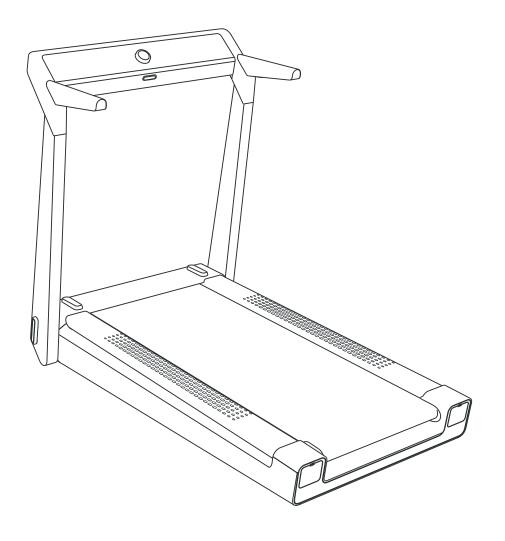


# Assembly and Operating Instructions









FSDFTM30.01.01

Art. No. DF-TM30

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#### Dear customer,

thank you for choosing Darwin Fitness® equipment. With Darwin fitness equipment we offer first class home sports equipment at a great price point. Darwin exercise bikes and strength machines are easy to use, have a space-saving design and look really good. With our equipment we want to support you in reaching your athletic goals, no matter if you want to lose weight or train for the national triathlon. If you have any further questions, please contact us, we are looking forward to hearing from you and wish you lots of fun during your training!

Further information can be found at www.fitshop.com.

#### **Intended Use**

The equipment may only be used for its intended purpose.

The equipment is only suitable for home use. The equipment is not suitable for semi-professional (e.g. hospitals, associations, hotels, schools, etc.) and commercial or professional use (e.g. fitness studios).

#### **Legal Notice**

Fitshop GmbH Europe's No. 1 for home fitness

International Headquarters Flensburger Straße 55 24837 Schleswig Germany Management:

Christian Grau

Sebastian Campmann

Dr. Bernhard Schenkel

No. HRB 1000 SL

**Local Court Flensburg** 

European VAT Number: DE813211547

#### Disclaimer

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Product and manual are subject to change. Technical data can be changed without advance notice.



Europe's No.1 for Home Fitness

#### **ABOUT THIS MANUAL**

Please carefully read the entire manual before installation and first use. The manual will help you to quickly set up the system and explains how to safely use it. Make sure that all persons exercising with the equipment (especially children and persons with physical, sensory, mental or motor disabilities) are informed about this manual and its contents in advance. In case of doubt, responsible persons must supervise the use of the equipment.



Due to ongoing changes and software optimisations, the manual may have to be updated. If you notice any discrepancies during assembly or use, please refer to the manual uploaded to the webshop. The latest manual is always available there.

This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to carefully follow the instructions and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Training devices must be classified according to accuracy and use. Accuracy classes are only applicable to devices that display training data.

#### **Accuracy classes**

Class A: high accuracy.

Class B: medium accuracy.

Class C: low accuracy.

The use classes explain the intended use of the training device.

#### **Use classes**

**Class S** (studio): professional and/or commercial use.

These training devices are intended for the use in training rooms of facilities such as sports clubs, school facilities, hotels, clubs and studios whose access and supervision is specifically regulated by the owner (person with legal responsibility).

Class H (home use): use at home.

These stationary training devices are intended for the use in private homes where access to the training device is regulated by the owner (person with legal responsibility).

Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The following safety instructions may appear in this manual:

#### ► ATTENTION

This notice indicates potentially hazardous situations which, if not avoided, may result in property damage.

#### **CAUTION**

This notice indicates potentially hazardous situations which, if not avoided, may result in slight or minor injuries!

#### **↑** WARNING

This notice indicates potentially hazardous situations which, if not avoided, may result in death or serious injuries!

#### **↑** DANGER

This notice indicates potentially hazardous situations which, if not avoided, will result in death or serious injuries!

#### (i) NOTICE

This notice indicates further useful information.

Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

### 1.1 Technical Data

#### **LED** display of:

- + Training time in min.
- + Training distance in km
- + Speed in km/h
- + Calorie consumption in kcal

Motor type:	DC-Motor (1,5 HP)
-------------	-------------------

Speed: 0,8 km/h–15 km/h (adjustable in 0.1-km/h increments)

Programmes in total:	4
Quick Start programme:	1
Intervall programme (HIIT):	1
Fatburn programme:	1
Walk programme:	1

Hot keys (Speed): 3

Size of runnung surface (LxW): 120cm x 48cm

Thickness of runnung mat: 1,8 mm

### Weight and dimensions:

Article weight (gross, incl. packaging): 68.5 kg Article weight (net, excl. packaging): 54.5 kg

Package dimensions (LxWxH) approx.: 159 cm x 93 cm x 39 cm Set-up dimensions (LxWxH) approx.: 142cm x 83cm x 114cm Folding dimensions (LxWxH) approx: 142cm x 83cm x 31 cm

Maximum user weight: 110 kg

Use class:

### 1.2 Personal Safety

### **DANGER**

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.
- + Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.
- + The owner must communicate all warnings and instructions to the user.

#### **WARNING**

- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + If an emergency occurs and training has to be stopped abruptly, pull out the safety key, grab both handles, jump onto the side rails and wait until the treadmill has come to a complete stop.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.

### **CAUTION**

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.
- + Be aware that if adjustment devices are left protruding, they may impede the user's movement.

#### ATTENTION

- + Do not insert any objects of any kind into the openings of the device.
- + To protect the equipment from use by unauthorised third parties, always remove the power cable (if existing) when not in use and store it in a safe place that is inaccessible to unauthorised persons (e.g. children).

### 1.3 Electrical Safety

#### **↑** DANGER

+ In order to reduce the risk of an electric shock, always unplug the equipment from the mains socket immediately after your workout, before assembly or dismantling, and before maintenance or cleaning. Do not pull on the cable.

#### **↑** WARNING

- + Do not leave the equipment unattended while the mains cable is plugged into the mains socket. During your absence, the mains cable must be removed from the mains socket to prevent improper use by third parties or children.
- + If the mains cable or plug is damaged or defective, contact your contract partner. Until repair, the equipment must not be used.

#### ATTENTION

- + The equipment requires a mains connection of 220-230 V with 50 Hz mains voltage.
- + The equipment may only be connected directly to an earthed socket using the supplied mains cable. Extension cables must conform to VDE guidelines. Always completely unwind the mains cable.
- + The socket must be protected by a fuse with a minimum fuse rating of "16 A, slow blow".
- + Do not make any changes to the mains cable or the mains plug.
- + Keep the mains cable away from water, heat, oil and sharp edges. Do not route the mains cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.
- + If your purchased item is equipped with a TFT console, software updates must be carried out regularly. Follow the instructions on the console to perform the update(s).
- + The software systems on gym equipment with TFT consoles are set up only for the preinstalled apps. Do not install any additional apps.

#### (i) NOTICE

+ The pre-installed apps on TFT consoles are produced and provided by external manufacturers. Fitshop does not take any responsibility for the availability, functionality or contents of these apps.

### 1.4 Set-Up Place

#### **WARNING**

+ Do not place the equipment in main corridors or escape routes.

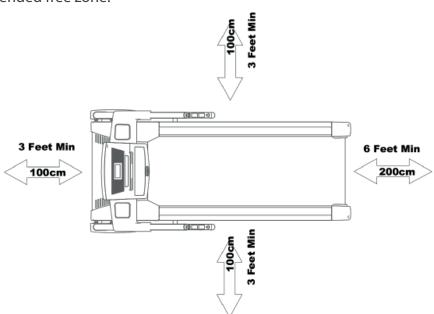
#### **CAUTION**

- + Make sure that there is a safety area behind the treadmill with a length of at least 2 m and a width at least equal to the width of the treadmill.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/ clearance to the front, the rear and to the sides of the equipment.
- + The free area in the direction from which the exercise equipment is accessed must be at least 0.6 m larger than the exercise area.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.

#### ATTENTION

- + The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.
- + A floor protective mat/equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.
- + For Class S equipment, the exercise equipment may only be used in areas where access, supervision and control are specifically regulated by the owner.

#### Recommended free zone:



#### 2.1 General Instructions

#### **↑** DANGER

+ Do not leave any tools, packaging materials such as foils or small parts lying around, as otherwise there is a danger of suffocation for children. Keep children away from the equipment during assembly.

#### **WARNING**

- + The treadmill is equipped with highpressure shock absorbers that can cause the treadmill to suddenly open if handled incorrectly. To avoid possible personal injuries, never pull on the areas of the treadmill shown in the illustration. Never try to lift or move the treadmill at the marked areas.
- + Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.



#### **CAUTION**

- + Ensure to have sufficient room for movement in each direction during assembly.
- + The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of a third technically skilled person.

#### ATTENTION

+ To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.

#### (i) NOTICE

- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

### 2.2 Scope of Delivery

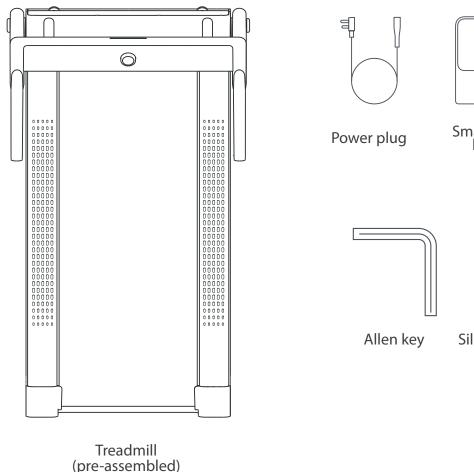
#### **↑** WARNING

There is a transportation lock that prevents the treadmill from opening during transport. This transportation lock must be removed before assembly.

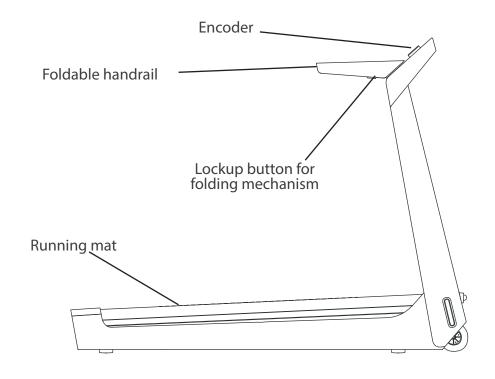
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

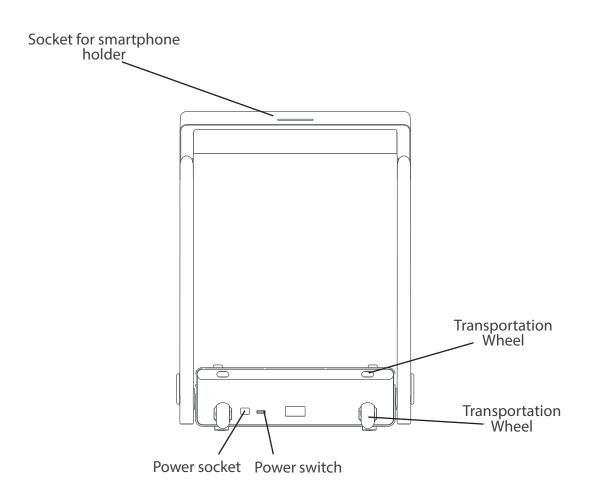
#### **CAUTION**

If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.









### 2.3 Assembly

Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

#### (i) NOTICE

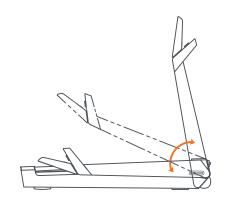
- + First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

#### **Step 1: Setting up the treadmill**

1. Remove the packaging and place the treadmill on an even ground.

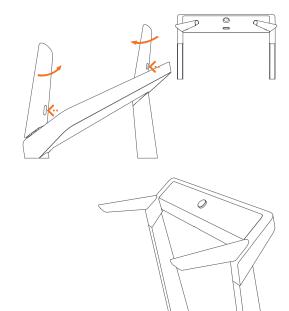


2. Fold up and hold the console mast.



#### **Step 2: Unfolding the handrails**

- 1. Press and hold the lock buttons on both sides of the handrails and turn the handrails in the direction of the arrows as shown.
- 2. Allow the handrails to snap into place.



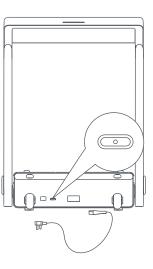
3. Ensure that the handrails are locked properly.

#### Step 3: Connecting the equipment to the mains supply

#### ► ATTENTION

The equipment must not be connected to a multiple socket, otherwise it cannot be guaranteed that the equipment will be supplied with sufficient power. Technical errors can result.

- 1. Connect the power plug to the unit and connect the power plug to a wall outlet that complies with the electrical safety instructions in the chapter on electrical safety.
- 2. To turn on the unit, press the power switch as shown in the figure.



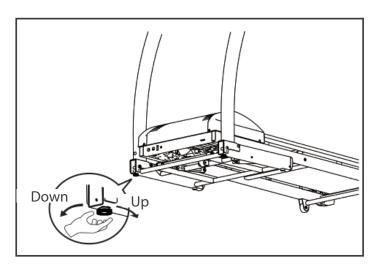
#### **Step 4:** Alignment of the feet

If the floor is uneven, you can stabilize the treadmill by turning the two setting screws under the main frame.

#### **↑** WARNING

The treadmill is equipped with high-pressure shock absorbers that can cause the treadmill to suddenly open if handled incorrectly. For more information, refer to the section 2.1 of this manual.

- Lift the treadmill on the desired side and 1. rotate the setting screws under the main frame.
- Rotate the screws clockwise in order to remove them and to raise the running surface.
- Rotate them counterclockwise in order 3. to lower the running surface.



### **Step 5: Connecting the equipment to the mains supply**

#### ATTENTION

The equipment must not be connected to a multiple socket, otherwise it cannot be guaranteed that the equipment will be supplied with sufficient power. Technical errors can result.

Plug the power plug into a wall outlet that complies with the instructions in the chapter on electrical safety.

#### **Correctly Getting On and Off**

- To step onto the treadmill, grip the handrails with both hands and step onto the treadmill one 1. foot at a time.
- 2. To get off, grip the handrails with both hands and step off the treadmill one foot at a time.

#### **(i)** NOTICE

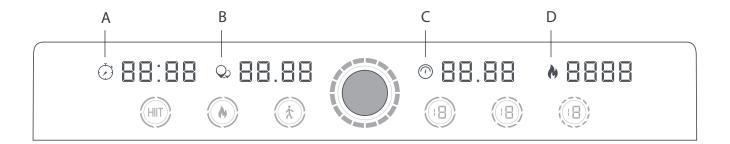
- + Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.
- Always start your training with low intensity and increase evenly and gently. End your training with a cool-down phase. If you are unsure, please consult your physician.
- Most new treadmills make a knocking noise caused by the running mat sliding over the rollers. The time it takes for the noise to subside depends on the intensity of use, the temperature and the humidity around the treadmill.
- Please bear in mind that the noise emission under load is higher than without load.

#### **SAFETY KEY**

#### **↑** WARNING

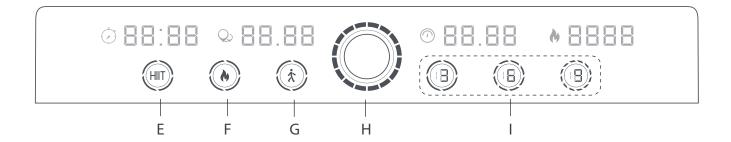
- For your safety, the device is equipped with an EMERGENCY STOP function. The equipment can only be operated if the safety key is correctly attached to the contact point of the cockpit. If the safety key is no longer on the contact point, the equipment automatically stops. Therefore, the Safety Key cord with the clip must be attached to your clothing before every training session. If you want to quickly stop the treadmill, if you can no longer control the speed, or if another emergency occurs, remove the safety key from the cockpit using the cord.
- + To enable the safety key to detach from the contact point of the cockpit in the event of a fall, the safety key clip must be firmly attached to your clothing!
- + Make sure that the safety key is not accessible to children.

### 3.1 Console Display



Α	Display of the training time
В	Display of the training distance
С	Display of the speed
D	Display of burned calories

### 3.2 Button Functions



E	Programme key for the HIIT programme (High-Intensity Interval Training)
F	Programme key for the fat burn programme
G	Programme key for the walk programme
Н	Encoder:  + Rotate to adjust the speed during workout (in 0.1 km/h increments)  + Press to start or stop the training
I	Hot keys to adjust the speed to 3, 6 or 9 km/h

### **3.3** Programmes

There are a total of four programms available:

- + Quick-Start programme
- + HIIT programme (High-Intensity Interval Training)
- + Fatburn programme
- + Walk programme

### **3.3.1** Quick Start Programme

1. To start the programme, press the encoder.

The treadmill starts with a speed of 0,8km/h.

All values are counted up.

2. To adjust the speed, use the hot keys or rotate the encoder.

#### (i) NOTICE

Each section on the encoder corresponds to 0.1km/h.

3. To pause the Quick Start programme, press the encoder again.

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### **3.3.2** HIIT Programme (High-Intensity Interval Training)

The HIIT programme is an interval programme and ideal for advanced users.

1. To start the programme, press the programme button.

The values for distance and calories are counted up. The value for time is counted down.

#### (i) NOTICE

The programme has a training time of 30:00 minutes.

2. To pause the programme, press the encoder.

#### **Programme sequence**

Time (Min.)	3	3	3	3	3	3	3	3	3	3
Speed (km/h)	4	10	4	10	4	10	4	10	4	10

### **3.3.3** Fat Burn Programme

The fat burn programme is a training programme with a medium intensity level. This programme is designed to burn calories effectively.

1. To start the programme, press the programme button.

The values for distance and calories are counted up. The value for time is counted down.

#### (i) NOTICE

The programme has a training time of 30:00 minutes.

2. To pause the programme, press the encoder.

#### **Programme sequence**

Time (Min.)	3	3	3	3	3	3	3	3	3	3
Speed (km/h)	4	6	8	8	9	9	8	8	6	4

### 3.3.4 Walk Programme

The walk programme is a training programme with a low intensity level. This programme is ideal for beginners.

1. To start the programme, press the programme button.

The values for distance and calories are counted up. The value for time is counted down.

#### (i) NOTICE

The programme has a training time of 30:00 minutes.

2. To pause the programme, press the encoder.

#### **Programme sequence**

Time (Min.)	3	3	3	3	3	3	3	3	3	3
Speed (km/h)	2	4	5	6	6	6	6	5	4	2

#### 4.1 General Instructions

#### **WARNING**

- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.

#### ATTENTION

+ Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

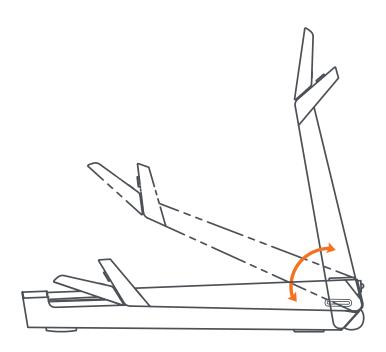
### 4.2 Folding Mechanism

#### **↑** WARNING

- + The treadmill is equipped with high-pressure shock absorbers that can cause the treadmill to suddenly open if handled incorrectly. For more information, refer to the section 2.1 of this manual.
- + Do not lift the treadmill by the running mat or the rear transporting wheels. These parts do not lock and are difficult to grab.

#### NOTICE

The treadmill is foldable and thus saves space when it is stored. It also makes it easier to transport.



### 4.2.1 Folding Up the Treadmill

#### **WARNING**

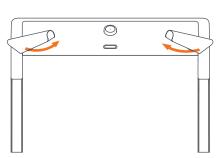
- + Do not connect the equipment to the power supply when it is folded up. Try not to operate the equipment when it is folded up.
- + The running surface must have come to a complete stop before folding.

#### **CAUTION**

+ Do not lean on the equipment when it is folded and do not place anything on top of it that may make the equipment unstable or fall down.

#### ATTENTION

- + Make sure that nothing is standing next to or on top of the treadmill that can be spilled or thrown or that makes it impossible to fold the treadmill.
- 1. Turn off the on/off switch and remove the plug from the outlet.
- 2. Use both hands to grab the supportive bar directly under the rear part of the running mat so that you have a stable lifting point.
- 3. Make sure that the hydraulic brake is correctly locked and tilt the treadmill forward.
- 4. Make sure that you are standing safely and make sure that the locking mechanism is secure by pulling the equipment backwards and it does not move.



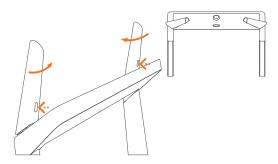
### 4.2.2 Unfolding the Treadmill

#### ► ATTENTION

- + Make sure that nothing is standing next to or on top of the treadmill that can be spilled or thrown or that makes it impossible to unfold the treadmill.
- 1. Stand behind the treadmill and push the device slightly forward towards the display.
- To release the hydraulic brake lock, use your left foot to push the upper part of the hydraulic brake slightly forward until the lock releases and the treadmill can be pulled back.
- 3. Keep holding the treadmill.

The hydraulic brake lowers itself gently downwards.

4. Once the treadmill has lowered ¾, you can let go of the treadmill.

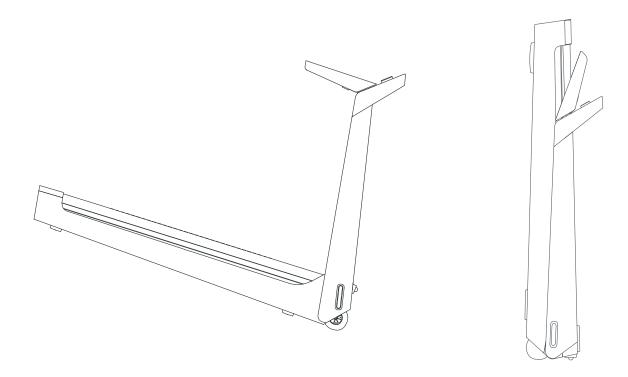


### **4.3** Transportation Wheels

#### ATTENTION

If you want to transport your equipment over particularly sensitive and soft floor coverings, such as parquet, planks or laminate, lay out the transport route with cardboard or similar to avoid possible floor damage.

- 1. Stand behind the equipment and lift it until the weight is transferred to the transportation wheels. After that, you easily can move the equipment to a new position. For long transport distances the equipment should be disassembled and safely packed.
- 2. Select the new location by following the instructions in the section 1.4 of this manual.



#### 5.1 General Instructions

#### **MARNING**

+ Do not make any improper changes to the equipment.

#### **CAUTION**

+ Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.

#### ATTENTION

+ In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

### **5.2** Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

Fault	Cause	Solution				
Console is not responding	Safety key missing or not inserted correctly	Check whether Safety Key is inserted and insert if necessary				
Running mat slanting	Dunning most not contared	Adjust the running mat according to				
Grinding noises	Running mat not centered	the instructions				
Running mat slips through/stops	Tape tension/lubrication not correct	Check belt tension/lubrication according to instructions				
Display is blank/is not working	<ul> <li>Interrupted power connection</li> <li>Loose cabel connections</li> </ul>	<ul> <li>+ Power switch to on</li> <li>+ Check whether Safety Key plugged in</li> <li>+ Check cable connections</li> </ul>				

### **5.3** Error Codes and Troubleshooting

The electronics of the equipment continuously carries out tests. In case of deviations, an error code appears on the display and normal operation is stopped for your safety.

- + E01: The drive does not receive the signal of the electronic meter (communication fault)
- + E02: Stall protection
- + E03: Speed sensing failure
- + E05: Overcurrent protection
- + E06: Open circuit of the motor
- + E10: Output short circuit
- + E13: The electronic meter does not receive the drive's signal (communication failure)

Please contact the contract partner for technical support.

#### 5.4 Care and Maintenance

The most important maintenance measure is the care of the running mat. This includes adjustment, re tensioning and lubrication of the running mat. Damage resulting from insufficient or neglected care is not covered by the warranty. You should therefore carry out maintenance checks at regular intervals. Be very careful when adjusting and tightening the running mat, as a strong over voltage or under voltage can cause damage to the equipment. The running mat is adjusted at the factory according to the regulations before delivery. However, it may happen that the running mat slips during transport.

By scanning the QR-code with the camera function or QR-code scanner app of your smartphone/tablet, a video on general maintenance of a treadmill opens on YouTube. The video serves to illustrate the maintenance points described in this manual.



Please note that the video may not be available in your language or with appropriate subtitles.

If you cannot scan QR-codes, you can access all Fitshop videos on YouTube by first opening YouTube and entering "Fitshop" in the search field.

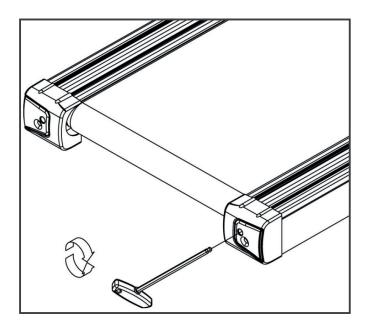
### 5.4.1 Adjusting the Running Mat

During training, the running mat should run as centrally and straight as possible. The alignment of the running mat can change depending on the stress and load. Another reason can be the positioning of the equipment on an uneven surface.

#### **CAUTION**

During the following maintenance nobody must be on the treadmill!

- Let the treadmill run at a speed of 5 km/h. 1.
- 2. If the running mat deviates to the left, turn the left adjusting screw at the rear end of the device max. one ¼ turn clockwise and the right adjusting screw max. one ¼ turn anticlockwise.
- 3. If the running mat deviates to the right, turn the right adjusting screw at the rear end of the device max. 1/4 turn clockwise and the left adjusting screw max. 1/4 turn anticlockwise.
- Then observe the mat for about 30 seconds, as the change is not immediately visible.
- 5. Repeat this procedure until the running mat is straight again. If the running mat cannot be adjusted, please contact your contract partner.



### 5.4.2 Re-tensioning the Running Mat

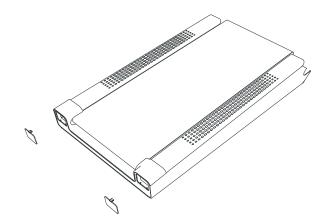
If the running mat slips over the rollers during operation (if this is the case, there is a noticeable jerk during running), the running mat must be re tightened.

In most cases, the slipping is caused by stretching of the mat through use. This is perfectly normal.

#### (i) NOTICE

Re-tensioning is carried out using the same adjusting screws that are used for adjustment.

- 1. Let the treadmill run at a speed of 5km/h.
- 2. Turn the left and right adjusting screws directly one after the other, max. one ¼ turn clockwise.
- 3. Then check whether the running mat continues to slip. If this is the case, you must perform the described procedure again.



### **5.4.3** Lubricating the Running Mat

If the running mat is not sufficiently lubricated, friction increases significantly and this leads to heavy wear of the endless belt, running plate, motor and

circuit board. If you feel an increased friction of the running mat, this is an indication that you should lubricate the mat. However, lubrication should be carried out at least every 3 months or every 50 operating hours. Whichever case comes first.

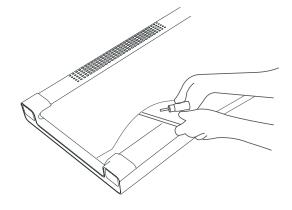
#### (i) NOTICE

If your treadmill is equipped with a folding mechanism, you can also lubricate it when it is folded.

- 1. Raise the running mat slightly.
- 2. Apply some silicone oil or silicone spray to the entire deck and distribute evenly.
- 3. Continue turning the belt by hand so that the entire surface between the endless belt and the running plate is lubricated.
- 4. Wipe off the excess silicone oil or silicone spray.

#### NOTICE

This maintenance must also be carried out after prolonged non-use of the equipment.



### **5.5** Maintenance and Inspection Calendar

To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

The following routine tasks must be performed at the specified intervals:

Part	Weekly	Monthly	Quarterly
Display console	С	I	
Tension of the running mat			I
Lubrication of the running mat			I
Plastic covers	С	I	
Screws and cable connections			I
Legend: C = clean; I = inspect			-

By scanning the QR-code with the camera function or QR-code scanner app of your smartphone/tablet, a video on general maintenance of a treadmill opens on YouTube. The video serves to illustrate the maintenance points described in this manual.



Please note that the video may not be available in your language or with appropriate subtitles.

If you cannot scan QR-codes, you can access all Fitshop videos on YouTube by first opening YouTube and entering "Fitshop" in the search field.

### DISPOSAL

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an electricals recycling centre. Further information can be obtained from your local authority's recycling service.



The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

### RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For treadmills this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat or **silicone spray** to keep moving parts in good shape and lubricate the running mat. Furthermore, there are additional **handrails** available for some treadmills.

If you have purchased a fitness machine with pulse training and want to train your heart rate, we strongly recommend that you use a compatible **chest strap**, as this ensures optimum transmission of the heart rate.

Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the



recommended accessories on this page. Alternatively, you can use the QR-code provided. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!

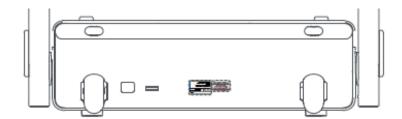


### **8.1** Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 10 of this operating manual.

#### (i) NOTICE

The serial number of your equipment is unique. It's located on a white sticker. The exact position of this sticker is shown in the following illustration.



Enter the serial number in the appropriate field.

Serial number:		
Brand / Category:		
Darwin / treadmill		
Model Name:		
TM30		
Article Number:		
DF-TM30		

### **8.2** Parts List

No.	Name	Specification	Qty.
A01	Main frame assembly	Weld assembly	1
A02	Left column assembly	Weld assembly	1
A03	Right column assembly	Weld assembly	1
A04	Electronic watch holder assembly	Weld assembly	1
A05	Handrail assembly	Weld assembly	2
B01	Handrail adjusting pin	φ10*22.5	2
B02	Bayonet lock	φ3*25	2
B03	Pull-up wire bayonet lock	φ14*20	2
B04	Waveform cushion	φ18*φ12*0.3	2
B05	Handrail pin spring	φ8*26	2
B06	Pin axis	φ16*42	2
B07	Lower cable bayonet lock	φ9*23.5	2
B08	Column bolt spring	φ13*53	2
B09	Limit washer		2
B10	Pneumatic rod	Force value:500N	1
B11	Flat-head solid rivet	dk=10,d=8,L=28	2
B12	Rivet with flat head half empty	dk=11,d=8,L=59	2
B13	Front drum	Φ46*t3.0*633	1
B14	Pneumatic rod	Force value:80N	1
B15	Fine tuning line	Length:1230mm	2
B16	Rear drum	Φ42*t3.0*591	1
B17	Equal length #6 hexagonal wrench	6mm/Q235	1
B18	Insert spring		2
C01	Electronic watch upper cover		1
C02	Electronic watch bottom cover		1
C03	Left column cover		1
C04	Left column baffle		1
C05	Post decoration handle		2
C06	Right column cover		1
C07	Right column baffle		1
C08	Nylon washer	φ25.9*φ19.1	2

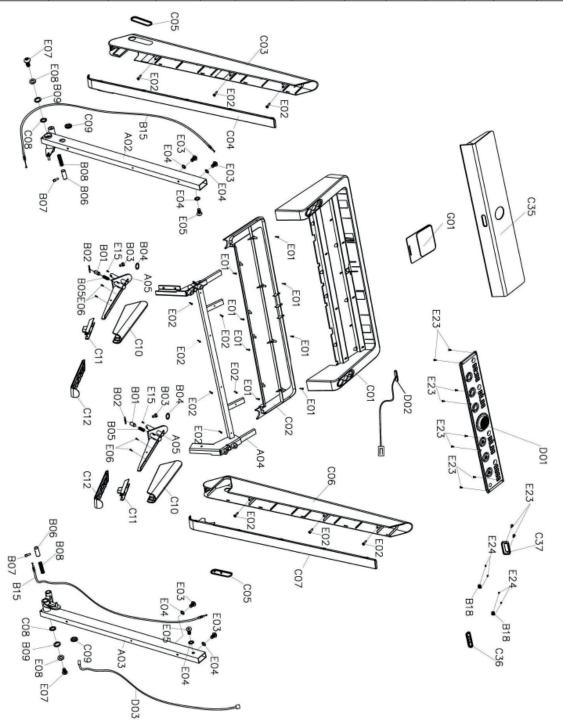
C09	Ring wire plug	φ12*φ24*9	2
C10	Side handrail upper cover	7 7 7	2
C11	Handrail push-by-plate		2
C12	Side handrail lower cover		2
C13	Motor upper cover		1
C14	Motor front cover		1
C15	Trundle	φ49*φ8*21	2
C16	Large roller	φ103*φ8*50	2
C17	Left roller base		1
C18	Right roller base		1
C19	V-belt	7PJ-406/160J	1
C20	Front cover holder		1
C21	Running board spacer		4
C22	Foot pad		4
C23	Left cover		1
C24	Left side strip	1200*102*38	1
C25	Plastic buckle		4
C26	Right cover		1
C27	Cushion	Ф20*20⊠	2
C28	Right side strip	1200*102*38	1
C29	Nylon buckle	Ф13*10.5	16
C30	Dust cap	980*648;blow moulding	1
C31	Rear cover		1
C32	Back flip		2
C33	Handle spacer		1
C34	Running belt		1
C35	Electronic watch top cover		1
C36	Safety switch bracket		1
C37	Safety switch bracket fastener		1
C38	Tie with holes		1
D01	Electronic meter panel		1
D02	Security lock assembly		1
D03	Electronic watch upper segment line	Length:1300	1

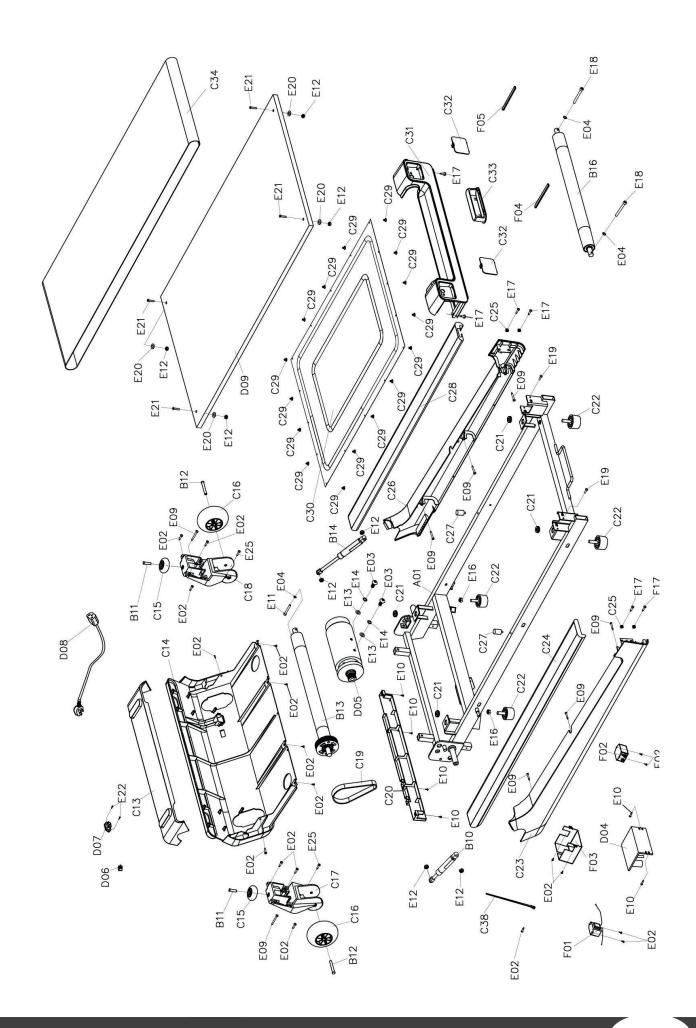
D04	Control circuit board		1
D05	DC motor	1.25HP⊠	1
D06	Overload protection switch		1
D07	Power socket		1
D08	Standard power cord	Length:1500	1
D09	Running board	1145*660*18mm	1
D10	Electronic meter lower segment line	Length:350mm	1
D11	Safety switch connection line	Length:50mm;	1
D12	AC single branch line/blue	Length:350mm;single core	2
D13	AC single branch line/brown	Length:350mm;single core	1
D14	AC single branch line/brown	Length:150mm;single core	1
D15	Ground wire	Length:350mm;single core	1
E01	Cross slot head tapping screw	ST2.9*12	8
E02	Cross slot head tapping screw	ST4.2*12	33
E03	Hexagon socket round head screw	M8*15;whole tooth	6
E04	Internal serrated locking washer	Φ8	9
E05	Inner hexagonal countersunk head screw	M8*16;whole tooth	2
E06	Cross slot head tapping screw	ST4.2*10	4
E07	Hexagon socket round head screw	M10*15;whole tooth	2
E08	Large washer	φ10*φ26*2.0	2
E09	Cross slot head tapping screw	ST4.2*40	8
E10	Cross slot head tapping screw	ST4.2*25(head with washer)	6
E11	Inner hexagonal cylindrical head screw	M8*50;whole tooth	1
E12	L-type non-metal insert hexagon-lock nut	M8	8
E13	Flat washer	Φ8	2
E14	Spring washer	Φ8	2
E15	Cross recessed pan head screw	M4*20	2
E16	Hex nut	M10	2
E17	Cross slot head tapping screw	ST4.2*12;with washer;black zinc	6
E18	Inner hexagonal cylindrical head screw	M8*70;whole tooth	2
E19	Cross recessed pan head screw	M5*12	2
E20	Large washer	φ8*φ22*2.0	4
E21	Inner hexagonal countersunk head screw	M8*40;whole tooth	4

E22	Cross slot countersunk head screw	ST2.9*12	2
E23	Cross recessed pan head screw	ST2.9*8	10
E24	Cross recessed pan head screw	ST2.0*6	4
E25	Cross slot head tapping screw	ST4.2*20	2
F01	Electric reactor		1
F02	Filter		1
F03	The cover of lower control board		1
F04	Left EVA cushion of rear cover		1
F05	Rright EVA cushion of rear cover		1
F06	Clip		1
F07	Square buckle		1
F08	Grand circle	Ф23	1
F09	Grand circle	Ф19	1
G01	Mobile phone support		1
G02	Oil bottle		1

### **8.3** Exploded Drawing

G02	Ð	В17	F09	F08	F07	F06	D15	D14	D13	D12	D11	D10
		7	6	0								Ī





### WARRANTY

Products from Darwin Fitness® are subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

#### **Error Descriptions**

Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every fitness equipment purchased from us according to the following provisions.

#### Your statutory rights are not affected.

#### Warrantee

The warrantee is the first/original buyer and/or any person who received a newly purchased product as a gift from the original buyer.

#### **Warranty period**

The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

#### **Repair Costs**

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warrantee personally and are not a part of repair. After the expiration of the warranty period, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

#### The terms of use are defined as follows:

- + Home use: solely for private use in private households up to 3 hours per day
- + Semi-professional use: up to 6 hours per day (e. g. rehabilitation centres, hotels, clubs, company gyms)
- + Professional use: more than 6 hours per day (e. g. commercial gyms)

#### **Warranty Service**

Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

#### **Warranty Conditions**

For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

#### Warranty claims are invalid in case of damage resulting from:

- misuse or improper handling
- + environmental influences (moisture, heat, electrical surge, dust, etc.)
- + failure to follow the current safety measures for the equipment
- + failure to follow the operating instructions
- + use of force (e. g. hitting, kicking, falling)
- + interventions which were not carried out by one of our authorized service centres
- + unauthorised repair attempts

#### **Proof of Purchase and Serial Number**

Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly.

If you cannot find the serial number on your fitness equipment, our service team is at your disposal to offer further information.

#### **Service outside of the Warranty Period**

We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

#### Communication

Many problems can be solved just by speaking to us as your specialist supplier. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

DE

TECHNIK	TEKNIK OG SERVICE	CUSTOMER SUPPORT
+49 4621 4210-900 +49 4621 4210-698  technik@fitshop.de  Offnungszeiten entnehmen Sie unserer Homepage.	<ul> <li>№ 80 90 16 50         <ul> <li>+49 4621 4210-945</li> </ul> </li> <li>Info@fitshop.dk</li> <li>Åbningstider kan findes på hjemmesiden:             <ul> <li>https://stg.fit/statit7</li> </ul> </li> </ul>	<ul> <li>↓ 00800 2020 2772         +494621 4210 944</li> <li>☑ info@fitshop.co.uk</li> <li>☑ You can find the opening hours on our homepage:         <ul> <li>https://stg.fit/statitc</li> </ul> </li> </ul>
SERVICE	FR	BE
0800 20 20277 (kostenlos)	TECHNIQUE & SERVICE	TECHNIQUE & SERVICE
<ul> <li>04621 4210 - 0</li> <li>info@fitshop.de</li> </ul>	+33 (0) 189 530984 +49 4621 42 10 933	02 732 46 77 +49 4621 4210 933
Öffnungszeiten entnehmen Sie unserer Homepage: <a href="https://stg.fit/statita">https://stg.fit/statita</a>	info@fitshop.fr  Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit4	info@fitshop.be  Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit8
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	& +31 172 619961	+49 4621 4210-944
<b>&amp;</b> 911 238 029	0 131 1/2 013301	0 113 1021 1210 311
<ul><li>№ 911 238 029</li><li>☑ info@fitshop.es</li></ul>	service@fitshop.nl	service-int@fitshop.de
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info@fitshop.es  Consulta nuestro horario de apertura en la página web: <a href="https://stg.fit/statit5">https://stg.fit/statit5</a>	service@fitshop.nl  De openingstijden vindt u op onze homepage: <a href="https://stg.fit/statit3">https://stg.fit/statit3</a>	service-int@fitshop.de  You can find the opening hours on our homepage:  https://stg.fit/statita
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DK

Please find a detailed overview including address and opening hours for all stores of the Fitshop Group in Germany and abroad on the following website:

www.fitshop.com/en/stores

UK

## WE LIVE FITNESS

#### **WEBSHOP AND SOCIAL MEDIA**

Fitshop is Europe's largest specialist store for home fitness equipment with currently over 70 stores and one of the world's most renowned online mail order companies for fitness equipment. Private customers order via the 25 web shops in the respective national language or have their desired equpiment assembled on site. In addition, the company supplies fitness studios, hotels, sports clubs, companies and physio practices with professional equipment for endurance and strength training.

Fitshop offers a wide range of fitness equipment from renowned manufacturers, high-quality in-house developments and comprehensive services, such as a build-up service and sports scientific advice before and after the purchase. The company employs numerous sports scientists, fitness trainers and competitive athletes.

Visit us also on our social media platforms or our blog!



