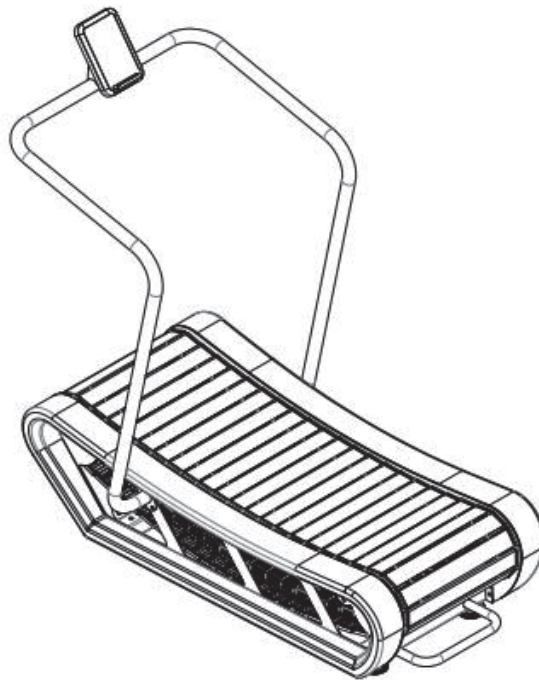




WOODEN RESIDENTIAL MANUAL TREADMILL

SKU: WD-TRDML
PO:



INSTALLATION GUIDE



Stuck? Scan the QR code for the assembly video

www.bellsofsteel.com | www.bellsofsteel.us | Telephone: 1-888-718-7997



BUILDING STRENGTH, ONE BOLT AT A TIME.



Welcome to Bells of Steel, you've made an excellent choice.

First off I want to say thank you for supporting my small business.

I've put significant thought into designing this product to enhance your lifting experience and help you reach your full potential. I hope you love it!

I've done my best to keep the setup of your new gear simple. If you find yourself needing a bit more assistance than the included instructions, check our youtube page for assembly videos or feel free to email us for troubleshooting guidance.

Kaevon Khoozani



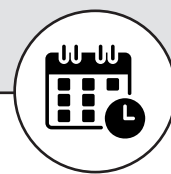
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Changed your mind? No sweat. 30-day refund guarantee:

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Love it? Leave a review! Hate it? We still read it. Help us get better by reviewing our products.



If you are missing any parts, or otherwise have any warranty issues/**shipping damages**, please fill a warranty claim on our website.

Before discarding the box, please take clear photos of **the box and shipping labels**, as these may be required if parts are missing or this item is damaged.



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BEFORE WE BEGIN, LET'S STAY SAFE.



A GUIDE TO SAFETY

We know you are excited to use your new Bells of Steel gear, but please read through this Guide to Safety to ensure you do not hurt yourself or others while exercising. It is your responsibility to ensure that all users of the equipment are informed of all warnings and instructions in this manual. TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS BEFORE USING YOUR BELLS OF STEEL PRODUCT.

- ① Before starting any exercise program consult your physician. Be aware of your body's signals. Incorrect or excessive exercise can be damaging to your health. STOP EXERCISING IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: PAIN, TIGHTNESS IN YOUR CHEST, IRREGULAR HEARTBEAT, SHORTNESS OF BREATH, LIGHTEADEDNESS, DIZZINESS, OR FEELINGS OF NAUSEA. IF YOU EXPERIENCE ANY OF THESE SYMPTOMS, STOP EXERCISING IMMEDIATELY AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING WITH YOUR EXERCISE PROGRAM.
- ② It is your responsibility to ensure there is enough space around the product for the intended exercise. Use the product on a flat surface and ensure at least 2 feet (60 cm) of free space around it.
- ③ Children and pets must not be let on or near the product. Moving parts and heavy features of the product can be dangerous and cause serious injury.
- ④ Read all instructions in this manual before using the product and use the product only as described in this manual.
- ⑤ It is your responsibility to ensure that all users of the product are adequately informed of all precautions, have read and understand all warnings, and are informed how to use the product properly.
- ⑥ Keep hands and feet from moving parts. Do not lean or rest on the product.
- ⑦ Wear athletic shoes for foot protection while exercising.
- ⑧ Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas.
- ⑨ This product is designed for indoor use only.
- ⑩ Ensure that any weight pins that may be included with your product are completely inserted into an appropriate weight plate.
- ⑪ Ensure that any handles that may be included with your product are attached securely before using the product.
- ⑫ Ensure that any nuts and bolts that may be included with your product are securely tightened before use. Regularly re-tighten nuts and bolts.
- ⑬ Ensure any cables that may be included with your product always remain attached to their proper pulleys. If a cable bind occurs during exercise, stop immediately and inspect the part to ensure any interference is fixed.
- ⑭ Do not overexert yourself during any exercise program. Operate the product as intended.
- ⑮ The product should be anchored where required or whenever possible. The product should be secured when not in use.
- ⑯ The product is very heavy. Improper use or assembly can lead to serious injury or death.
- ⑰ SAVE AND REVIEW THESE INSTRUCTIONS.

NOW...

LET THE GAINZ BEGIN

WOODEN RESIDENTIAL MANUAL TREADMILL

USER MANUAL

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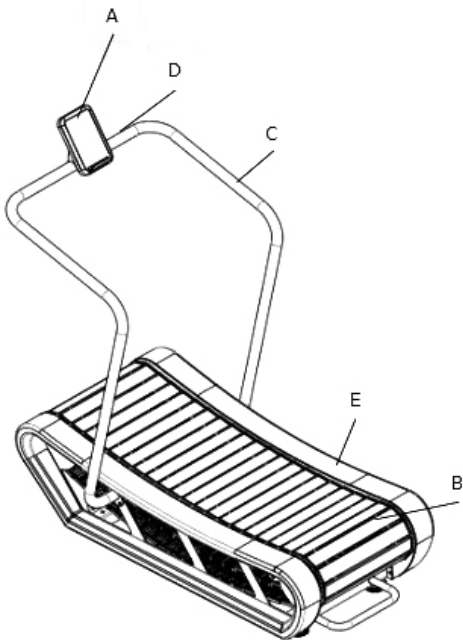
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Product Description

The **Wooden Residential Manual Treadmill** is an eco-friendly, non-motorized treadmill designed for walking, running, and interval training. Its durable wooden frame and innovative curved design deliver a smooth and efficient workout while complementing a residential gym setup.

Key Components:

- ① **Display Panel (A):** Tracks your workout statistics, including speed, distance, calories burned, and heart rate.
- ② **Running Belt (B):** A durable, joint-friendly rubber surface that absorbs impact for a safer workout experience.
- ③ **Side Handles (C):** Provides support during mounting, dismounting, and balance recovery.
- ④ **Center Handle (D):** Offers additional stability during advanced exercises.
- ⑤ **Side Upper Boards (E):** Allows users to step off the belt for rest or single-leg training.

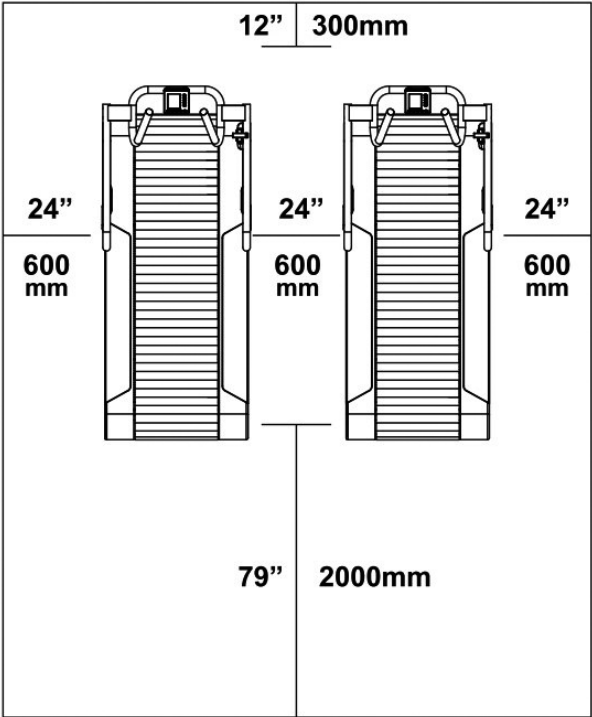


Location Requirements

Place the treadmill on a flat, stable surface, away from direct sunlight. Prolonged exposure to intense UV light can cause discoloration of the treadmill's plastic components. Position the treadmill in an area with cool temperatures and low humidity.

Ensure there is a clear, unobstructed zone around the treadmill for safe operation. Do not place the treadmill in locations that block ventilation or air openings. Avoid placing the treadmill in garages, patios, near water sources, or outdoors.

Note: Ensure the treadmill is placed on a hard, level surface and that a 2-meter (6.6 ft) clearance is maintained behind the treadmill for safety.



Installation Instructions

To ensure optimal performance, follow these steps to assemble and position your treadmill:

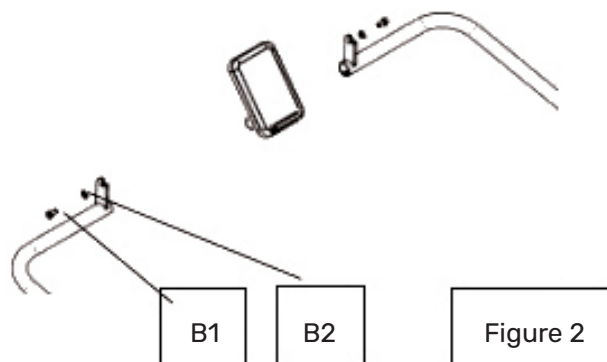
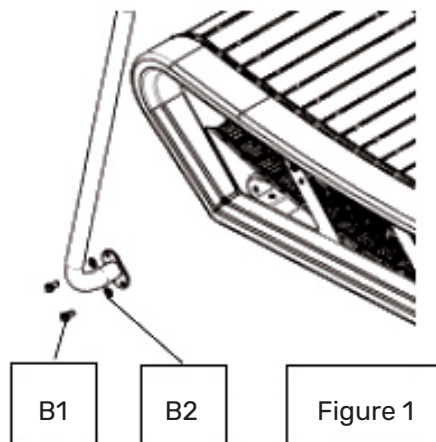
① Install Side Armrests:

- Secure the side armrests using the hexagon socket screws (M10*20) and washers (Φ10). Refer to Figure 1.

② Attach the Central Armrest:

- Use the flat-head screws (M10*20) to install the central armrest securely. Refer to Figure 2.

Installation Diagram



Note: Ensure the treadmill is placed on a hard, level surface and that a 2-meter (6.6 ft) clearance is maintained behind the treadmill for safety.

Instructions for Use

① Getting Started:

- Hold the side handles and step onto the treadmill from the back. Position your feet on the side upper boards for stability.
- Once balanced, step onto the running belt and begin exercising.

② Basic Operation:

- Initially, use the handles for support. Once comfortable, release the handles to enhance balance and improve posture.
- Start with a walking speed of 6–7 km/h and gradually increase speed while maintaining control.

③ Speed Control:

- The curved running surface adjusts speed naturally. Moving forward on the belt increases speed, while moving back slows it down.

④ Stopping:

- To stop, grasp the side handles, step onto the side upper boards, and dismount safely.

⑤ Braking Adjustments:

- Adjust the braking level gradually during workouts for optimal control and safety.



WARNING:

- Never allow two users on the treadmill at the same time.
- Avoid loose clothing or shoelaces that could get caught in moving parts.

Display Panel Overview

The display panel tracks your workout progress and provides key metrics. Below are its primary features:

Display Features:

1. **Race:** Tracks 1 km pace (00:00–99:99).
2. **Speed:** Displays speed in kilometers or miles per hour (0.0–99.9 KM/ML).
3. **Time:** Shows elapsed time (up to 1:59:59) with countdown or count-up options.
4. **Distance:** Monitors distance covered (0.00–999.9 KM or ML).
5. **Calories:** Estimates calories burned (0–999).
6. **Watt:** Measures output in watts (0–1999).
7. **Pulse:** Tracks heart rate (30–230 BPM).
8. **Interval Modes:** Includes rest and workout intervals for varied training.
9. **Target Heart Rate:** Allows for heart rate-controlled workouts.
10. **Units:** Switch between metric and imperial measurements.

Key Function Descriptions

① START KEY:

- A. Pauses the treadmill during a workout.
- B. Resumes the workout after a pause.

② STOP KEY:

- A. Stops the treadmill during a workout.
- B. Long press for 3 seconds to reset the treadmill to standby mode.

③ UP KEY:

- A. Allows you to adjust **TIME**, **DISTANCE**, **CALORIES**, and **AGE** settings when displayed.
- B. Hold for more than 1 second to increment values continuously (8 steps per second).

④ DOWN KEY:

- A. Allows you to adjust **TIME**, **DISTANCE**, **CALORIES**, and **AGE** settings when displayed.
- B. Hold for more than 1 second to decrement values continuously (8 steps per second).

⑤ ENTER KEY:

This is the primary selection button used to confirm settings and program entries.

⑥ INTERVAL 20-10 KEY:

Directly enters the preset interval training program of 20 seconds of work and 10 seconds of rest.

⑦ INTERVAL 10-20 KEY:

Directly enters the preset interval training program of 10 seconds of work and 20 seconds of rest.

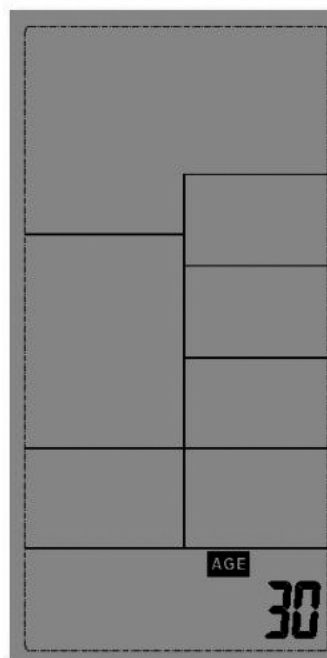
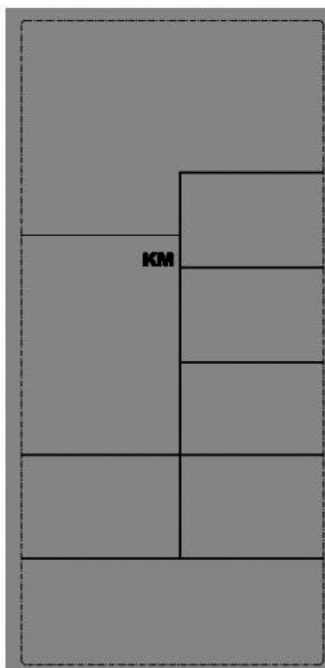
⑧ INTERVAL CUSTOM KEY:

Allows you to set custom intervals by adjusting work and rest durations.

- ⑨ **TARGET TIME KEY:**
Enters the mode to set a specific workout duration.
- ⑩ **TARGET DISTANCE KEY:**
Enters the mode to set a specific distance goal.
- ⑪ **TARGET CALORIES KEY:**
Enters the mode to set a specific calorie-burning target.
- ⑫ **TARGET HR KEY:**
Enters the heart rate training mode.
- ⑬ **ENTER + START KEY:**
Switches between metric (KM) and imperial (MILES) units.
- ⑭ **ENTER + DOWN KEY:**
Quickly shuts down the system.

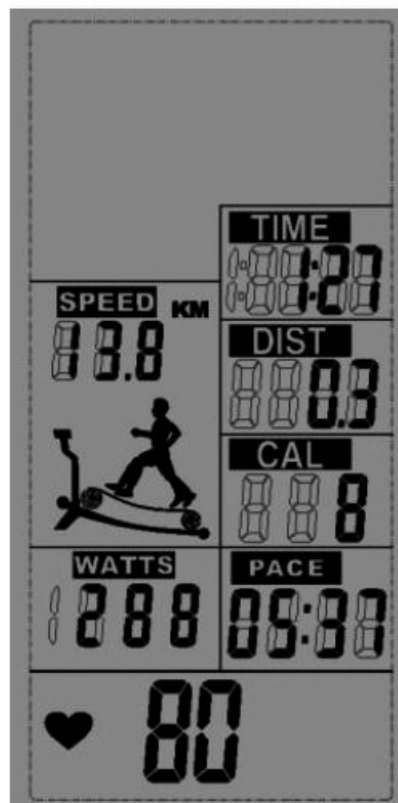
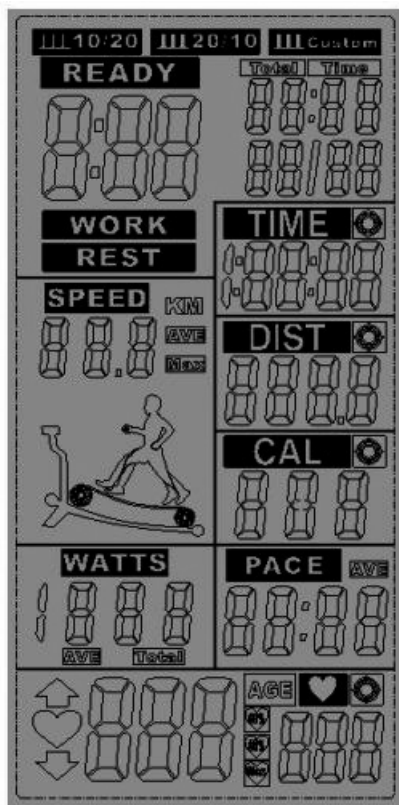
General Operation Instructions

- ① **Initial Setup:**
- After installing the battery, the LCD display lights up for 1 second with all icons visible, followed by a beep.
 - The system enters standby mode, displaying unit settings.
 - Adjust **AGE** by pressing **UP/DOWN**, then press **ENTER** to confirm.



② Display Cycling:

- When idle, the display will cycle through key metrics in SCAN mode every 1 second: **INTERVAL**, **READY**, **WORK**, **REST**, **TIME**, **DISTANCE**, **CALORIES**, **WATTS**, **SPEED**, **RACE**, and **HEART RATE**.



③ Auto Sleep Mode:

- If no input is detected for 4 minutes, the system enters sleep mode.
- Reactivate by pressing any key or starting movement.

Workout Modes

① Fast Start Mode

- Begin walking or running, and the treadmill automatically activates.
- Stats such as **TOTAL TIME**, **DISTANCE**, **CALORIES**, **WATTS**, **SPEED**, and **PACE** are displayed dynamically.
- If no input is detected for 4 minutes, the system enters standby mode.

Pause and Resume Functionality

- A. When the **START** button is pressed during a workout, the treadmill enters pause mode. The buzzer will sound for 0.5 seconds every 30 seconds as a reminder.
- In pause mode, all display metrics remain on the screen for 3 seconds before entering a flashing state (3 seconds on, 1 second off).
 - After 5 minutes of inactivity, the treadmill will enter wake-up mode, and the buzzer will sound for 2 seconds.
 - Press **START** again to resume your workout.
- B. When the **STOP** button is pressed, the buzzer will sound for 1 second.
- **TIME** displays the total elapsed time.
 - **DISTANCE** shows the total distance traveled.
 - **CALORIES** displays the total calories burned during the workout.
 - **WATT**, **SPEED**, and **PACE** alternate every 5 seconds, showing both average and maximum values for each metric.
- C. If a heartbeat input is detected, the treadmill will display your heart rate alongside percentages of 85% and 65% of your maximum heart rate.
- These values are exchanged and updated every 5 seconds.
 - If no heartbeat input is detected, the system will not display heart rate information.
- D. To switch to a new program during your workout, press any **PROGRAM** key. This will immediately override the current session and execute the selected program.

② Interval Training and Target Modes

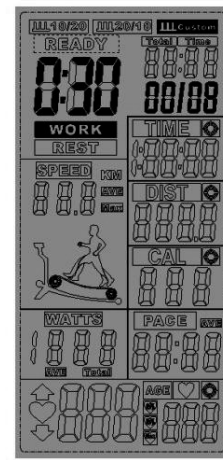
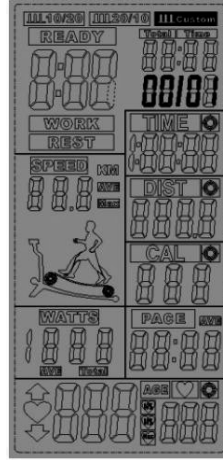
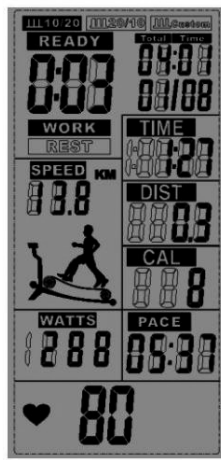
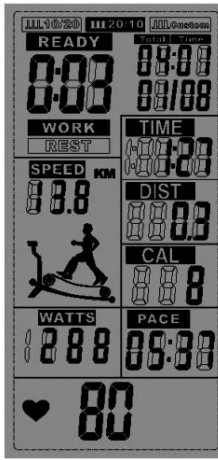
Interval Selection

This function can be accessed by using the **UP/DOWN** keys on the display panel or by selecting the shortcut keys when the machine is stopped.

Interval 20/10 Mode

- A. Press the **INTERVAL 10-20 KEY** and confirm with **ENTER**.
- The buzzer will sound for 1 second, and the **INTERVAL 10/20** indicator will light up.

- B. The program begins with a **CYCLE TIME** countdown of 3 seconds.
- During this countdown, the buzzer will sound once per second, and the **READY** indicator will flash at intervals of 0.75 seconds on and 0.25 seconds off.
 - The round count (e.g., 00/08) is displayed (refer to Picture 6).
- C. The treadmill then starts a 20-second **WORK** phase.
- During this phase, the buzzer will sound continuously in sync with the WORK indicator flashing (0.75 seconds on, 0.25 seconds off).
 - Metrics such as **TOTAL TIME, DISTANCE, CALORIES, WATTS, SPEED, and PACE** are calculated and displayed dynamically.
- D. The treadmill transitions into a 10-second **REST** phase.
- The buzzer and **REST** indicator flash in sync, and the **READY** indicator flashes during the last 3 seconds.
 - The display remains static while the treadmill is paused.
- E. The sequence of **WORK** and **REST** phases (C and D) repeats for 8 rounds.
- Each completed cycle increments the round count (e.g., 01/08).
 - The program ends after 8 rounds.
- F. If no input is received for 30 seconds, the treadmill enters wake-up mode, and the buzzer will sound for 1 second.
- G. Press **START** during the program to pause.
- The buzzer will sound every 30 seconds for 0.5 seconds.
 - The display flashes (3 seconds on, 1 second off) for up to 5 minutes. After this, the buzzer sounds for 2 seconds, entering wake-up mode.
 - Press **START** again to resume the program.
- H. Press **STOP** to end the program.
- The buzzer will sound for 1 second.
 - The display will show **TOTAL TIME, DISTANCE, and CALORIES** for 30 seconds, alternating every 5 seconds with the average and maximum values for **WATT, SPEED, and PACE**.
- I. If a heart rate monitor is connected, the treadmill will display 85%, 65%, and maximum heart rate values, updated every 5 seconds.
- If no heart rate input is detected, this information will not be displayed.
- J. To exit or override the current program, press any **PROGRAM** key.



Interval 10/20 Mode

- A. Press the **INTERVAL 10-20 KEY** and confirm with **ENTER**.
 - The buzzer will sound for 1 second, and the **INTERVAL 10/20** indicator will light up.
- B. The program begins with a **CYCLE TIME** countdown of 3 seconds, following the same process as the 20/10 interval mode.
- C. The treadmill starts a 10-second **WORK** phase, during which all metrics are dynamically tracked and displayed (refer to Picture 7).
- D. A 20-second **REST** phase follows, with similar buzzer and flashing indicator sequences as the **REST** phase in 20/10 mode.
- E. This sequence of **WORK** and **REST** phases repeats for 8 rounds.
- F. The functions of pause, end, heart rate input, and program override are identical to the 20/10 interval mode.

Custom Interval Mode

- A. Press the **INTERVAL CUSTOM KEY** to select this mode.
 - The buzzer will sound for 1 second, and **INTERVAL CUSTOM** will flash on the display.
 - The total number of intervals (e.g., 00/XX) can be set using the **UP/DOWN** keys. The range is 1–99 intervals. Confirm with **ENTER**.
- B. Set the **WORK** phase duration:
 - Adjust the time (0:00–9:59) using the **UP/DOWN** keys and press **ENTER** to confirm.
- C. Set the **REST** phase duration:
- D. A 3-second **CYCLE TIME** countdown begins before the workout starts.
- E. During each **WORK** phase, all metrics, including **TOTAL TIME**, **DISTANCE**, **CALORIES**, **WATTS**, **SPEED**, and **PACE**, are dynamically tracked and displayed.
- F. Each **REST** phase displays the countdown and static metrics.
- G. The program repeats the set intervals until the total number of rounds is completed.
- H. If no input is received for 30 seconds, the treadmill enters wake-up mode as in the other interval modes.
- I. The functions of pause, end, heart rate input, and program override are identical to the 20/10 interval mode.

① Target-Based Modes

The Target-Based Modes on the treadmill allow you to set specific workout goals, such as time, distance, calories, or heart rate. Each mode dynamically tracks and displays your progress to help you achieve your fitness objectives.

Target Time Mode

- A. Press the **TARGET TIME KEY** to enter this mode.
 - The **TIME** value will flash on the display, and the buzzer will sound for 1 second.
- B. Adjust the target time using the **UP/DOWN** keys (range: 0:01–99:59).
 - Confirm your selection by pressing **ENTER**.
- C. The workout will begin with the set time counting down to zero.
 - Metrics such as **DISTANCE**, **CALORIES**, **WATTS**, **SPEED**, and **PACE** are dynamically tracked during the workout.
- D. To pause the workout, press the **START** button.
 - The buzzer will beep for 0.5 seconds every 30 seconds in pause mode.
 - All metrics will remain displayed for 3 seconds and then flash every 4 seconds (3 seconds on, 1 second off).
- E. If no input is received for 5 minutes in pause mode, the treadmill will enter wake-up mode, and the buzzer will sound for 2 seconds.
- F. Press the **STOP** button to end the workout.
 - The display will show the **TOTAL TIME**, **DISTANCE**, and **CALORIES** for 30 seconds.
 - **WATTS**, **SPEED**, and **PACE** will alternate every 5 seconds, displaying average and maximum values.

Target Distance Mode

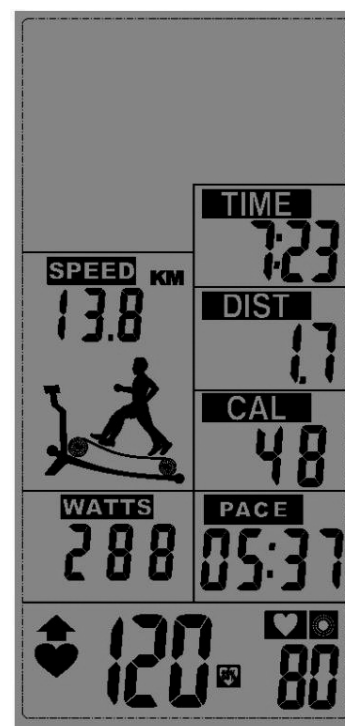
- A. Press the **TARGET DISTANCE KEY** to enter this mode.
 - The **DISTANCE** value will flash on the display, and the buzzer will sound for 1 second.
- B. Adjust the target distance using the **UP/DOWN** keys (range: 0.01–999.9 km or miles).
 - Confirm your selection by pressing **ENTER**.
- C. The workout will begin with the set distance counting down to zero.
 - Metrics such as **TIME**, **CALORIES**, **WATTS**, **SPEED**, and **PACE** are dynamically tracked during the workout.
- D. Pause, resume, and end functions operate the same as in the **Target Time Mode**.

Target Calories Mode

- A. Press the **TARGET CALORIES KEY** to enter this mode.
 - The **CALORIES** value will flash on the display, and the buzzer will sound for 1 second.
- B. Adjust the target calorie goal using the **UP/DOWN** keys (range: 1–999 calories).
 - Confirm your selection by pressing **ENTER**.
- C. The workout will begin with the set calorie goal counting down to zero.
 - Metrics such as **TIME**, **DISTANCE**, **WATTS**, **SPEED**, and **PACE** are dynamically tracked during the workout.
- D. Pause, resume, and end functions operate the same as in the **Target Time Mode**.

Target Heart Rate Mode

- A. Press the **TARGET HR KEY** to enter this mode.
 - The **AGE** value will flash on the display, and the buzzer will sound for 1 second.
- B. Use the **UP/DOWN** keys to input your age (range: 1–99 years).
 - Press **ENTER** to confirm.
- C. The treadmill will calculate your target heart rate zones based on your age:
 - 65% of your maximum heart rate is the lower range.
 - 85% of your maximum heart rate is the upper range.
- D. During the workout:
 - If your heart rate drops below 65%, the 65% indicator will flash, and the buzzer will beep every 10 seconds until you reach the target zone.
 - If your heart rate exceeds 85%, the 85% indicator will flash, and the buzzer will beep every 10 seconds until you reduce your heart rate to the target zone.
 - When your heart rate is within the 65%–85% range, the heart rate symbol will flash steadily, and the treadmill will display your current heart rate.
- E. Pause, resume, and end functions operate the same as in the **Target Time Mode**.



Pause and Reset Instructions

- Press **START** to pause a workout. The display will retain workout data for up to 5 minutes.
- To resume, press **START** again.
- To reset the treadmill, hold **STOP** for 3 seconds.

Advanced Key Functions

1. **Unit Conversion:**
 - Press **ENTER** + **START** to toggle between kilometers (KM) and miles (ML).
2. **Quick Shutdown:**
 - Press **ENTER** + **DOWN** simultaneously to turn off the treadmill quickly.

Technical Specifications

Model Name	Wooden Residential Manual Treadmill
Net Weight	91 kg (200 lbs)
Maximum User Weight	180 kg (396 lbs)
Noise Level	Below 50 dB (A)
Protection Level	IP 20
Operating Temperature	+5°C to +40°C (41°F to 104°F)
Product Dimensions	1400 x 800 x 1470 mm (55.1 x 31.5 x 57.9 in)
Package Dimensions	1530 x 850 x 500 mm (60.2 x 33.5 x 19.7 in)

Equipment Adjustment and Movement

Moving the Treadmill:

- Equipped with two fixed front wheels for easy mobility.
- Lift the rear slightly to roll the treadmill forward or backward.

Stabilizing the Equipment:

- Place the treadmill on a flat surface for stability. Adjust as needed:
 1. Loosen the locking nut on the base.
 2. Adjust the feet to ensure stability.
 3. Tighten the locking nut once level.

WARNING:

- Always check the treadmill for stability before use.
- Avoid dragging or tipping the equipment.

Routine Maintenance

Weekly Cleaning:

1. Engage the brake to stop the running belt completely.
2. Wipe the treadmill's surface with a damp cloth to remove dust and sweat.
3. Use a vacuum cleaner to clean beneath the treadmill.

Biweekly Inspection:

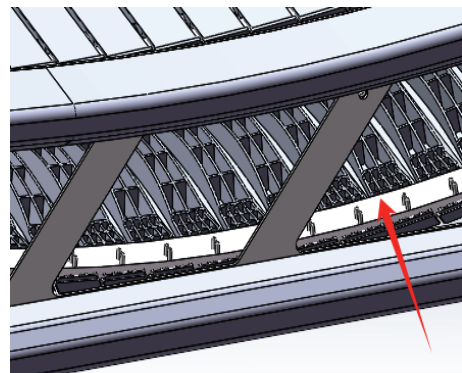
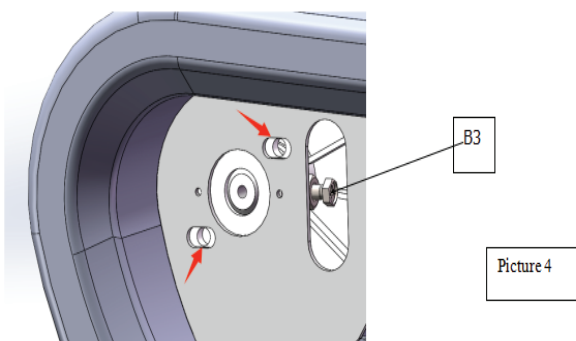
- Check the running belt for wear or damage.
- Ensure the braking system functions correctly.
- Inspect plastic covers and components for cracks or other damage.

NOTE:

Do not use chemicals or solvents for cleaning. For repairs or replacements, contact **Bells of Steel** Technical Support.

Adjuster for running belt offset: To adjust the running board, use the B3 (M10 stud) adjustment. If one side of the running belt becomes loose, first loosen the two knobs on the left of B3 (indicated by the red arrow), then adjust B3's tightness. (See Figure 4) (Factory pre-adjusted)

Lubricate the arrow-marked area at the front of the treadmill with 1-2 drops of silicone oil if you hear any squeaking or grinding noises.



Troubleshooting Guide

Problem	Possible Cause	Solution
Display does not turn on	Internal malfunction	Contact Bells of Steel Technical Support for assistance.
Excessive noise during use	Treadmill is not on a flat surface	Adjust the feet to ensure stability.
Running belt drifts to one side	Belt alignment issue	Contact Bells of Steel Technical Support for adjustment.
Data on display is inaccurate	Environmental interference	Move the treadmill to an area free from signal interference.
Heart rate monitor not working	Worn or improperly placed chest strap	Replace or adjust the chest strap for better contact with the skin.

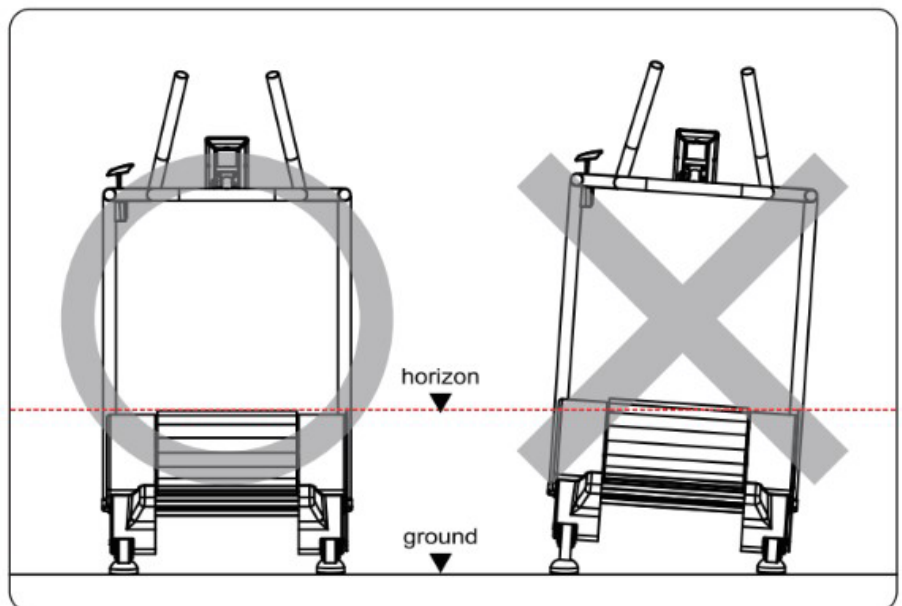
If the issue persists or is not listed, contact **Bells of Steel** Technical Support.

Location Requirements

Place the treadmill on a flat, stable surface, away from direct sunlight. Prolonged exposure to intense UV light can cause discoloration of the treadmill's plastic components. Position the treadmill in an area with cool temperatures and low humidity.

Ensure there is a clear, unobstructed zone around the treadmill for safe operation. Do not place the treadmill in locations that block ventilation or air openings. Avoid placing the treadmill in garages, patios, near water sources, or outdoors.

Note: After assembly, ensure that all four “universal adjusting pads” are set to the same height. Check that both sides of the treadmill are parallel when viewed from the front. If the treadmill is misaligned or tilted, it may result in damage to the equipment and could lead to injury during use.



Troubleshooting Belt Alignment

- ① First, check if the running board is rubbing against the wood.



- ② If the running board is rubbing against the wood, loosen the two screws.



- ③ Next, slightly tighten the top screw.



- ④ Finally, re-tighten the two screws.



YOU'RE FINISHED!

**WANT TO LEARN MORE ABOUT THE RESIDENTIAL MANUAL
TREADMILL? CHECK OUT THE OVERVIEW VIDEO:**



VISIT OUR SHOWROOMS



Calgary - HQ



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