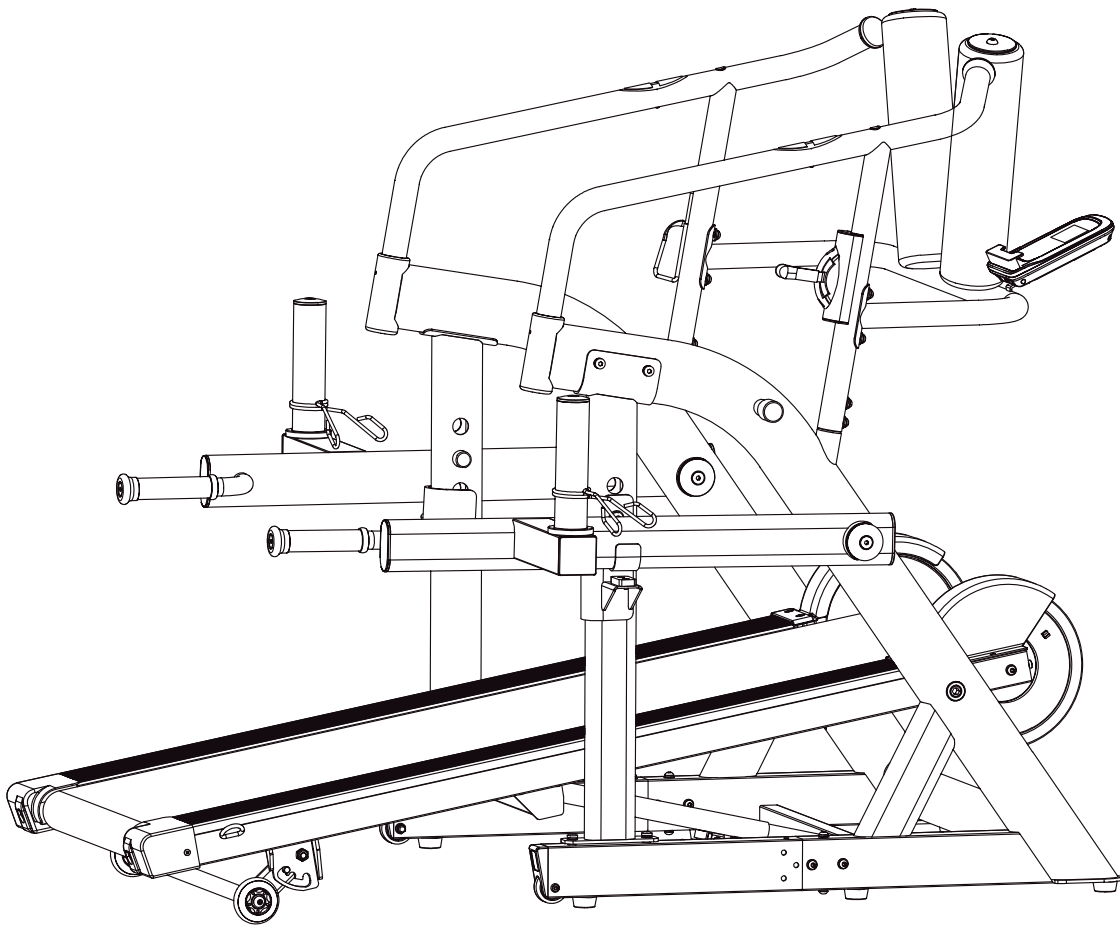




THE DREADMILL
SKU: DRD-TRDML
PO:



ASSEMBLY INSTRUCTIONS

   **BELLSOFSTEEL**

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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



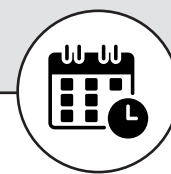
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Customer Notice

If you are missing any parts, or otherwise have any warranty issues/shipping damages, please file 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 the item is damaged.

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

THE DREAMMILL USER MANUAL

TABLE OF CONTENTS

1. Exploded Diagram	1
2. Parts List	2
3. Product Description	3
4. Installation Instructions	4
• Tools Required	
• Preparation	
• Assembly Steps (Parts 1–9)	
5. Maintenance Instructions	5
• Walking Belt Centering	
• Tension Adjustment	
• Cleaning	
• Lubrication Schedule	
6. Display Panel Overview	6
• Button Functions	
• Key Function Descriptions	
7. Operation Settings	7
• Preset Adjustments	
• Pulse Rate Measurement	
• Pulse Recovery Function	
• Body Fat, BMI, and BMR Settings	
8. Battery Replacement	8

Parts List

NO.	Description	Qty	NO.	Description	Qty
1	Board Frame	1	58L/R	L/R rear cover	2pr.
2	Main frame	1	59	End cap	2
3L/R	L/R Handrail tube	1pr.	60	Semi-oval end cap	2
4	Handrail connecting tube	1	61	Plug Φ 12.5	2
5	Cylinder supporting frame	1	62	Transparent wheel	2
6	Roller supporting joint	1	63	Console	1
7	Bottom Tube	2	64	Sensor wire	1
8	Roller supporting frame	2	65	Pulse grip piece	2
9	Pulling plate 1	2	66	Tension cable	1
10	Pulling plate 2	2	67	Sensor extension wire1	1
11	Inner Hex pan-head bolt M10*45	2	68	Sensor extension wire2	1
12	Inner Hex pan-head bolt M8*50	2	69	Sensor extension wire3	1
13	Inner Hex pan-head bolt M8*40	1	70	Pulse extension wire	1
14	Inner Hex pan-head bolt M8*45	1	71	Tension spring	2
15	Inner Hex pan-head bolt M8*70	2	72	Plug 1	1
16	Inner Hex pan-head bolt M8*40	2	73	Flat washer Φ 6* Φ 38*2	4
17	Inner Hex pan-head bolt M8*10	2	74	Flat washer Φ 4	4
18	Inner Hex pan-head bolt M8*16 Ni	24	75	Inner serrated lock washer	2
19	Inner Hex pan-head bolt M8*16 Zn	12	76	Cross pan-head self-tapping screw	2
20	Inner Hex cylindrical head bolt M8*50	2	77	Washer	2
21	Inner Hex cylindrical head bolt M12*90	2	78	Bottle support	1
22	Cross pan-head screw M5*10	8	79L/R	Supporting frame	1pr.
23	Cross pan-head screw M6*15	6	80L/R	Swing frame	1pr.
24	Inner hex countersunk screw M6*25	6	81L/R	Foam frame	1pr.
25	Inner hex bolt M6*6	2	82L/R	Fixed seat combination	1pr.
26	Cross pan-head self-tapping screw ST4.2*13	1	83	Limit tube combination	2
27	Cross pan-head self-tapping screw ST4.2*30	2	84	Barbell piece short fixed inner casing	2
28	Nylon nut M6	6	85	Barbell piece short fixed outer casing	2
29	Nylon nut M8	2	86	Spring washer D12	2
30	Nylon nut M10	2	87	Plug 2	1
31	Flat washer Φ 6* Φ 12*1.5	6	88	Inner Hex pan-head screw M12*30	2
32	Flat washer Φ 8* Φ 16*1.5	34	89	Inner Hex pan-head bolt M10*25	4

Parts List

33	Arc washer $\Phi 8.2 * \Phi 16 * 1.5 * R20$	12	90	Inner Hex cylindrical head screw M8*20	2
34	Spring washer D10	4	91	Cross pan-head screw M5*10 head $\Phi 10$	4
35	Spring washer D8 Ni	24	92	Inner hex countersunk screw M10*25	2
36	Spring washer D8 Zn	12	93	Inner hex countersunk screw M10*30	4
37	Rear Transport Wheel Sleeve joint	1	94	Inner hex screw M5*4	4
38	Front Transport Wheel Sleeve joint	1	95	Flat washer $\Phi 10.2 * \Phi 32 * 2$	2
39	Spacer	2	96	Flat washer $\Phi 13 * 2 * \Phi 24$	2
40	Fixator	2	97	Long axle	2
41	Small Alloying sleeve	4	98	Stop trip spring ring	2
42	Fixing axle	2	99	Aluminum head	2
43	Cross pan-head screw M5*15	2	100	Handle stop ring	2
44	Cushion	2	101	Short limit post	2
45	Cross pan-head screw M4*12	4	102	End cover	4
46	Running belt	1	103	Standard special bearing	2
47	Running board	1	104	Bearing	6
48	Transport wheel	2	105	Foam	2
49	Wheel cap	2	106	Round end cap	2
50	Flat foot pad	6	107	Square end cap	2
51	Cushion pad	6	108	Rectangular rubber block	2
52	Bushing	2	109	Oblate end cap	4
53	Cylinder	1	110	Dip handle sleeve	2
54	Tension controller	1	111	Cushion sleeve	2
55	Anti-slip mat	4	112	Plastic end cover	2
56	L/R flywheel cover	1pr.	113	Flat washer $\Phi 10.2 * \Phi 20 * 2$	2
57	Edging	2			

Product Description

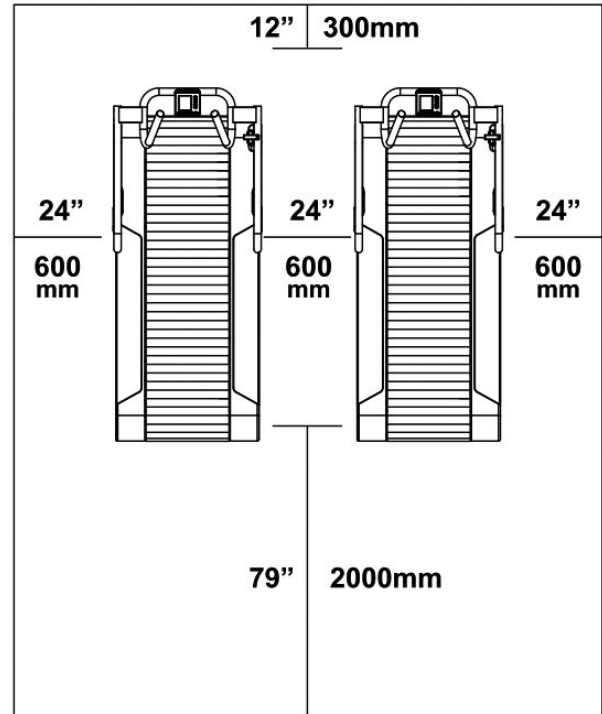
The **Dreadmill by Bells of Steel** combines the versatility of a manual incline treadmill, a sled push, a farmer's carry trainer and a lever arm station into one powerhouse machine.

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

Tools Required:

1x	10mm Allen key
2x	6mm Allen key
1x	5mm Allen key
1x	3mm Allen key
1x	Phillips screwdriver

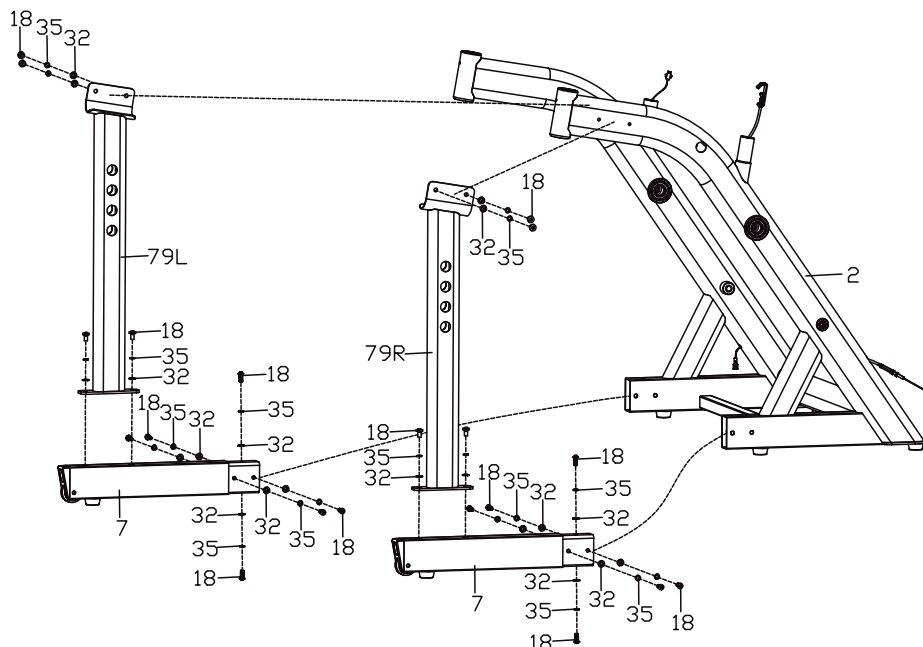
Prep: Lay out all of the parts on the ground so they are easy to reach during construction. Group all of the hardware together according to size.

PART 1

Note: You may want to leave the bolts for this step loose to make installing the support frames easier.

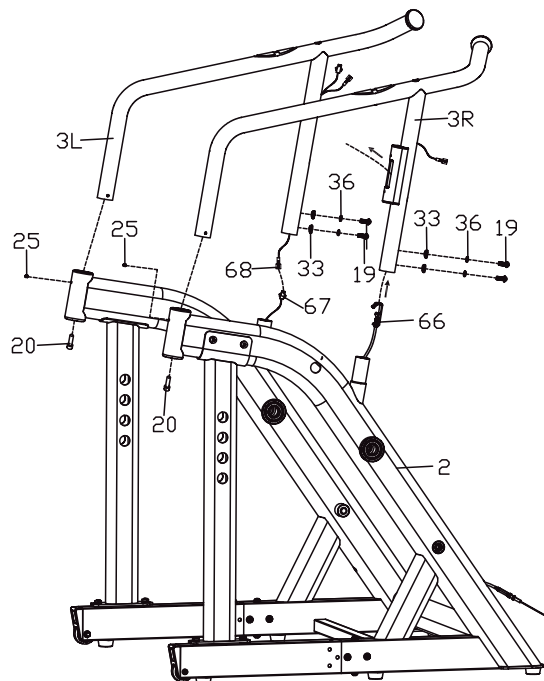
- 1 Fasten the Bottom tubes (#7) onto the main frame (#2) with 2 bolts (#18), 2 spring washers (#35) and 2 flat washers (#32) per side.
- 2 Install the supporting frames (#79) onto the bottom Tubes (#7) with 2 bolts (#18), 2 spring washers (#35), and 2 flat washers (#32) per side, making sure #79L is on the left side and 79R is on the right.
- 3 Next, secure the supporting frame(79) onto the main frame(2) at the top with 2 bolts (#18), 2 spring washers (#35), and 2 flat washers (#32) per side.

** If you left the bolts loose, make sure to go back and tighten them down now.



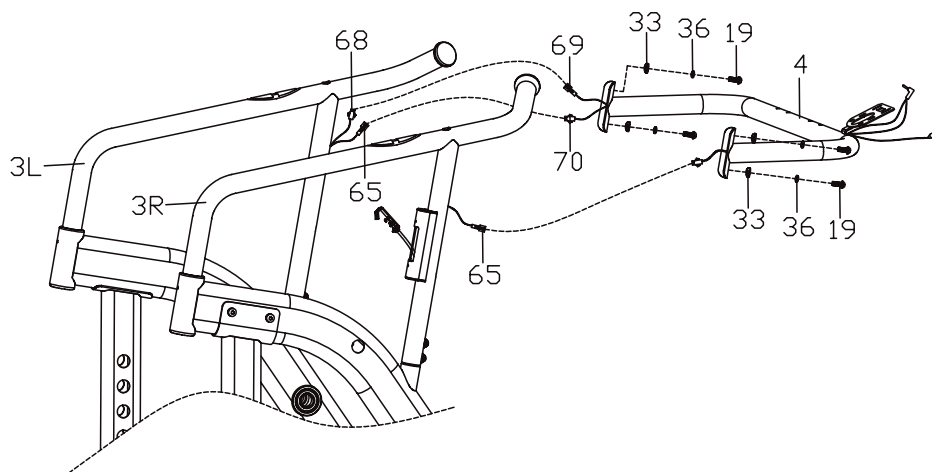
PART 2

- ① Take the left side handrail tube (#3L) and connect the sensor extension wire sticking out of the frame (#67) with the sensor wire at the bottom of the handrail tube (#68). Then insert the handrail tube into the frame. It can sometimes be a tight fit so you may need to wiggle the tube back and forth or tap it with a mallet.
- ② Take the right side handrail tube (#3R) and run the tension cable sticking out of the frame (#66) through the tube and out the attachment point for the resistance selector. Then insert the handrail tube into the frame.
- ③ Then secure the tube to the frame with 2 bolts (#19), 2 washers (#36), and 2 arc washers (#33) for the vertical holes. Next, fasten the handrail tubes to the main frame with bolts (#20) at the base of the tubes into which the handrail tubes are inserted. Finally, tighten the bolts (#25) at the front of those frame tubes.



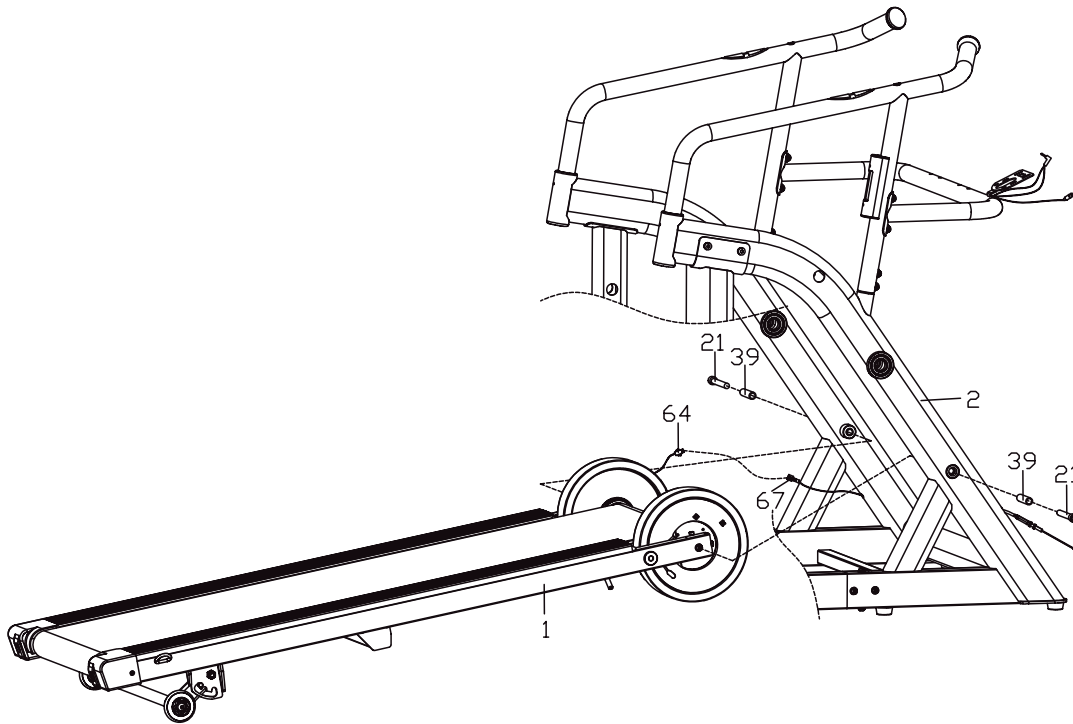
PART 3

- ① Grab the handrail connecting tube (#4) and connect the two wires on the left side (#69, #70) with the wires sticking out of the left side of the handrail tube (#65, #68). Wire #68 connects to wire #69 and wire #65 connects to wire #70. Then connect the wire on the right hand side of the machine, #65 to #70 again.
- ② Fasten the handrail connecting tube to the handrail tubes with 4 bolts (#19), 4 spring washers (#36), and 4 arc washers (#33).



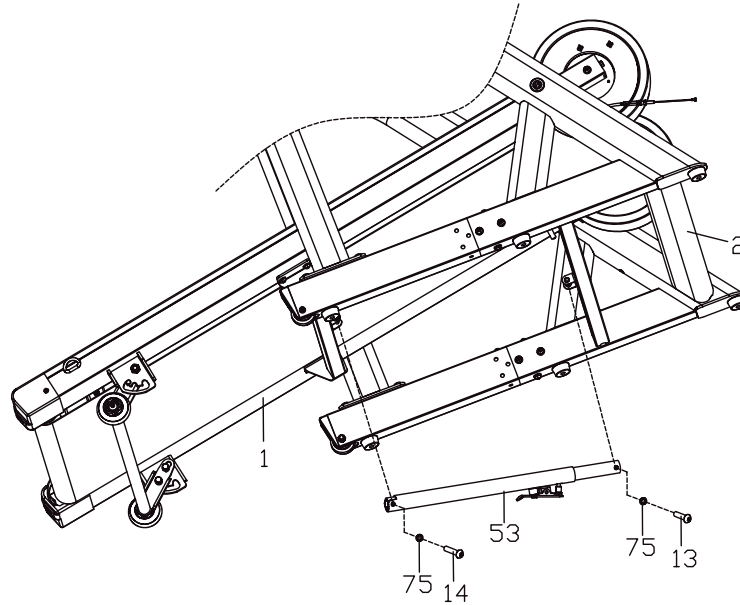
PART 4

- ① Take the Dreadmill base (#1) and maneuver it into the middle of the frame we have built so far.
- ② Attach the Dreadmill base to the main frame with the 2 bolts (#21) and 2 spacers (#39).
- ③ Then Connect the sensor wire on the left side of the frame (67) to the sensor wire on the left side of the base (#64).



PART 5

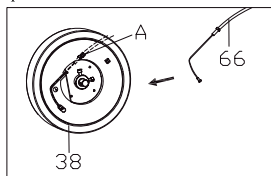
- 1 Tilt the Dreadmill onto its side to make attaching the locking cylinder easier.
- 2 Attach the non-telescopic end of the upright locking cylinder (#53) to the Dreadmill base (#1) using bolt (#14) and lock washer(#75).
- 3 Attach the telescopic end of the cylinder (#53) to the main frame using bolt (#14) and lock washer(#75).
- 4 Stand the Dreadmill back upright.



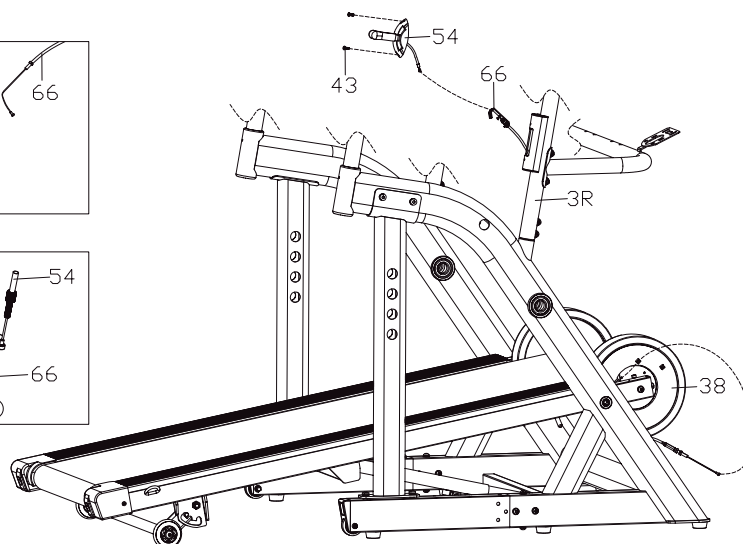
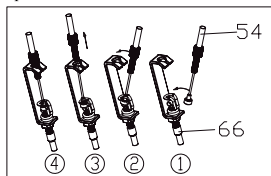
PART 6

- 1 Pull the lower part of the tension cable (#66) towards the wheel attachment point (#38), and then attach the end of the cable to the wheel (#38). Make sure the cable is sitting fully in the channel of the wheel.
- 2 Connect the upper part of the tension cable (#66) with the wire of the tension controller (#54). Attach the end of the tension controller cable to the hook on the end of cable 66 and then pull up and out on the tension controller cable and then back into the slot so that the end of the housing on the cable is sitting in the groove of the silver connector piece.
- 3 Fasten the tension controller (#54) onto the Right handrail tube (#3R) with 2 screws (#43).

picture 1:

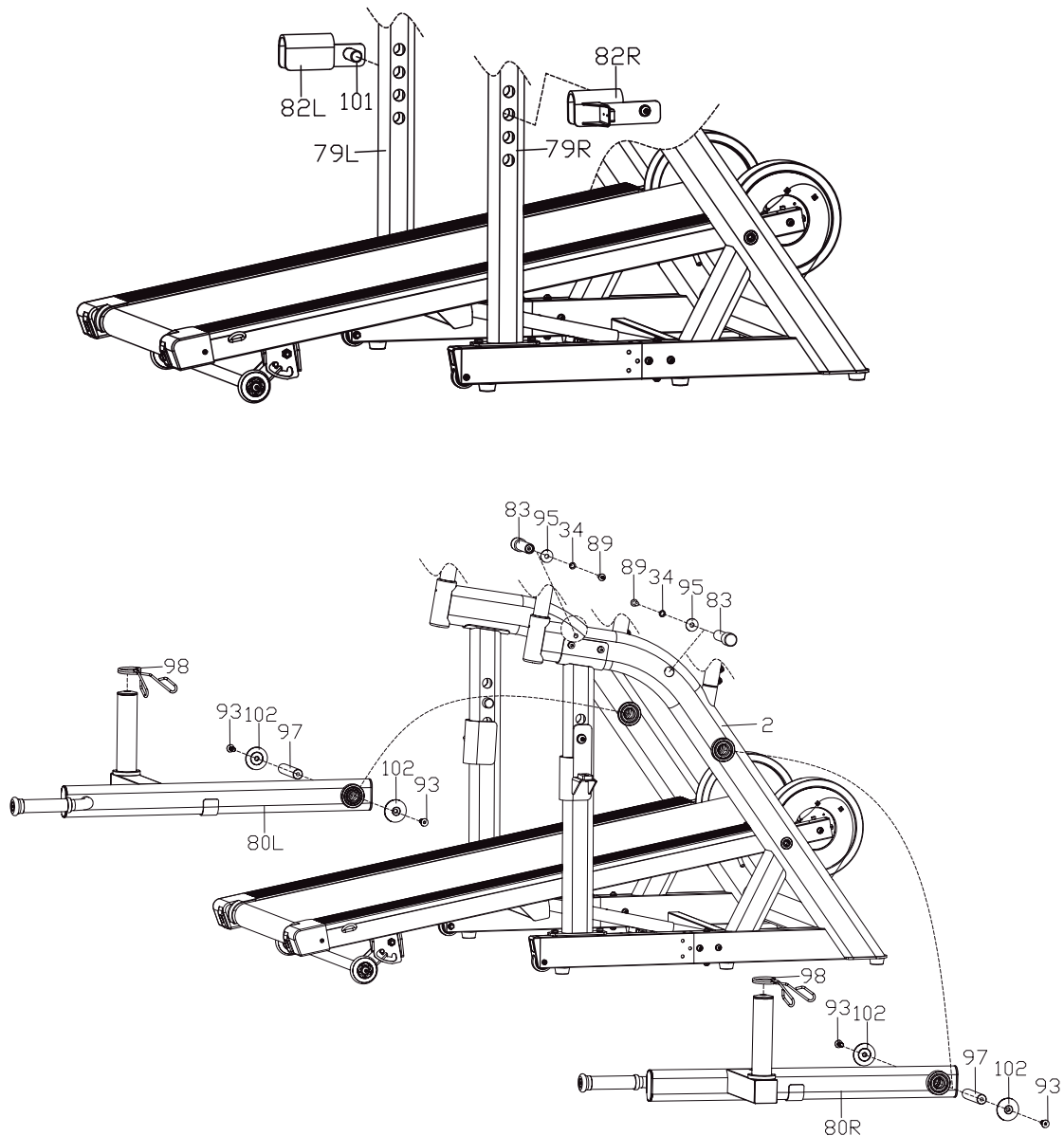
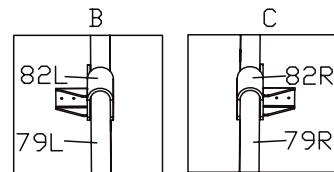


picture 2:



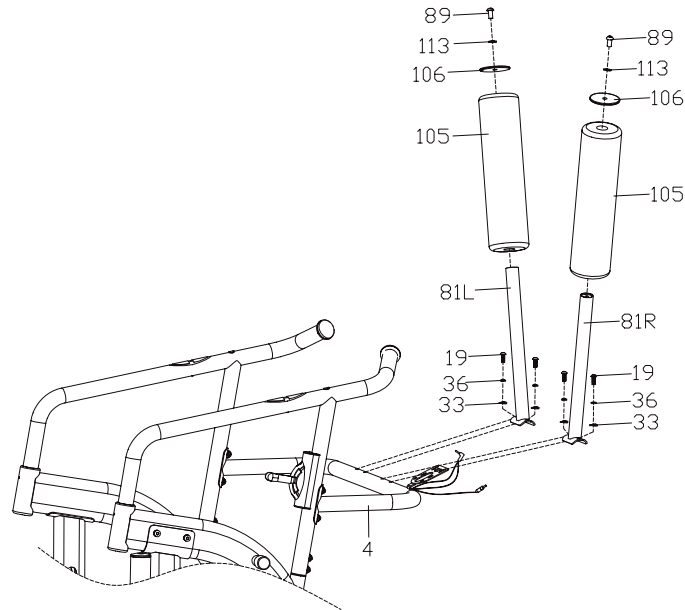
PART 7

- 1 Install the arm supports (#82L/R) into the holes on the frame that best fit based on your height. The rests should be facing outwards.
- 2 Insert one of the limit tube combinations (#83) on the main frame, and then fasten it down with 1 bolt (#89), 1 spring washer (#34), and 1 Flat washer (#95). Then install the other one on the other side.
- 3 Fasten the left arm (#80L) to the left side of the frame with 2 screws (#93), 2 covers (#102), and 1 axle (#97). Then repeat the process with the right arm (#80R) on the right side.



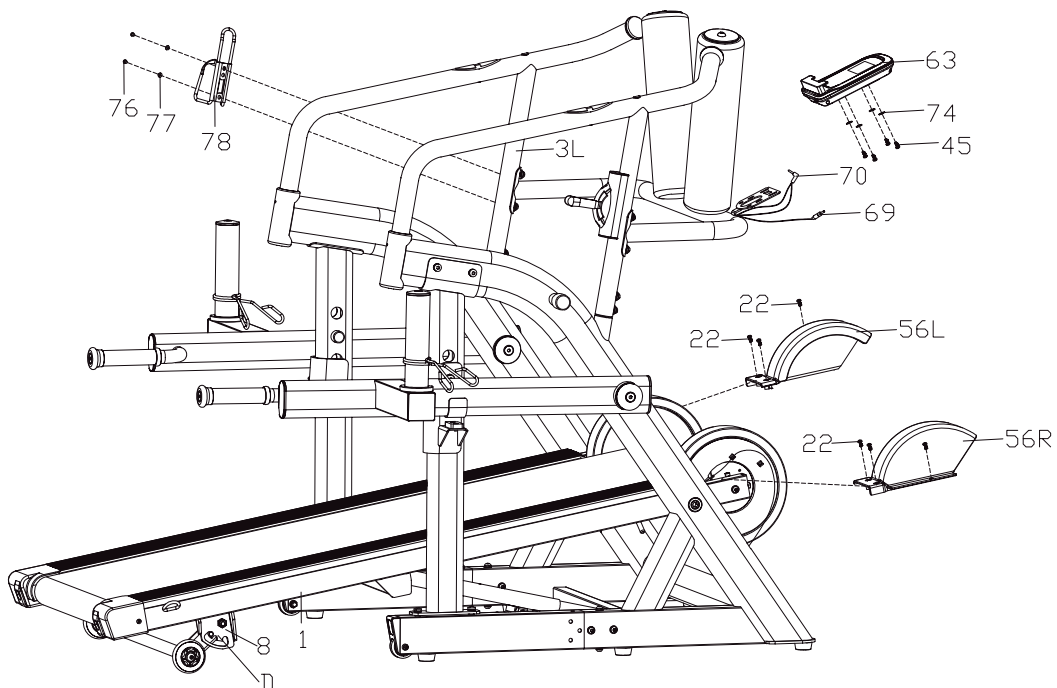
PART 8

- 1 Attach the frames for the shoulder pads (#81L/R) on the handrail connecting tube (#4) with 4 bolts (#19), 4 Spring washers (#36), and 4 Arc washers (#33).
- 2 Slide the foam shoulder pads (#105) on the frames we just installed (#81L/R), and then install the end cap (#106) and secure the pads with 2 bolts (#89) and 2 Flat washers (#113).



PART 9

- 1 Fasten the flywheel covers (#56L/R) onto the Dreadmill base with 3 screws (22) per cover.
- 2 Attach the console (#63) to the bracket of the handrail connecting tube with 4 screws (#45) and 4 flat washers (#74). Then connect the wires (#69, #70) to the console (#63).
- 3 Remove the 2 preinstalled screws (#76) and washers (#77) on the left handrail tube (#3L) and use them to attach the bottle cage (#78).



MAINTENANCE INSTRUCTIONS

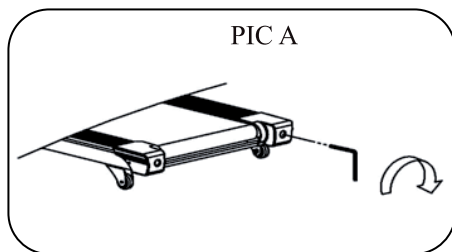
Walking Belt Centering and Tension Adjustment

DO NOT OVERTIGHTEN the walking belt. Overtightening can cause excessive roller wear.

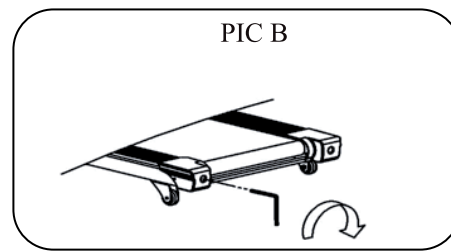
Centering the Walking Belt:

- ① Place the Dreadmill on a level surface.
- ② Run at approximately 3 mph.
- ③ **If the belt drifts to the right:**
 - Slowly turn the right adjusting bolt clockwise until the belt is centered.
 - Ensure the space between the belt and the edges on both sides is equal, with no more than a 5mm gap.
- ④ **If the belt drifts to the left:**
 - Slowly turn the left adjusting bolt clockwise until the belt is centered.
 - Check that the space between the belt and the edges is evenly distributed, with a gap no larger than 5mm.

Refer to Picture A for belt drifting to the right and Picture B for belt drifting to the left.



Picture A: If the belt has drifted to the RIGHT



Picture B: If the belt has drifted to the LEFT

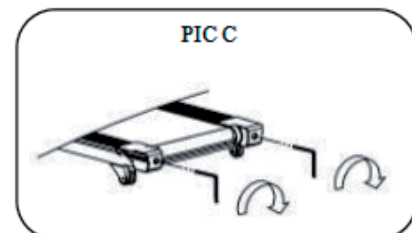
Tensioning the Belt:

If you experience a slipping sensation while running on the Dreadmill, the belt needs to be tightened.

- ① Over time, the belt may stretch with use, causing it to slip. This is a normal adjustment.
- ② To fix this, use the appropriate Allen wrench to tighten both rear roller bolts. Turn each bolt 1/4 turn clockwise, as shown in Picture C.
- ③ Test the Dreadmill again to check for slipping.

Important:

- ① Repeat as necessary, but never turn the roller bolts more than 1/4 turn at a time.
- ② Proper belt tension is achieved when the running belt is 50–75mm above the deck.



CLEANING

Regular cleaning will significantly extend the lifespan of your Dreadmill. Keep the Dreadmill clean by dusting it regularly. Be sure to clean the exposed areas of the deck on both sides of the walking belt as well as the side rails. This helps reduce the buildup of debris beneath the walking belt.

To clean the top of the walking belt, use a damp cloth with mild soap. **Avoid letting any liquid enter the Dreadmill frame or underneath the walking belt.**

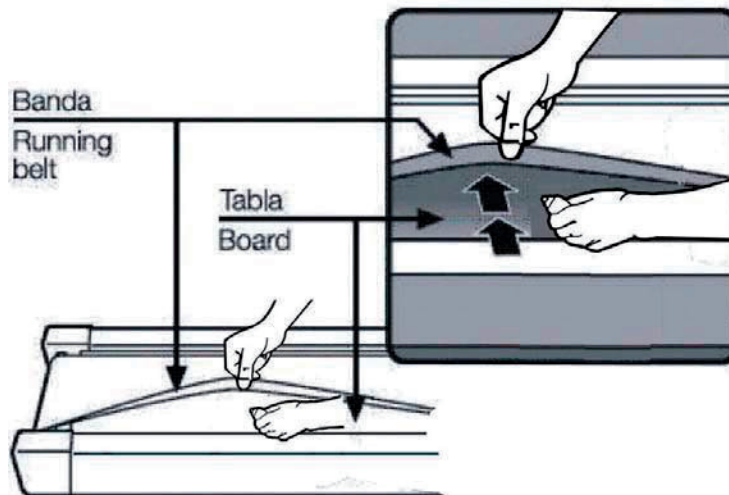
WALKING BELT AND DECK LUBRICATION

Your dreadmill features a pre-lubricated, low-maintenance deck system. However, belt and deck friction can impact the performance and longevity of the Dreadmill. Periodic lubrication is essential to maintain optimal function.

We recommend inspecting and lubricating the deck based on the following usage schedule:

- **Light use (less than 3 hours per week):** Lubricate annually.
- **Moderate use (3–5 hours per week):** Lubricate every six months.
- **Heavy use (more than 5 hours per week):** Lubricate every three months.

Refer to the diagram for instructions on applying lubrication properly.



Display Panel Overview WITH BODY FAT & PULSE RECOVERY

Instruction Manual

BUTTONS

1. MODE

- Press this button to switch between display options or select the window to be set.

2. RECOVERY/UP

- **In setting mode:** Press this button to increase the value in the relevant flashing window for TIME, DISTANCE, CALORIES, or TEMPERATURE (°C or °F).
- **In non-exercise mode:** Press this button to enter or exit the pulse recovery function.

3. DOWN

- **In setting mode:** Press this button to decrease the value in the relevant flashing window for TIME, DISTANCE, CALORIES, or TEMPERATURE (°C or °F).

4. RESET/GO

- **In setting mode:** Press this button to reset the value in the relevant flashing window for TIME, DISTANCE, or CALORIES.
- **In body fat settings:** Press this button to start the body fat test.
- **In monitor mode:** Hold this button for 3 seconds to reset all values to zero.

5. BODY FAT

- In non-exercise mode, press this button to enter or exit the body fat parameter setup.

Key Function Descriptions

1. SPEED/BODY FAT RATIO

- Displays instantaneous speed (0.0–99.9 KM/H).
- Displays body fat ratio.

2. TIME/BMI

- Tracks total exercise time (0–99:59).
- Allows a preset time; when the preset time is reached, the monitor will beep for 10 seconds. The maximum preset time is 99 minutes.
- Displays Body Mass Index (BMI).

3. DISTANCE/BMR

- Tracks total exercise distance (0.00–99.99 KM).

- Allows a preset distance; when the preset distance is reached, the monitor will beep for 10 seconds. The maximum preset distance is 99.9 KM.
- Displays Basal Metabolic Rate (BMR).

4. CALORIES/TEMPERATURE

- Tracks total calories burned during exercise (0–999 KCAL).
- Allows a preset calorie goal; when the preset value is reached, the monitor will beep for 10 seconds.
- Displays room temperature (°C or °F).

5. PULSE

- Monitors heart rate when holding the pulse sensor. The range is 40–240 BPM.

6. ALARM

- The monitor will beep when any button is pressed, including MODE, RECOVERY/UP, DOWN, RESET/GO, or BODY FAT.

7. AUTO ON/OFF & AUTO START/STOP

- If there is no signal from exercise or button operation for 8 minutes, the power will turn off automatically, and all memory except body fat parameters and temperature will be cleared.
- The monitor will turn on automatically when exercise or button operation resumes.

OPERATION

1. SET

- Press MODE to select the display window to preset. The relevant value will flash.
- Use UP or DOWN to increase or decrease the value to reach your desired goal (e.g., time, distance, or calories).
- Use UP or DOWN to adjust values more quickly.
- Press RESET to reset the value in the relevant flashing window.

2. PULSE RATE

To measure your pulse rate, enter pulse mode. Place both palms on the contact pads, and the monitor will display your heart rate in beats per minute (BPM) on the LCD after 3–4 seconds.

Note: During the pulse measurement process, the reading may initially appear higher than your actual pulse rate due to contact interference. This discrepancy will stabilize after 2–3 seconds. The measurement values provided are not intended for medical purposes.

3. PULSE RECOVERY

In non-setting and non-exercise modes:

1. First, measure your pulse as described above.
2. Press the RECOVERY/UP button to activate the pulse recovery function. The display will show a 1-minute countdown alongside your current pulse rate.
3. Hold the pulse sensor as the countdown proceeds. Once it reaches zero, the monitor will display your pulse recovery level, ranging from F1 to F6 (F1 being the fastest recovery and F6 the slowest). F1 indicates optimal recovery.
4. Press the RECOVERY/UP button again to exit the pulse recovery function.

4. BODY FAT, BMI & BMR

In non-exercise mode:

1. Press the **BODYFAT** button to enter the body fat parameter settings.
2. Input the following information in sequence:
 - Exerciser Number (1-8)
 - Weight (KG)
 - Height (CM)
 - Age (YEAR)
 - Gender
3. Use the **RECOVERY/UP** button to increase values or the **DOWN** button to decrease values. Press **MODE** to move to the next parameter.
4. After completing the settings, hold the pulse sensor and press **RESET/GO**. Your body fat percentage will be displayed within 6 seconds.
5. Press the **BODYFAT** button to exit the body fat test.

Remarks:

- If no operation is detected for over 10 seconds during parameter setup, the system will automatically exit the body fat settings mode.
- If no test subject is detected within 10 seconds during the body fat test, the monitor will display "Er.1."

BATTERY REPLACEMENT

If the display becomes dim or difficult to read, remove the battery and replace it with a **Size AAA (UM4, R03)** battery.

YOU'RE FINISHED!

WANT TO LEARN MORE ABOUT THE DREADMILL?
CHECK OUT THE OVERVIEW VIDEO:



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