when adjusting the speed.

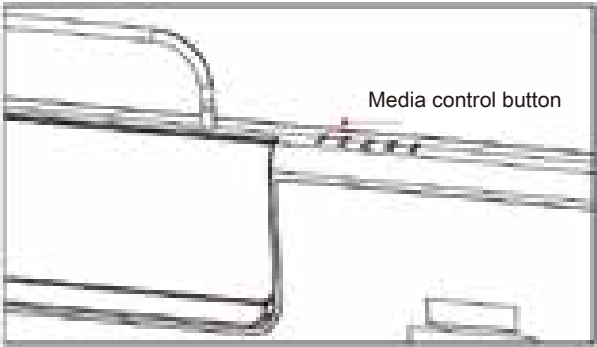
### 3. USB PORT & 3.5MM HEADPHONE JACK



USB Port can be used to charge devices like smartphones.

3.5mm headphone jack can output the media audio through headphones after establishing a Bluetooth connection.

4. MEDIA CONTROL BUTTON



Press to increase volume.



Press to decrease volume.



Press to play the previous song.



Press to play the next song

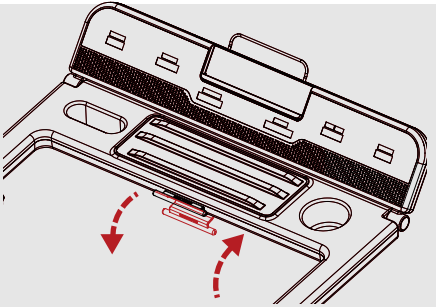


Press to start/pause.

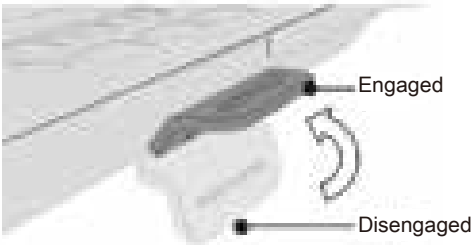
5. BLUETOOTH CONNECTION

This product is equipped with Bluetooth speakers. You can connect your smartphone to the treadmill's Bluetooth speakers by searching for and pairing them via Bluetooth on your phone. Once connected, you can control song playback and volume using both the media buttons on your phone and the treadmill.  
Bluetooth Name: BOTORRO-Audio

## 6. SAFETY LOCK



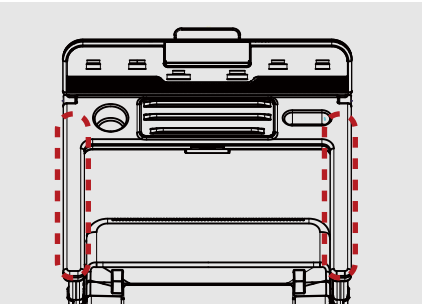
The safety lock is the long red switch at the bottom of the treadmill's control panel. When the treadmill is in operation, if you press down on the safety lock with your hand, it will disengage, and all displays will show "1" while the buzzer emits 12 beeps in synchronization. The treadmill will quickly stop running.



To restart, first engage the safety lock by flipping it up, and then press the "Start" button on the treadmill's control panel. This is how the treadmill can be started and operated normally. When the safety lock is disengaged, the current elevation status remains unchanged. When the safety lock is reset, the elevation first returns to zero.

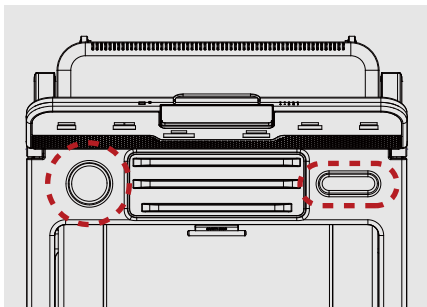
Note: Please disengage the safety lock when the treadmill is not in use.

## 7. HANDRAIL



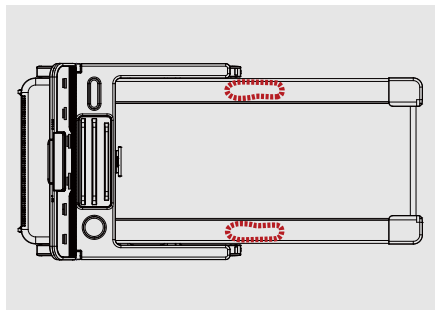
When using the treadmill, you can use the handrails to maintain balance. When operating the treadmill's control panel, it is recommended to hold onto the handrails with one hand.

## 8. STORAGE COMPARTMENT/WATER BOTTLE HOLDER



The storage compartment and water bottle holder provide users with a place to place their belongings during exercise.

## 9. SIDE RAIL



The side rail on both sides of the treadmill allow users to safely step across during startup or in case of emergencies. In the event of an emergency, you can grip the treadmill's handrails with both hands and step onto the side rails on both sides of the running deck to prevent losing balance and falling.

## 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.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

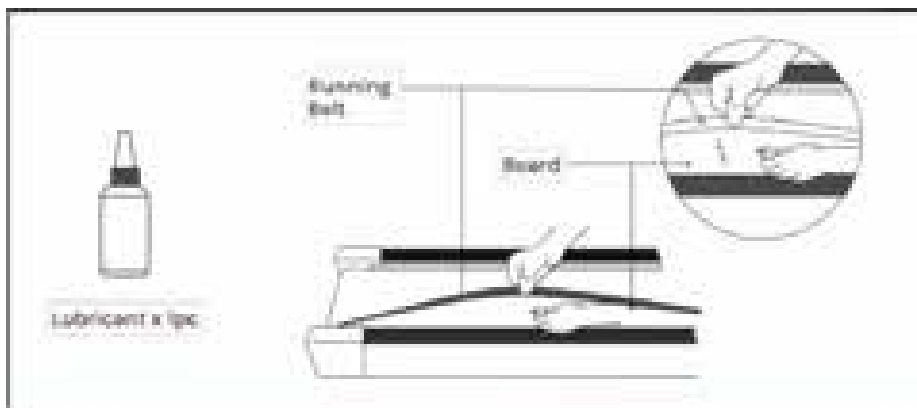
Follow these steps to lubricate:

- 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

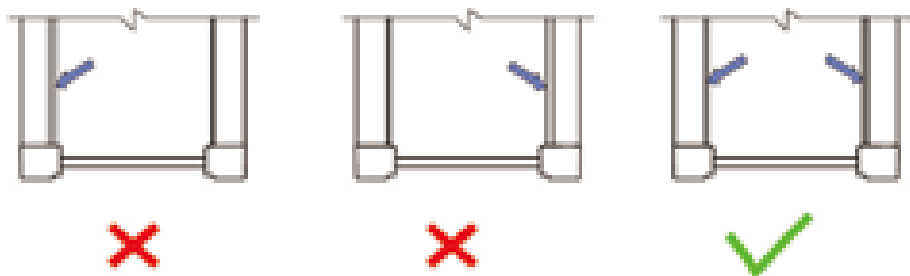




### 3. Treadmill Belt Deviation Adjustment

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.

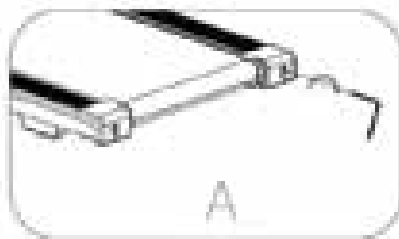


## ADJUSTMENT OPERATIONS:

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.

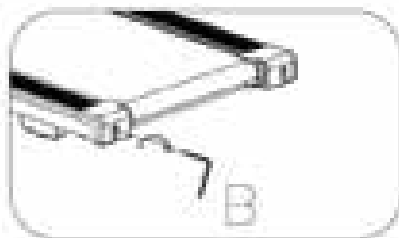
If the walking belt veers to the right, stop the treadmill and turn off the power switch. Rotate the right adjustment bolt clockwise by 1/4 turn (as shown in Figure A), turn on the power switch, and let the treadmill run while observing the alignment of the walking belt. Repeat these steps until the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

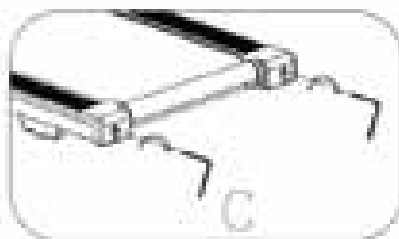


#### 4. Treadmill Belt Tension Adjustment

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 GUIDANCE

## 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 / 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

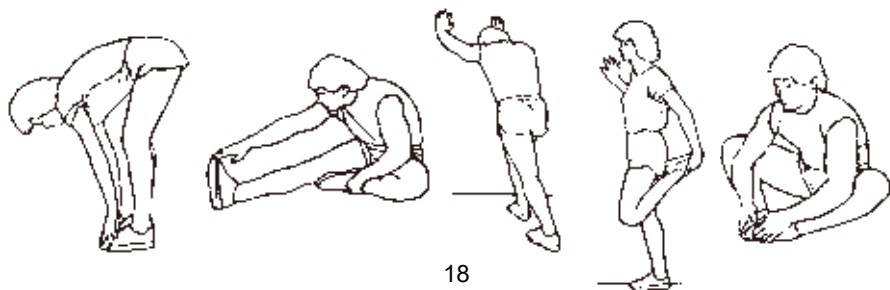
Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 20-30 seconds if possible.

### 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.

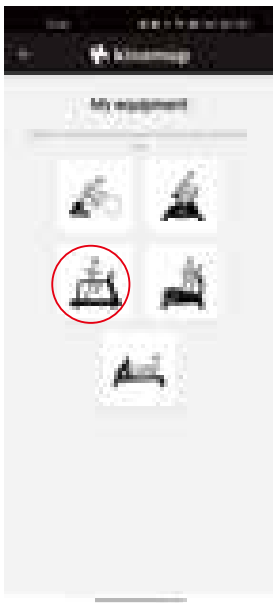
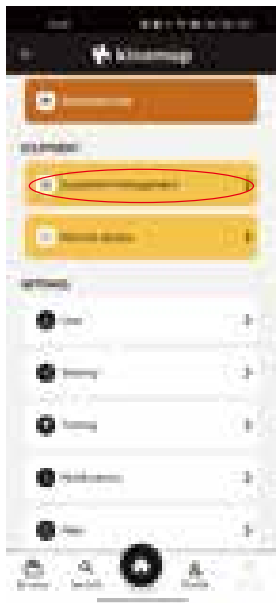


# APP OPERATION

(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:



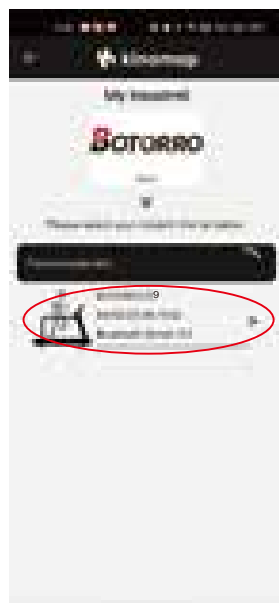
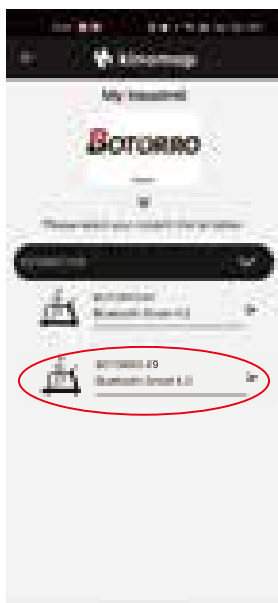
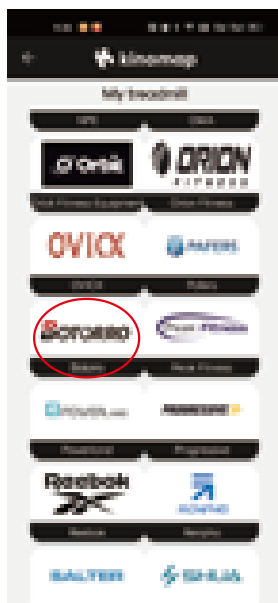
Select "BOTORRO"



Select "R9"



Found Equipment



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

## FCC WARNING STATEMENT

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

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.

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

## ISED CANADA STATEMENT:

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

RF Exposure Statement

To maintain compliance with IC's RF Exposure guidelines, The installation and operation of the device should meet the requirements for portable devices. This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter

Déclaration du Canada:

Ce dispositif contient des transmetteurs/récepteurs transmetteurs exemptés de licence qui sont conformes à l'innovation, à la Science et au développement économique

Les flux RSS du Canada exempts de licences. L'exploitation est soumise aux deux conditions suivantes:

- 1) cet appareil ne doit pas causer d'interférences et
- 2) ce dispositif doit accepter toute interférence, y compris toute interférence pouvant entraîner un fonctionnement indésirable du dispositif.

Exposition au rayonnement: cet équipement est conforme aux limites d'exposition au rayonnement établies par le Canada pour un environnement non contrôlé

Déclaration d'exposition aux RF

Pour rester en conformité avec les lignes directrices d'exposition RF d'IC, Cet équipement doit être installé et actionné conformément aux exigences de l'équipement portable. Ce dispositif et ses antennes ne doivent pas être co-localisés ni fonctionner en conjonction avec une autre antenne ou un autre émetteur



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