



Assembly and Operating Instructions



 max. 130 kg

 ~ 60 Min. 

 74 kg
L 173 | B 80 | H 131

DFTM40.01.05

Art.nr.: DF-TM40

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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.sport-tiedje.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

Sport-Tiedje 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.

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.



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.

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!



- **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

LCD display of:

- + time
- + speed
- + distance
- + calories
- + incline
- + heart rate

Motor output:	2 HP continuous output (DC motor)
Speed range:	1 - 16 km/h (0.1 km/h steps)
Speed quick keys:	6
Incline range:	1 - 10 % (in 0.5 % steps)
Incline quick keys:	6
Total number of training programmes:	32
Manual programmes:	1
Pre-set programmes:	24
User-defined programmes:	4
Heart rate-controlled programmes:	3
Running surface size (L x W):	130 cm x 46 cm

Weight and dimensions:

Article weight (gross, incl. packaging):	82 kg
Article weight (net, without packaging):	74 kg
Packaging dimensions (L x W x H):	180 cm x 75 cm x 29 cm
Set-up dimensions (L x W x H):	172,50 cm x 80 cm x 131 cm
Folded dimensions (L x W x H):	106 cm x 80 cm x 150 cm
Maximum user weight:	130 kg

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.

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.
- + 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.

• **ATTENTION**

- + Do not insert any objects of any kind into the openings of the device.

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 to prevent improper use by third parties or children.
- + If the mains cable or plug is damaged or defective, contact your contract partner. In the meantime, the equipment must not be used.

• **ATTENTION**

- + The equipment requires a mains connection of 220-230V with 50 Hertz 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 amps, 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.

1.4 Set-Up Place



WARNING

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

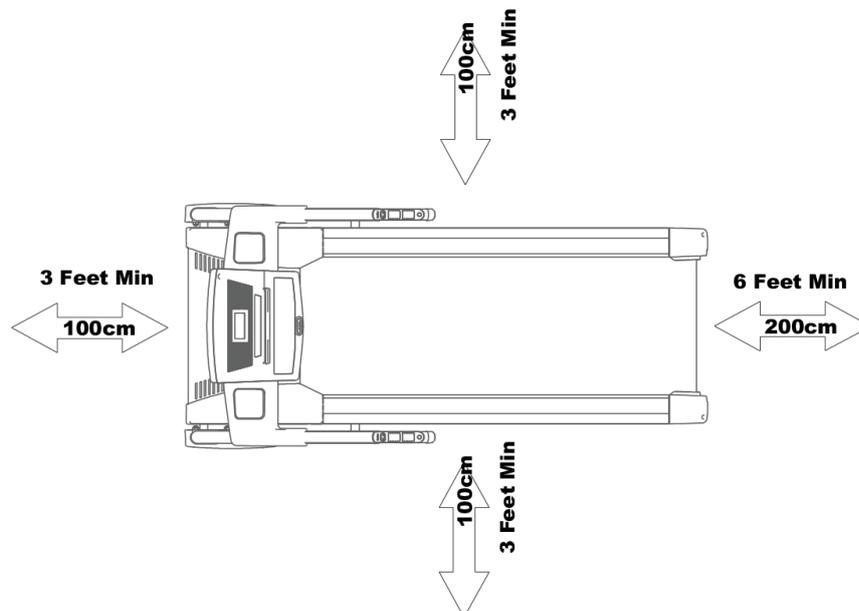


CAUTION

- + 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 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.



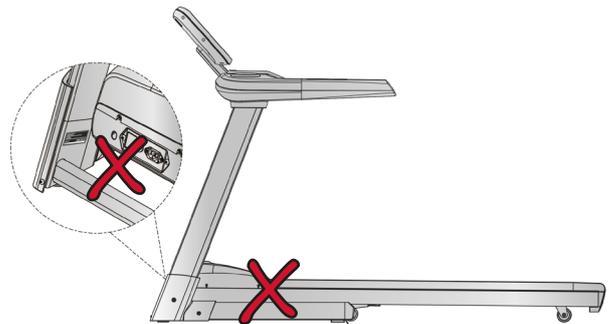
2.1 General Instructions

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 high-pressure 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

- + Do not open the packaging when it is lying on its side.
- + 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 another technically skilled person.

• ATTENTION

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

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

Around the treadmill there is a strap that prevents the treadmill from opening during transport. This strap must be removed before assembly.

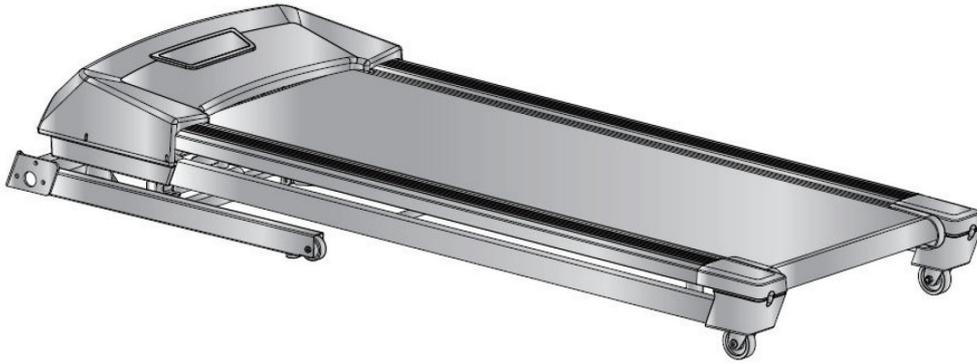
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.



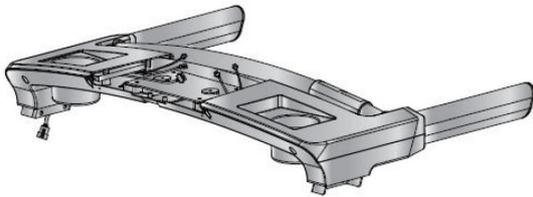
CAUTION

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

1 Main frame



4 Handle bar set



x1

2 Handle bar post (left)



x1

3 Handle bar post (right)



x1

80 Safety key



x1

79 Audio cabel

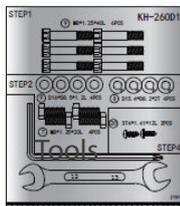


x1

88 Electric cable



x1



x1

78 Computer



x1

2.3 Assembly

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

① NOTICE

First loosely screw all parts together and check that they fit properly. Then tighten the screws using the tool only when you are instructed to do so.

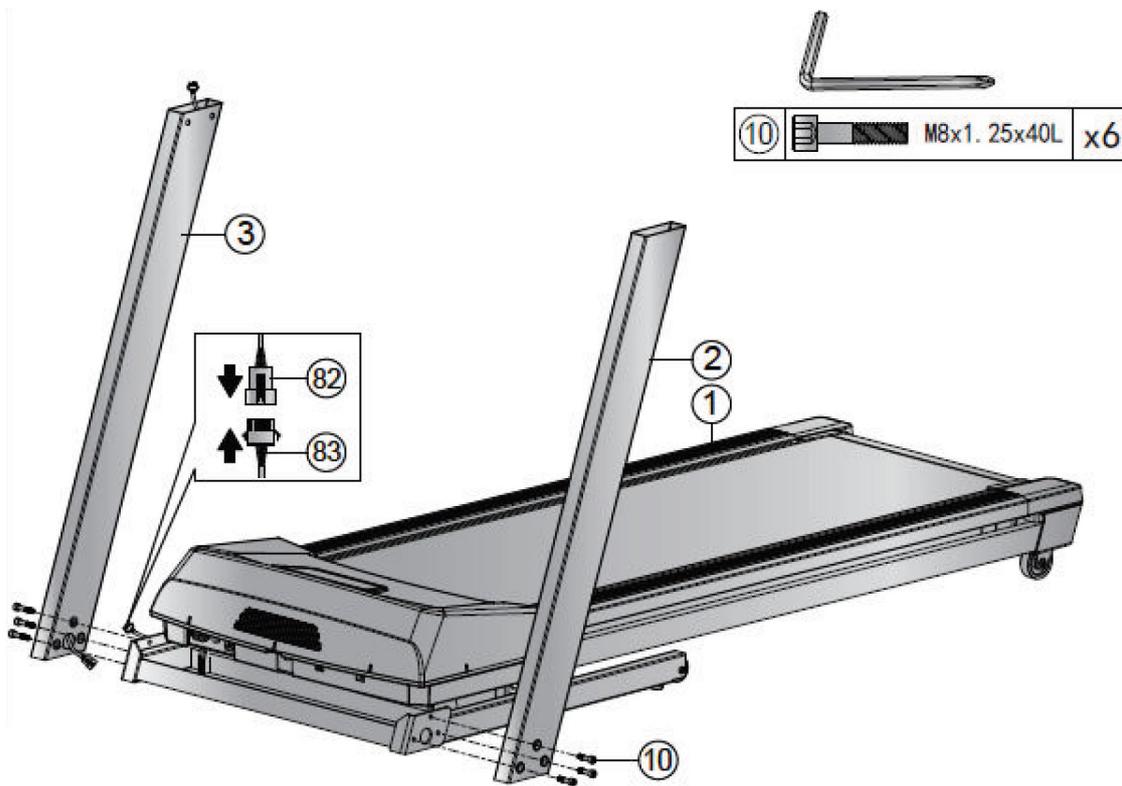
Step 1: Assembly of the left and right handle bar post

1. Connect the middle computer cable (82) and the lower computer cable (83).

① NOTICE

Please be careful not to jam the cables. This can result in damage to your treadmill.

2. Mount the left and the right handle bar post (2 and 3) on the main frame (1) with six allen screws (10) using the supplied allen wrench.



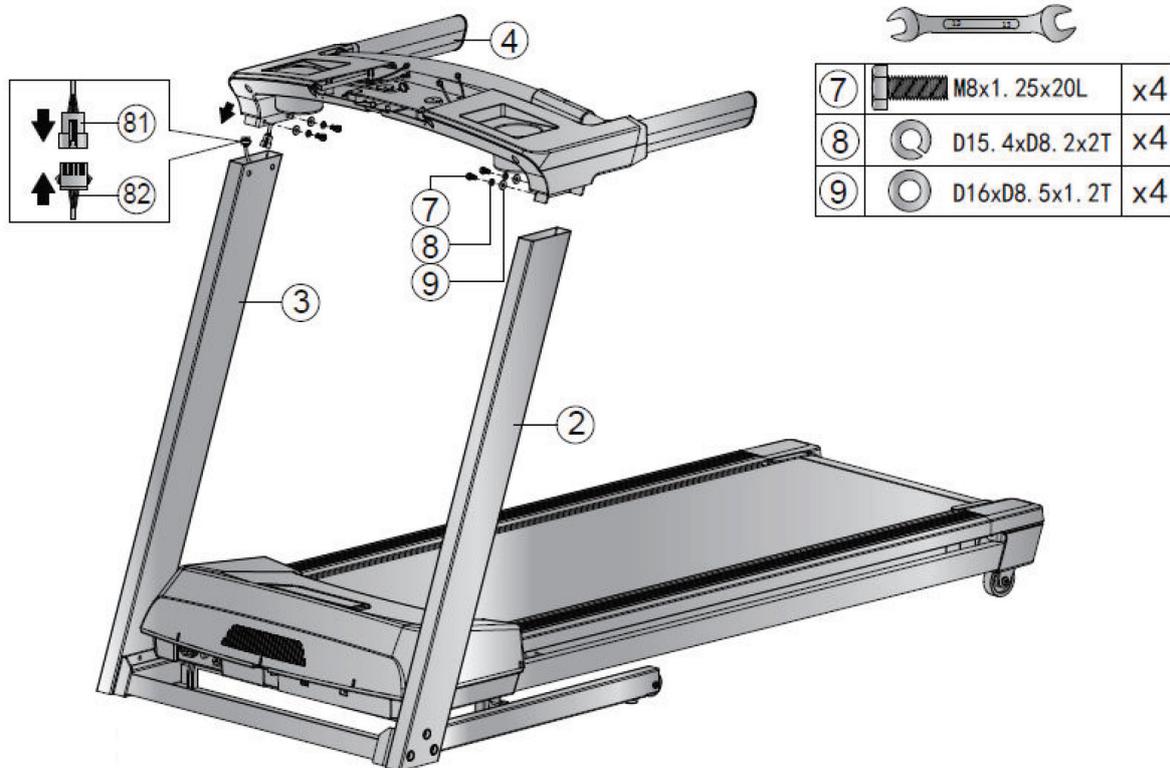
Step 2: Assembly of the handle bar set

1. Connect the upper computer cable (81) and the middle computer cable (82).

ⓘ **NOTICE**

Please be careful not to jam the cables. This can result in damage to your treadmill.

2. Put the handle bar set (4) on the left and the right handle bar post (2 and 3).
3. Mount the handle bar set (4) on the left and the right handle bar post (2 and 3) with four hex bolts (7), four spring washers (8) and four flat washers (9) using the supplied wrench.



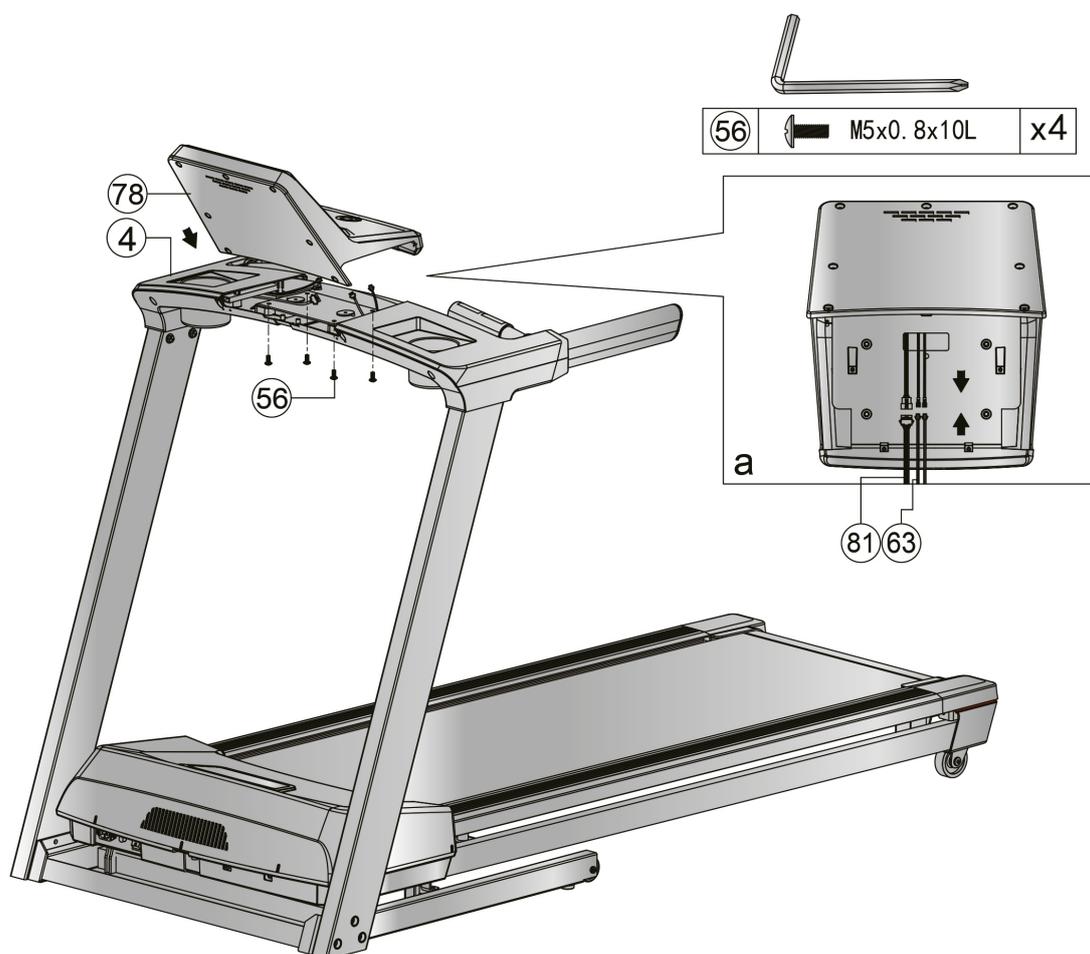
Step 3: Assembly of the computer (1/2)

1. Connect the upper computer cable (81) and the two handle pulse cables (63) with their counterparts (see figure).

NOTE:

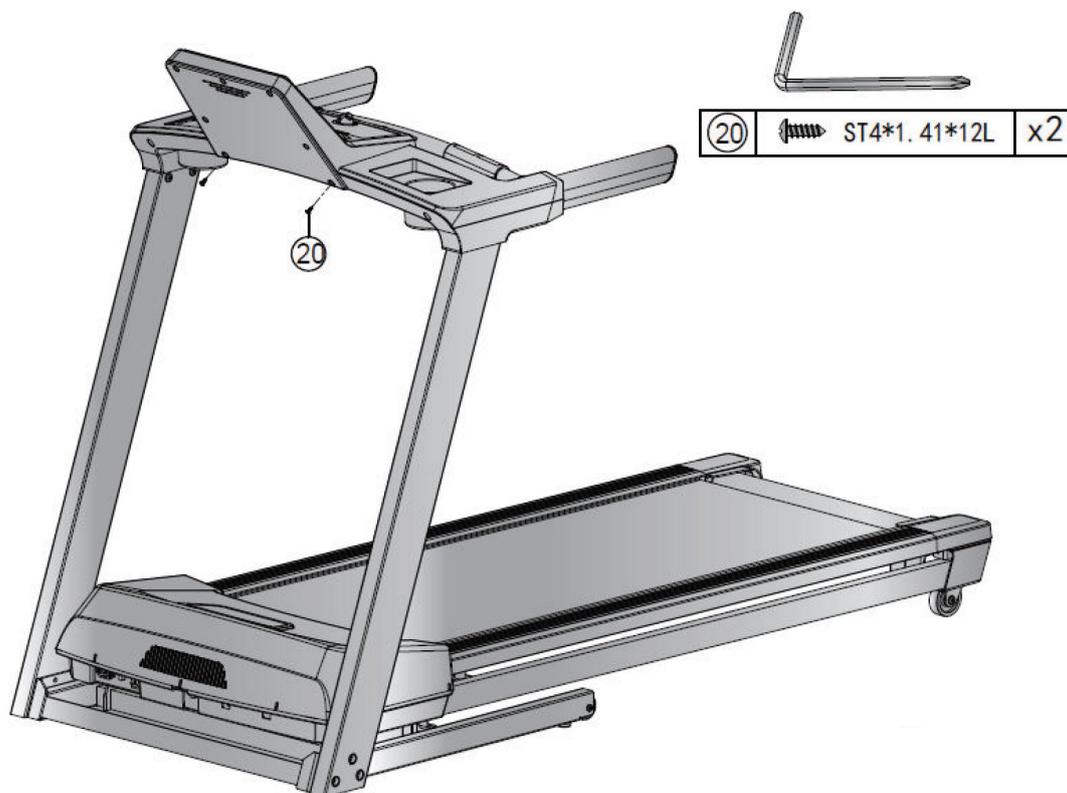
Please be careful not to jam the cables. This can result in damage to your treadmill.

2. Put the computer (78) on the handle bar set (4).
3. Mount the computer (78) on the handle bar set (4) with four bolts (56) using the supplied allen wrench.



Step 4: Assembly of the computer (2/2)

1. Finally, mount the remaining two screws (20) with the supplied allen wrench.



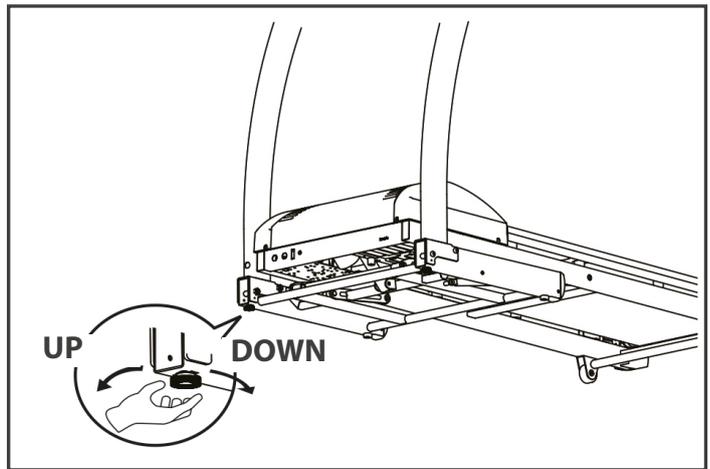
Step 5: Alignment of the feet

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.

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



Step 6: Connecting the device to the mains supply

- **ATTENTION**

The device must not be connected to a multiple socket, otherwise it cannot be guaranteed that the device 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.

3 OPERATING INSTRUCTIONS

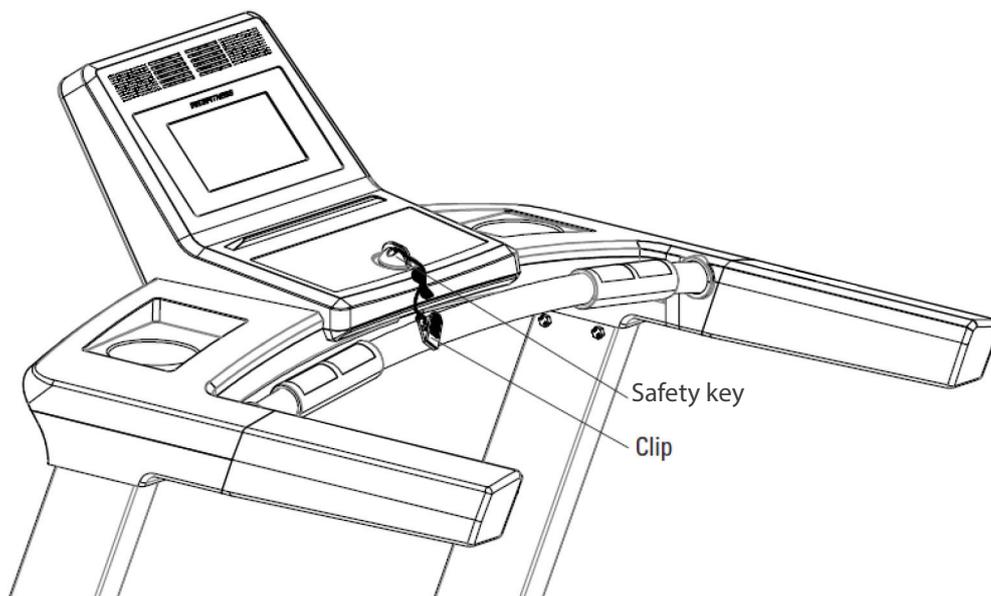
① NOTICE

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.

SAFETY KEY

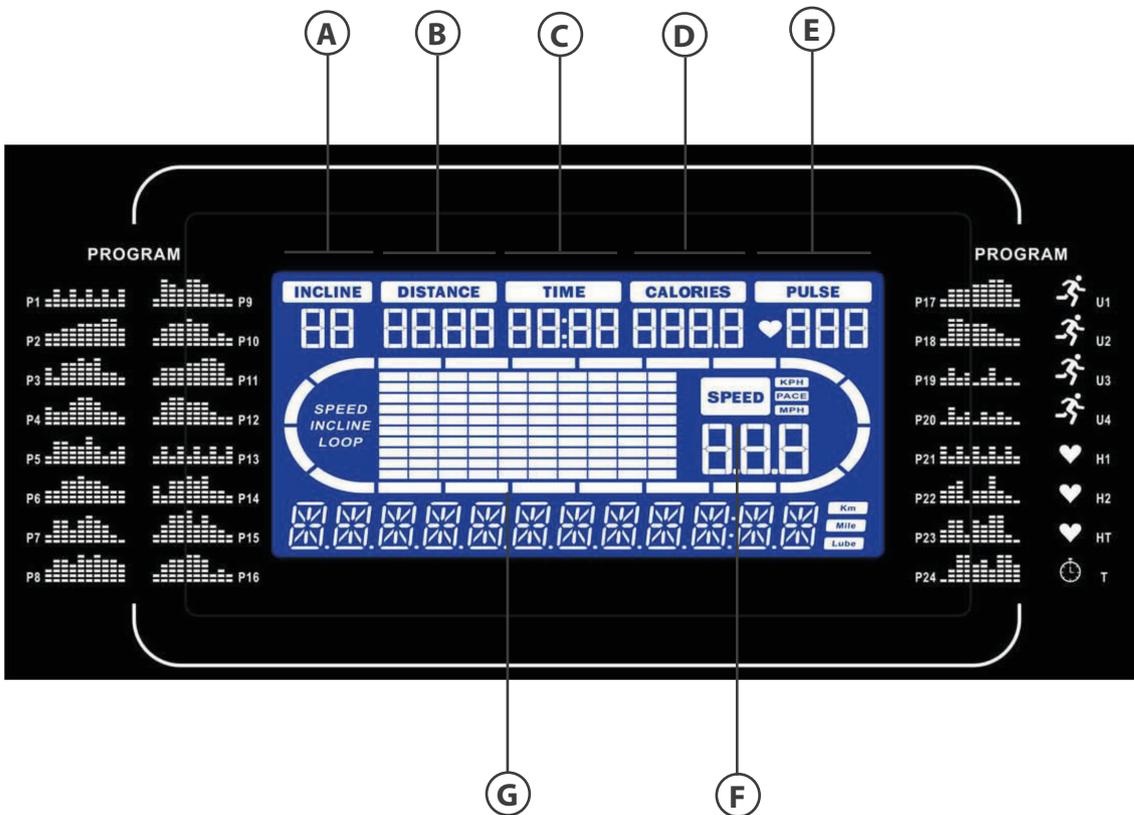
⚠ WARNING

- + 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.



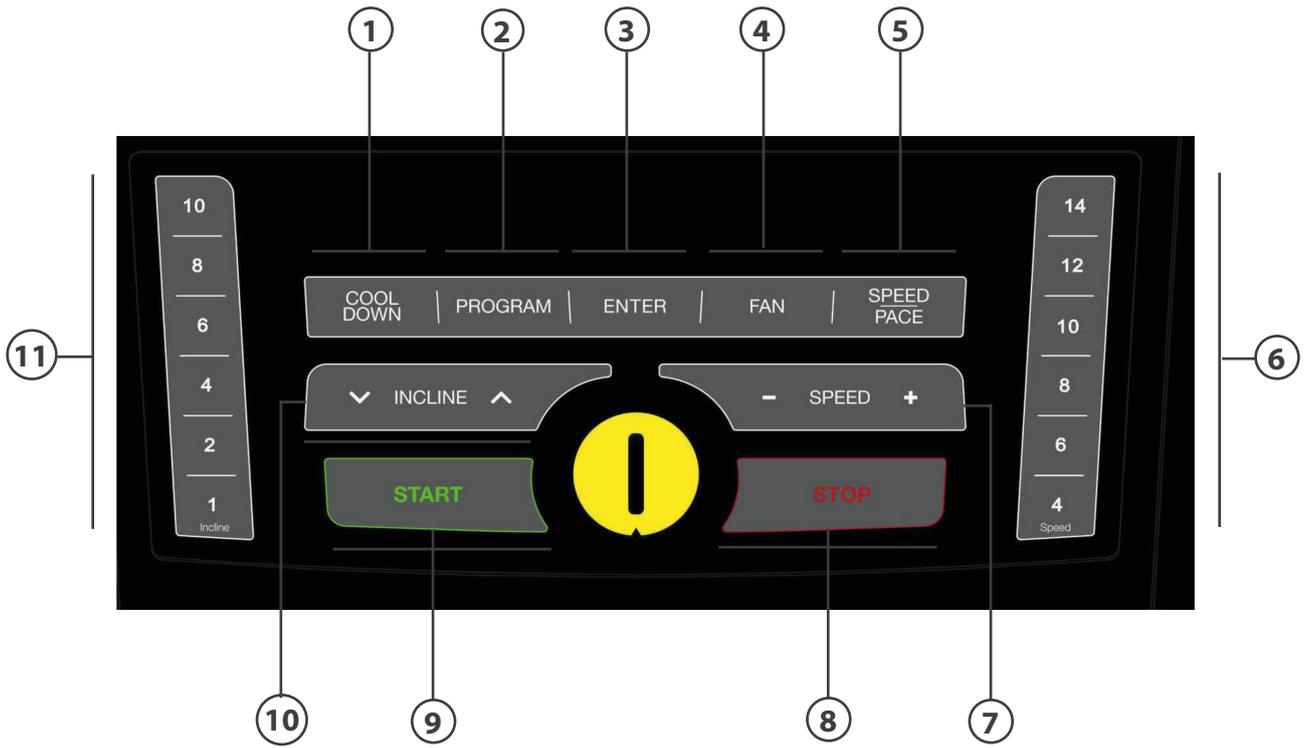
3.1 Console Display





A	The current incline level is displayed here.
B	Your covered or remaining distance is displayed here.
C	The time you have already trained or the remaining time is displayed here.
D	The elapsed or remaining time is displayed here.
E	Your burned calories are displayed here.
F	Your current speed is displayed here.
G	In the middle of the display a 400 meter/0.25 mile running track is displayed. According to your distance, the segments around the track will light up to visualise your current position on this track.

3.2 Button Functions



1	By pressing the COOL DOWN button during a training session the cool down programme will start directly. The speed of the belt will slowly decrease to a full stand still within 2 or 3 minutes.
2	Button to choose between the different programmes.
3	Button to enter a programme or confirm the selected value.
4	Button to change the fan speeds: 1x low 2x high 3x off
5	Button to choose the display values between speed in km/h and pace in min/km.
6	Quick keys to directly set the desired speed. Example: 8 = 8 km/h
7	Buttons to increase or decrease the speed during your training. When you are in the menu, you can set a programme or a training value with these buttons.
8	Button to stop or pause your current training session. If you press and hold this button for three seconds the computer will reset.
9	Button to start or continue a training session.
10	Buttons to increase or decrease the incline level during your training. When you are in the menu, you can set a programme or a training value with these buttons.
11	With these quick keys you can set the desired incline level directly. Example: 8 = 8 %

3.3 Turning on the Treadmill and First Settings

Set the on/off switch on the back of the treadmill's motor cover to "I". Then place the safety key into the provided slot at the front of the computer and attach the clip to your clothes.

Now you are able to setup your user profile by entering personal information: gender, age, weight and height. These settings are used for calculating your maximum heart rate, which is needed for the heart rate controlled programmes and for the body fat test.

1. Set your gender (Male or Female) by pressing the INCLINE buttons or the SPEED - + buttons. Confirm your entry with the ENTER button.
2. Set your age by pressing the INCLINE buttons or the SPEED - + buttons. Confirm your entry with the ENTER button.
3. Set your weight by pressing the INCLINE buttons or the SPEED - + buttons. Confirm your entry with the ENTER button.
4. Set your height by pressing the INCLINE buttons or the SPEED - + buttons. Confirm your entry with the ENTER button.

You are now ready to start your training exercise.

Standby

After five minutes of inactivity the computer will enter the standby mode automatically. Press one of the buttons to reactivate the computer.

Pause or Stop a training session

During a training session you can pause the session by pressing the STOP button on the control panel. To resume the training press the START key. To quit the training press the STOP button again.

Cool Down

By pressing the COOL DOWN button during a training session the cool down programme will start directly. The speed of the belt will slowly decrease to a full stand still within 2 or 3 minutes.

3.4 Programmes

3.4.1 MANUAL (Manual Programme)

With the manual programme you can set the preferred speed and incline level during the entire workout. Select the manual programme by pressing the PROGRAM button until MANUAL is displayed on screen. Then press the ENTER button to confirm.

1. Set the desired training duration by pressing the INCLINE buttons or the SPEED - + buttons. Press the START button to start the training session. If you want to set a target distance or burned calories press the ENTER button.
2. Set the desired distance by pressing the INCLINE buttons or the SPEED - + buttons. Press the START button to start the training session. If you want to set a target for burned calories press the ENTER button.
3. Set a burned calorie target by pressing the INCLINE buttons or the SPEED - + buttons.
4. Press the START button to start the training session.

ⓘ NOTICE

The training will start at the lowest incline level and speed. During the training session the speed and incline can be changed with the INCLINE buttons or the SPEED - + buttons or by the quick keys on the hand rail. The training session is finished when one of set target values is reached. The computer will now automatically start the cool down programme. Press STOP if you want to cancel the cool down programme.

3.4.2 PROGRAM (Pre-Set Programmes)

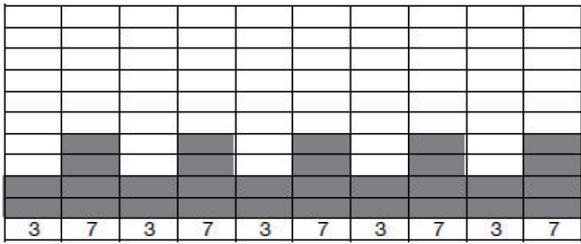
There are 24 preset programmes. For the programmes 1 to 12, the speed and incline will be automatically adjusted according to the selected programme. For the programmes 13 to 18 the computer will only change the speed, you are able to set your incline level manually. For the programmes 19 to 24 only the incline level will be changed automatically and you can set your preferred speed during the training session. On the next pages there is an overview of speed and incline levels for all the 24 programmes. Select the programme by pressing the PROGRAM button until PROGRAM is displayed on the screen. Then press the ENTER button to confirm.

1. Select the desired programme by pressing the INCLINE buttons or the SPEED - + buttons. Confirm with the ENTER button.
2. Set the desired training duration by pressing the INCLINE buttons or the SPEED - + buttons. Press the START button to start the training session. If you want to set a target distance or a burned calories press the ENTER button.
3. Set the desired distance by pressing the INCLINE buttons or the SPEED - + buttons. Press the START button to start the training session. If you want to set a target for burned calories press the ENTER button.
4. Set a burned calorie target by pressing the INCLINE buttons or the SPEED - + buttons.
5. Press the START button to start the training session.

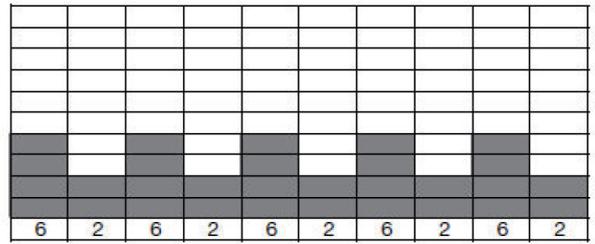
ⓘ NOTICE

During the training session the speed and incline level can be changed for the current segment or the whole speed or incline profile according to the selected program. Set the speed or incline level with the INCLINE buttons or the SPEED - + buttons. The training session is finished when one of the set target values is reached. The computer will now automatically go into cool down programme. Press STOP if you want to cancel the cool down programme.

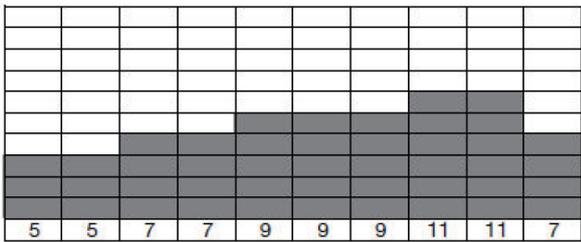
P1 Speed profile



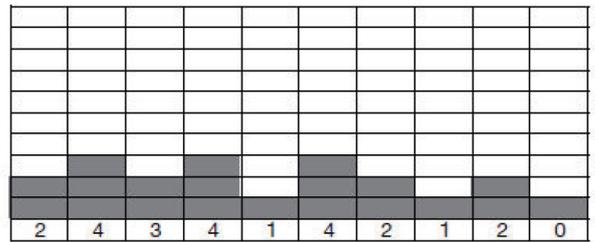
P1 Incline profile



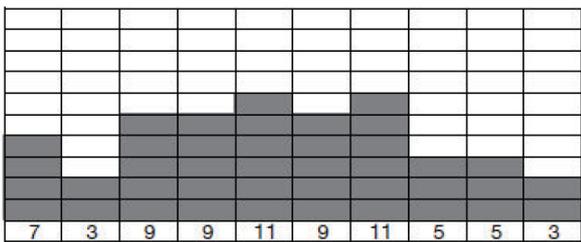
P2 Speed profile



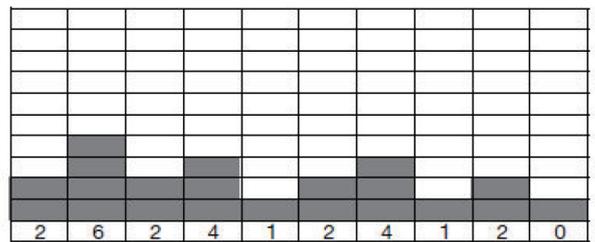
P2 Incline profile



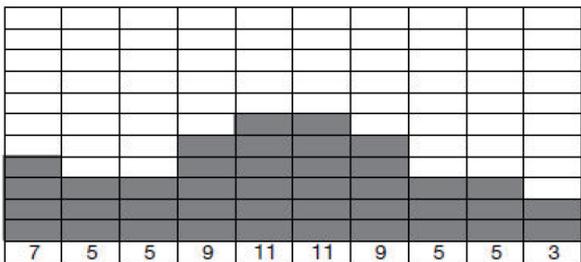
P3 Speed profile



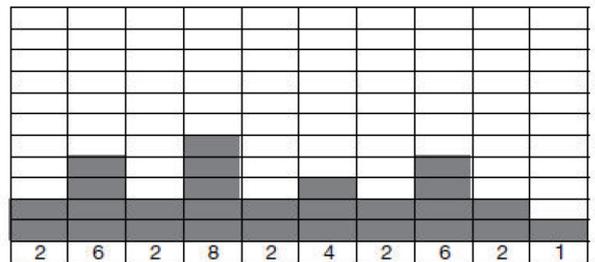
P3 Incline profile



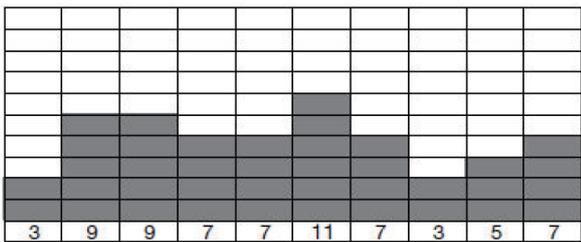
P4 Speed profile



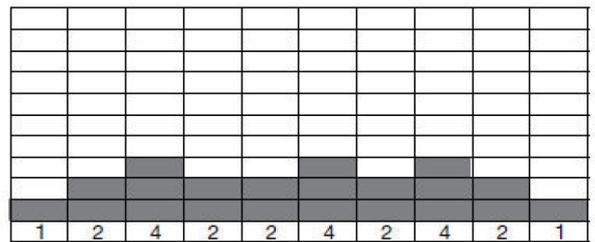
P4 Incline profile



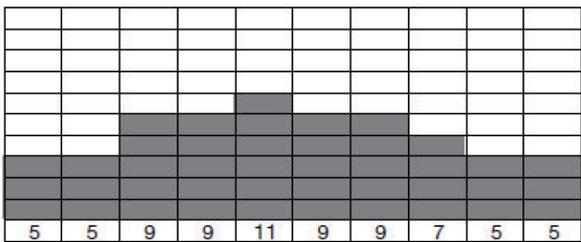
P5 Speed profile



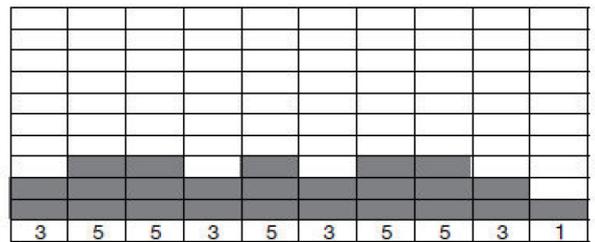
P5 Incline profile



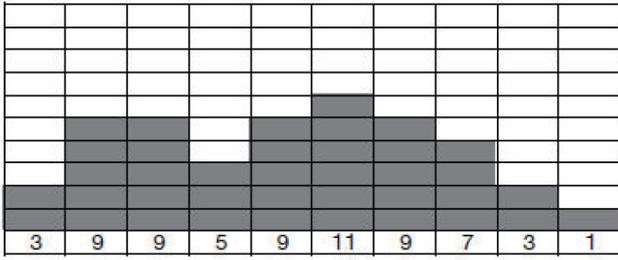
P6 Speed profile



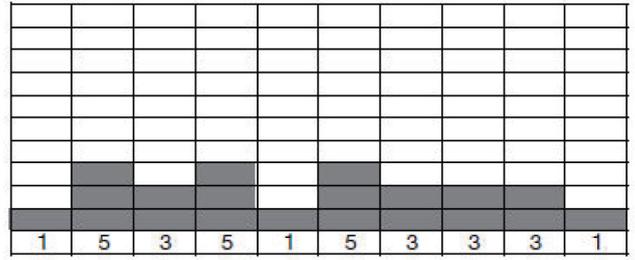
P6 Incline profile



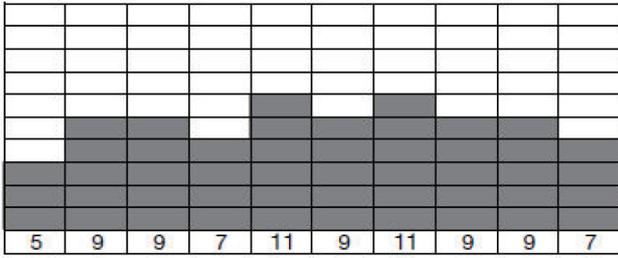
P7 Speed profile



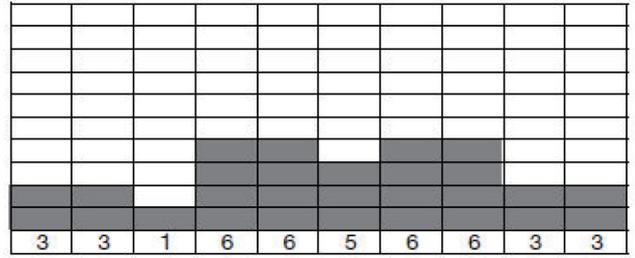
P7 Incline profile



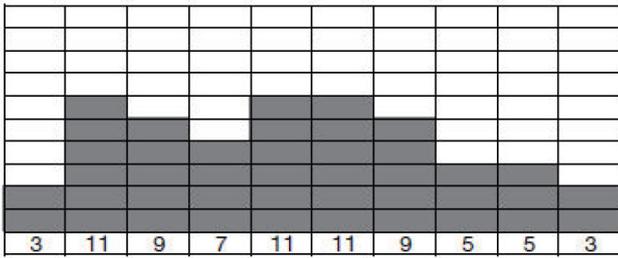
P8 Speed profile



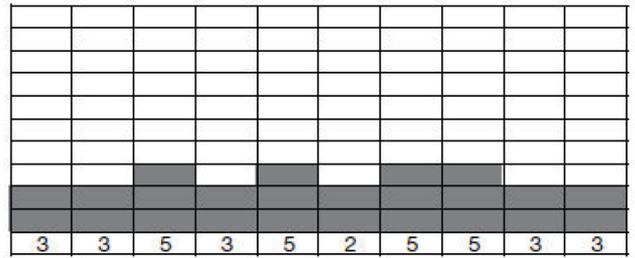
P8 Incline profile



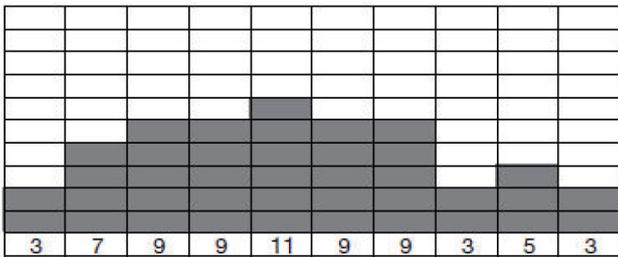
P9 Speed profile



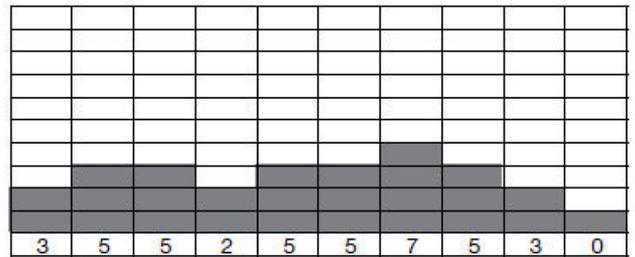
P9 Incline profile



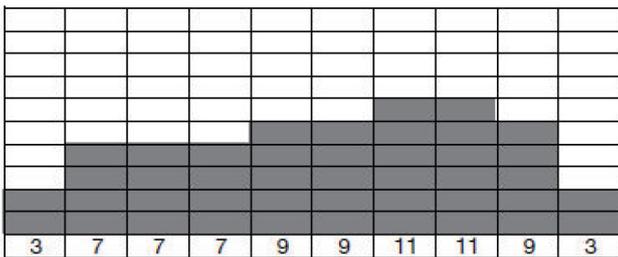
P10 Speed profile



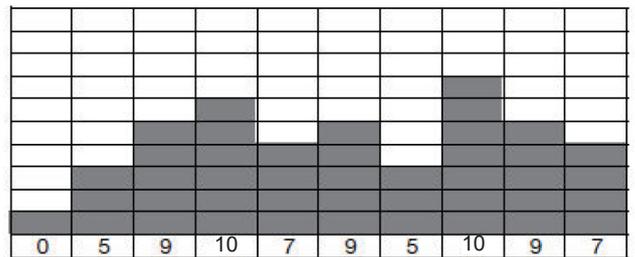
P10 Incline profile



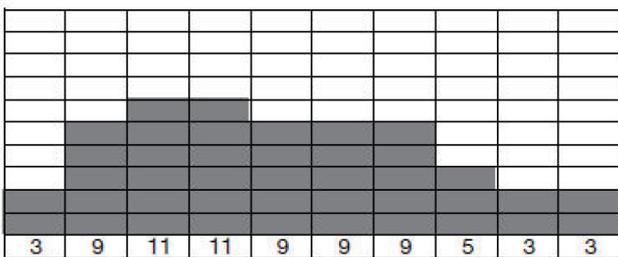
P11 Speed profile



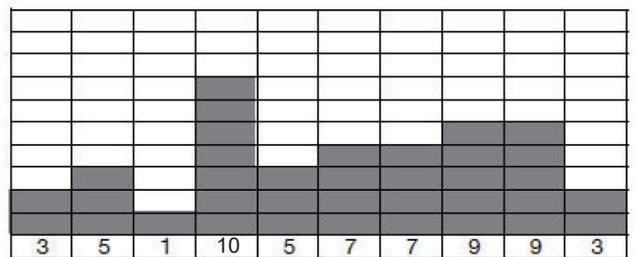
P11 Incline profile



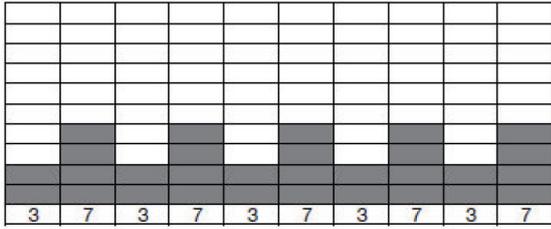
P12 Speed profile



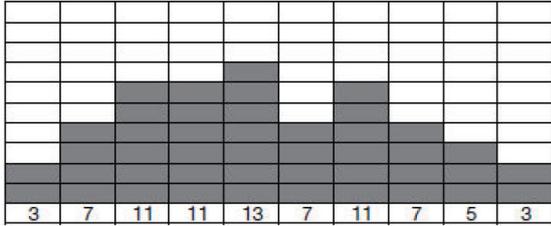
P12 Incline profile



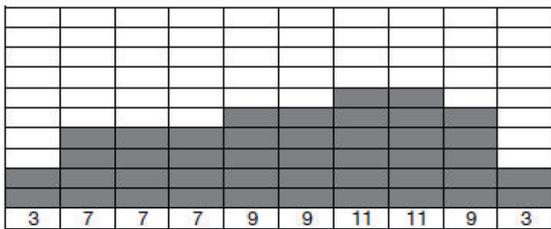
P13 Speed profile - Incline can be set manually



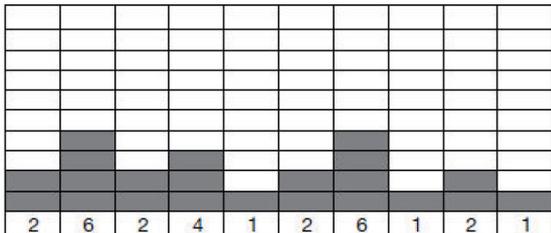
P15 Speed profile - Incline can be set manually



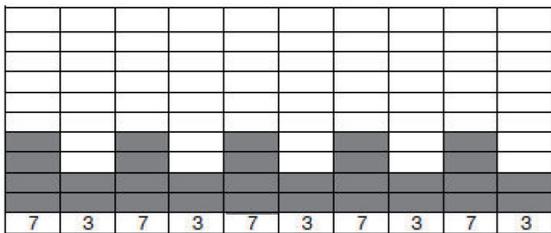
P17 Speed profile - Incline can be set manually



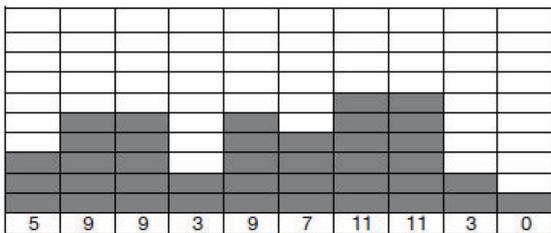
P19 Incline profile - Speed can be set manually



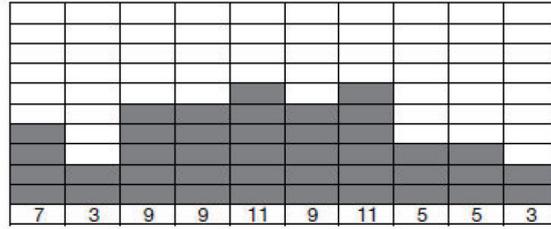
P21 Incline profile - Speed can be set manually



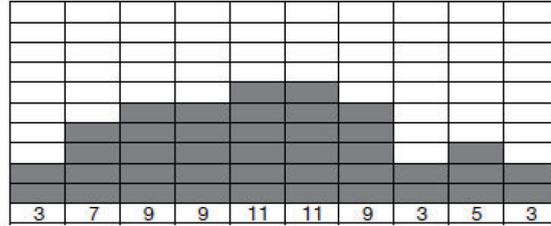
P23 Incline profile - Speed can be set manually



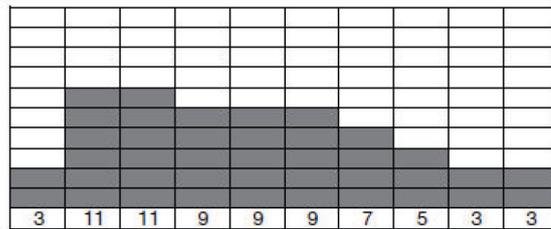
P14 Speed profile - Incline can be set manually



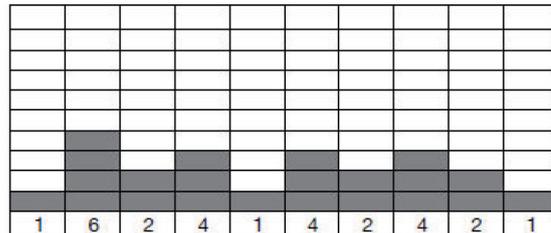
P16 Speed profile - Incline can be set manually



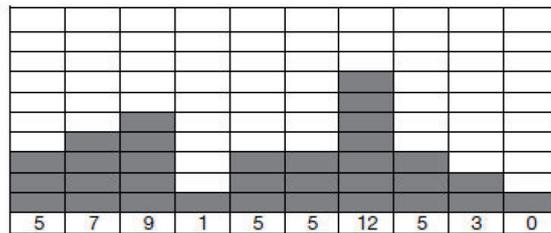
P18 Speed profile - Incline can be set manually



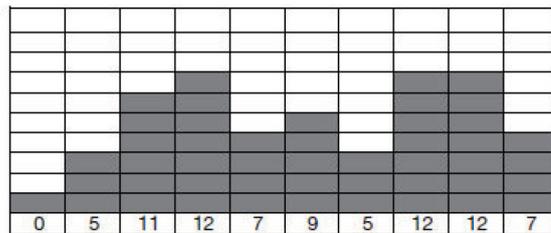
P20 Incline profile - Speed can be set manually



P22 Incline profile - Speed can be set manually



P24 Incline profile - Speed can be set manually



3.4.3 USER PROGRAM (User-Defined Programmes)

You are able to create and save four (U1-U4) programmes. Each programme is divided into 10 segments. For each segment the speed and Incline level can be set. Select the user programme by pressing the PROGRAM button until USER PROGRAM is displayed on the screen. Then press the ENTER button to confirm.

Create or modify a user programme:

1. Select one of the four (U1-U4) users by pressing the INCLINE buttons or the SPEED - + buttons. Confirm with the ENTER button.
2. Set the desired training duration by pressing the INCLINE buttons or the SPEED - + buttons. Confirm with the ENTER button.
3. Now you are able to set the speed and the incline level for each segment. Press the INCLINE buttons or the quick keys on the handlebar to set the desired incline level for the current segment. Do the same for the speed with the SPEED - + buttons or the quick keys on the handlebar. When your preferred speed and incline level for this segment is set press the ENTER button to confirm.
4. Repeat the previous step for the next 9 segments.
5. Press the START button to start the training session. The user programme will be saved automatically.

Start a saved user programme:

1. Select one of the four (U1-U4) users by pressing the INCLINE buttons or the SPEED - + buttons. Confirm with the ENTER button.
2. Set the desired training duration by pressing the INCLINE buttons or the SPEED - + buttons. Confirm with the ENTER button.
3. Press the START button to directly start the training session.

NOTICE

During the training session the speed and the incline can be changed for the current segment by pressing the INCLINE buttons or the SPEED - + buttons or by the quick keys on the hand rail. The training session is finished when the set distance has elapsed. The computer will now automatically enter the cool down programme. Press STOP if you want to cancel the cool down programme.

3.4.4 HRC – THR Heart Rate-Controlled Programme

WARNING

Your training equipment is not a medical device. The heart rate measurement of this equipment may be inaccurate. Various factors can affect the accuracy of the heart rate measurement. The heart rate measurement serves only as a training aid.

With the heart rate-controlled programme you can exercise using your heart rate. The treadmill computer will automatically and gradually change the incline and speed to maintain the set heart rate. The heart rate can be set at 60% or 80% of your calculated maximum heart rate (HRC). You are also able to set your own target heart rate (THR). Select the HRC programme by pressing the PROGRAM button until HRC is displayed on the screen. Then press the ENTER button to confirm.

Train on 60% or 80% of your maximum heart rate:

1. Select 60% or 80% by pressing the INCLINE buttons or the SPEED - + buttons. Confirm with the ENTER button.
2. The computer screen shows the chosen programme. Press the ENTER button to setup the training duration.
3. Set the desired training duration by pressing the INCLINE buttons or the SPEED - + buttons. Confirm with the ENTER button.
4. Press the START button to start the training session.

Set your own target heart rate:

1. Select THR by pressing the the INCLINE buttons or the SPEED - + buttons. Confirm with the ENTER button.
2. Set the desired heart rate in Beats Per Minute (default = 133 BPM) by pressing the INCLINE buttons or the SPEED - + buttons. Confirm with the ENTER button.
3. Set the desired training duration by pressing the INCLINE buttons or the SPEED - + buttons. Confirm with the ENTER button.
4. Press the START button to start the training session.

NOTICE

The heart rate can be measured by wearing a chest belt or by holding the hand pulse sensors during the complete training exercise. The computer will calculate your maximum heart rate according to the settings entered in your user profile. The training session is finished when one of set target values is reached. The computer will now automatically enter the cool down programme. Press STOP if you want to cancel the cool down programme.

4.1 General Instructions

- **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 5°C and 45°C.

- **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.

4.2 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.

4.3 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 general assembly instructions.
- + 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.

4.3.1 Folding Up the Treadmill

⚠ WARNING

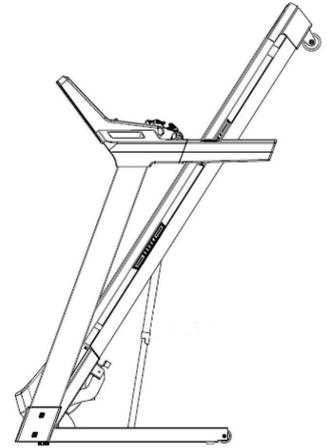
- + Do not connect the equipment to the power supply when it is folded up. Try not to operate the equipment when it is folded up.
- + The running surface must have come to a complete stop before folding.

⚠ 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.

4.3.2 Unfolding the Treadmill

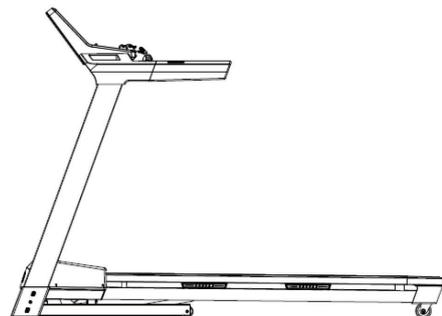
• **ATTENTION**

- + 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.
2. 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 2/3, you can let go of the treadmill.



5.1 General Instructions



WARNING

- + 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
Running belt tilted	Running belt not aligned	Align the running belt
Running belt slips through/stops	Belt tension/lubrication not ok	Check belt tension/lubrication in accordance with the instructions
Scraping noises	Running belt scrapes, because it is not aligned	Align running belt in accordance with the instructions
Display does not show anything	Check plug connections (cables)	Mains switch on "on", make sure that the safety key is inserted
No pulse display	<ul style="list-style-type: none"> + Sources of interference in the room + Unsuitable chest strap + Position of the chest strap incorrect + Batteries empty 	<ul style="list-style-type: none"> + Remove sources of interference (e. g. mobile phones, speakers, WLAN, mowers, robot vacuum etc.) + Use suitable chest strap (see recommended accessories) + Reposition chest strap and/or moisten electrodes + Change batteries

5.3 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 Sport-Tiedje videos on YouTube by first opening YouTube and entering "Sport-Tiedje" in the search field.

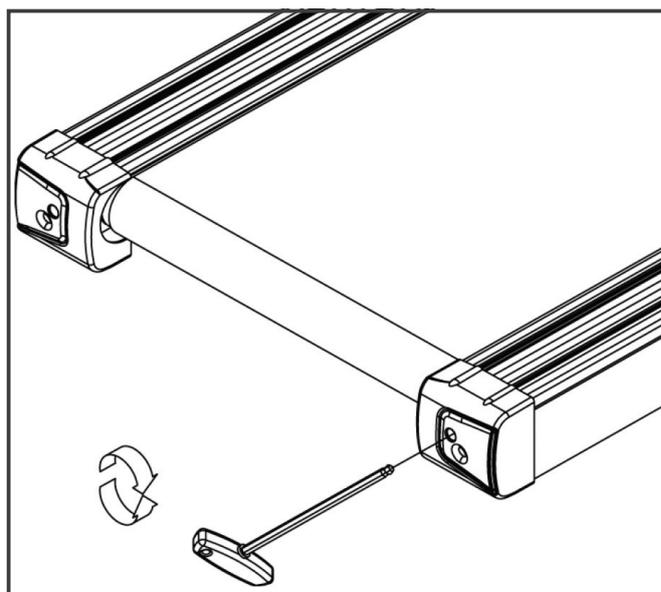
5.3.1 Adjusting the Running Mat

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!

1. Let the treadmill run at a speed of 5 km/h.
2. If the running mat deviates to the left, turn the left adjusting screw at the rear end of the device max. one $\frac{1}{4}$ turn clockwise and the right adjusting screw max. one $\frac{1}{4}$ turn anticlockwise.
3. If the running mat deviates to the right, turn the right adjusting screw at the rear end of the device max. $\frac{1}{4}$ turn clockwise and the left adjusting screw max. $\frac{1}{4}$ turn anticlockwise.
4. 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.



5.3.2 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.

① 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.

5.3.3 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.

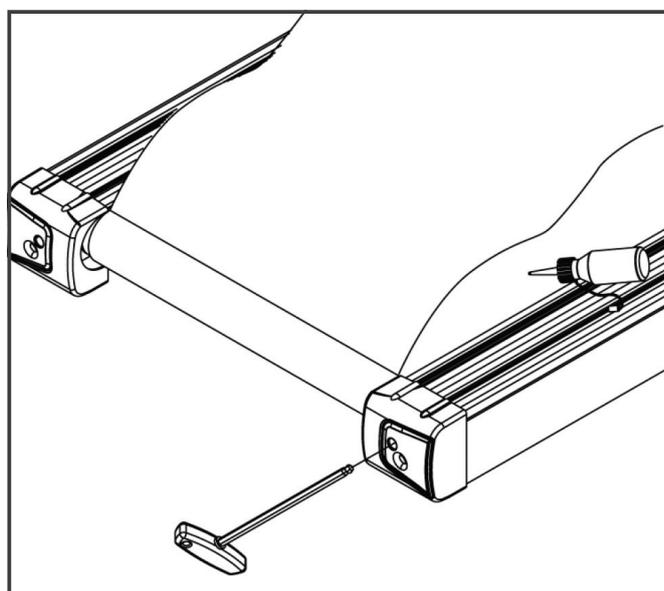
① NOTICE

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 lubricating 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 lubricating oil or silicone spray.

① NOTICE

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



5.4 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	Half-yearly	Yearly
Display console	C	I			
Tension of the running mat				I	
Lubrication of the running mat			I		
Plastic covers	C	I			
Screws and cable connections		I			
Legend: C = clean; I = inspect					

6 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.

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. This could be a floor mat, for example, which makes your fitness equipment stand more securely and also protects the floor from falling sweat, but it could also be additional handrails on some treadmills or silicone spray to keep moving parts in good shape.

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. You may want to buy additional grips or weights for multi gyms.

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!



floor mat



chest strap



towels



silicon spray



chest strap contact gel

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.

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:

Model Name:

Article Number:

8.2 Parts List

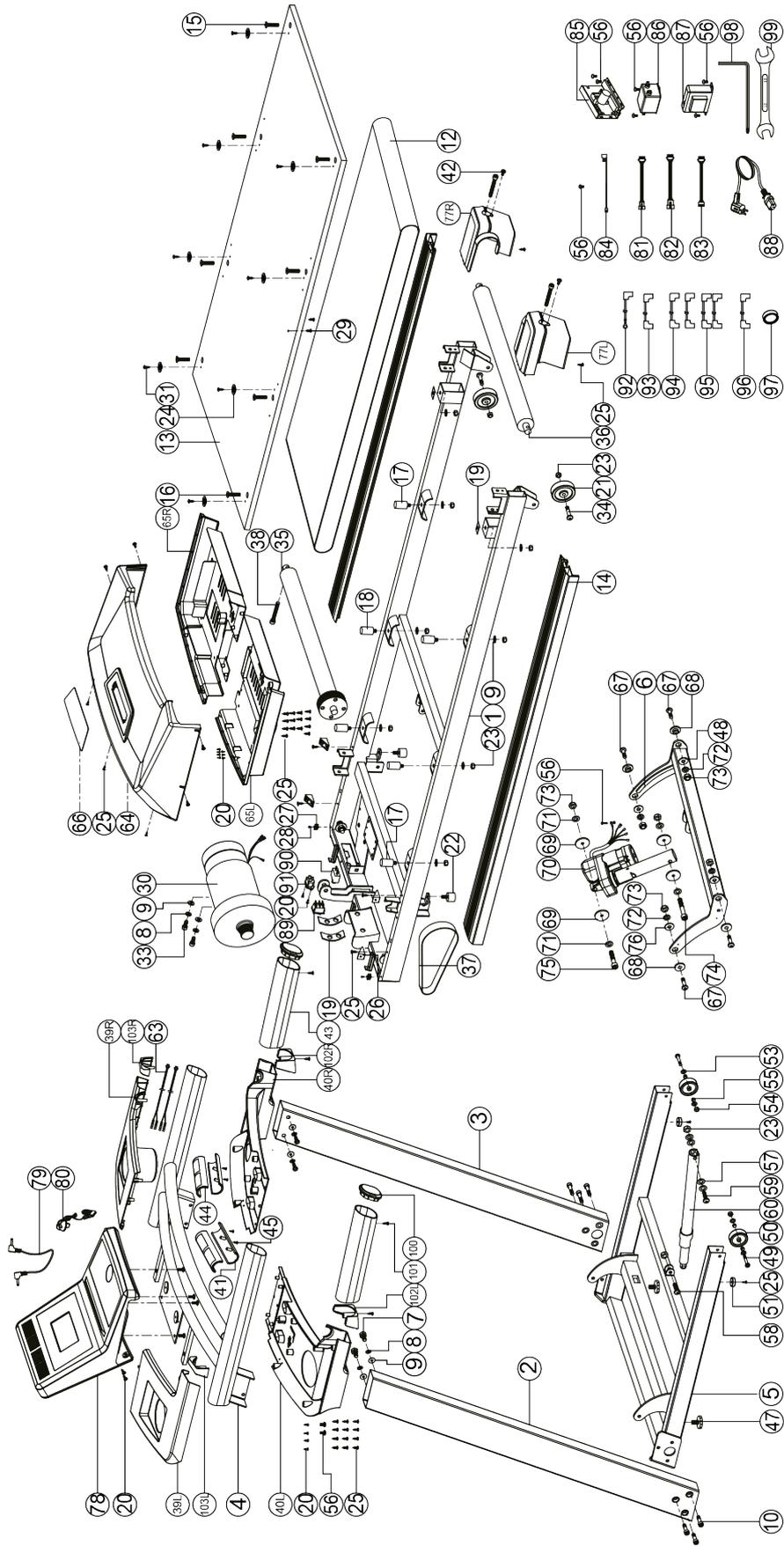
No.	Name	Supplier Parts No.	Specification	Qty.
1	Main frame	260D8-3-1000-J0		1
2	Left handlebar post	260D1-3-1300-J0		1
3	Right handlebar post	260D1-3-1400-J1		1
4	Handlebar set	260D8-3-1500-B70		1
5	Base tube	260D1-3-1600-J1		1
6	Connecting tube	260D1-3-1900-J0		1
7	Hex bolt	50108-5-0020-F0	M8x1.25x20L	4
8	Spring washer	55108-2-1520-FA	D15.4xD8.2x2T	6
9	Flat washer	55108-1-1612-FA	D16*D8.5*1.2T	14
10	Allen screw	54008-5-0040-F3	M8*1.25*40L	6
12	Running belt	260D8-6-1072-B1	460*1.4T*2740L	1
13	Wooden board	260D1-6-1073-B2	1185*645*15T	1
14	Side plate	260D1-6-1076-B0	95.8*35.7*1185L	2
15	CSK inner hexagon bolt	51608-5-0035-F0	M8*1.25*35L	2
16	CSK inner hexagon bolt	51608-5-0025-F0	M8*1.25*25L	6
17	Buffer 1(blue)	26000-6-1081-K0	D20*32L*M8	4
18	Buffer 2(Orange)	26000-6-1082-QK0	D20*32L*M8	2
19	Buffer	78000-6-1081-B2	20*56*2.0T	2
20	Screw	52804-2-0012-F0	ST4*1.41*12L	13
21	Wheel	26100-6-1087-B0	D65*24	2
22	Buffer	55308-4-0010-BB	D20*10L*M8*1.25	2
23	Nylon nut	55208-1-2008-FA	M8*1.25*8T	12
24	Metal clip	26000-6-1086-FC0	D27*D4.3*2T	8
25	Screw	52842-2-0015-F0	ST4.2*15L	41
26	Motor cover fixing plate	26100-6-1090-00	32*18*18	4
27	Cable tie base	26100-6-1089-00	15*10	2
28	Screw	50904-2-0015-N0	ST4*1.41*15L	2
29	Screw	52842-2-0025-F0	ST4.2*25L	2
30	Motor	260D7-6-1085-01	DC-1.5HP	1
31	Screw	54904-2-0016-F0	ST4*1.6*16L	8

33	Allen screw	54008-5-0016-U0	M8*1.25*16L	2
34	Allen bolt	50308-5-0040-F3	M8*1.25*40	2
35	Front roller	260D1-3-1100-01	D17*D46*599.5L	1
36	Rear roller	260D1-3-1200-00	D17*D46*605L	1
37	Elastic belt	58004-6-1102-01	PJ8/470/185J	1
38	Allen screw	54008-5-0075-F0	M8*1.25*75L	3
39L	Upper cover(left)	26000-6-1576-B0	328.4*285.9*106.6	1
39R	Upper cover(right)	26000-6-1586-B0	328.4*285.9*106.6	1
40L	Lower cover(left)	26000-6-1577-B0	449.1*318.8*122.2	1
40R	Lower cover(right)	26000-6-1587-B0	397.1*318.8*122.2	1
41	Lower handle pulse sensor	26000-6-1573-B0		2
42	Bolt	52605-2-0015-F0	M5*0.8*15L	2
43	handlebar grips	260D8-6-1584-B0	D50*312L*3T	2
44	Upper handle pulse cover	26000-6-1574-B0		2
45	Screw	50935-2-0025-D0	ST3.5*25L	4
47	Adjustable feet	26000-6-1095-B0	D38*M10*1.5	2
48	Flat washer	55110-1-2520-NA	D25*D10*2T	2
49	Screw	50806-5-0040-N2	M6*1.0*40L	2
50	Transporting wheel	74202-6-2175-B0	D49*21.5	2
51	Buffer	55304-4-2508-B9	D25*D4.5*8T	2
53	Flat washer	55106-1-1310-FA	D13*D6.5*1.0T	4
54	Nylon nut	55206-1-2006-FA	M6*1*6T	2
55	Bushing	26000-6-1677-00	D10*D6.1*4T	4
56	Bolt	52605-2-0010-F0	M5*0.8*10L	9
57	Flat washer	55108-1-1810-W8	D18*D8.5*1.0T	4
58	Allen bolt	50308-5-0030-F0	M8*1.25*30	1
59	Allen bolt	50308-5-0050-F3	M8*1.25*50L	1
60	Gas spring set	260D1-6-1661-B0		1
63	Handle pulse cable	81800-6-2479-00	700L	2
64	Upper motor cover	260D1-6-2401-B0	680*364.9*135.7	1
65L	Bottom motor cover(left)	26000-6-2418-B0	379*364.9*87	1
65R	Bottom motor cover(right)	26000-6-2419-B0	391*364.9*53	1
66	Motor decorative cover	260D8-6-2403-B0	226*66.4*1.2T	1
67	Allen bolt	50310-5-0035-F3	M10*35L	4

68	Bushing	58002-6-1104-UC0	D28*D10*9.2	4
69	Plastic washer	55110-1-2404-BF	D10*D24*0.4T	4
70	Incline motor	26100-6-1975-00	JS11-B	1
71	Flat washer	55110-1-2020-FA	D20xD11x2T	4
72	Spring washer	55110-2-1730-FA	D17.8*D10.2*3.0T	4
73	Nylon nut	55210-1-2010-FA	M10x1.5x10T	6
74	Allen bolt	54010-5-0065-F4	M10*1.5*65L	1
75	Allen bolt	54010-5-0050-F4	M10*1.5*50L	1
76	Flat washer	55110-1-3030-FA	D30*D10*3.0T	2
77L	Rear cover(Left)	26000-6-2406-B0	160*117.3*114	1
77R	Rear cover(right)	26000-6-2407-B0	160*117.3*114	1
78	Computer	260D8-6-1701-B1	SD-8401-71, 5.5"	1
79	Audio cable	81000-6-2555-B0	250L	1
80	Safety clip	26000-6-1793-R0	700L	1
81	Upper computer cable	26000-6-1771-01	600	1
82	Middle computer cable	26000-6-1772-00	1150	1
83	Lower computer cable	26000-6-1773-01	800	1
84	Sensor cable	26000-6-1795-00	900	1
85	MCB	26000-6-1779-01	MT8345, 2.0HP	1
86	Filter	26100-6-1067-01	10A	1
87	Coil	26000-6-1066-00	10A	1
88	Electric cable	26100-6-1775-02	1700L	1
89	Switching mode power supplier	26100-6-2411-00		1
90	Overcurrent protector	26100-6-2412-00	10A	1
91	Socket	26100-6-2413-00		1
92	Grounding wire 2	26100-6-1788-00	100L	1
93	Live wire 1	26200-6-1789-00	220L	1
94	Live wire 2	26100-6-1790-01	60L	2
95	Neutral wire 1	26100-6-1791-00	100L	2
96	Neutral wire 2	26100-6-1792-00	190L	1
97	Magnet ring	26100-6-1079-00	D31*16	1
98	Allen spanner	58030-6-1051-N0	M6*130L	1
99	Spanner	58030-6-1048-C0	145*5.5T	1

100	Oval end cap	260D1-6-1588-B0	71.2*46*21.6	2
101	screw	51004-2-0010-N0	ST4*1.41*10L	2
102L	Inside cover for handrail (L)	260D1-6-1596-B0	62.6*56*44.7	1
102R	Inside cover for handrail (R)	260D1-6-1597-B0	62.6*56*44.7	1
103L	Side cover for handrail (L)	260D1-6-1594-B0	56*33*45.3	1
103R	Side cover for handrail (R)	260D1-6-1595-B0	56*33*45.3	1

8.3 Exploded Drawing



Training equipment from Taurus® is 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 for repair costs, a pure parts warranty applies, which does not include the repair, installation and delivery costs.

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 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	DK	FR
<p>TECHNICAL SUPPORT</p> <p>☎ +49 4621 4210-900 📠 +49 4621 4210-698 ✉ technik@sport-tiedje.de</p> <p>🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p> <p>SERVICE</p> <p>☎ 0800 20 20277 (Freecall) ✉ info@sport-tiedje.de</p> <p>🕒 Mo - Fr 08:00 - 21:00 Sa 09:00 - 21:00 So 10:00 - 18:00</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ 80 90 16 50 +49 4621 4210-945 ✉ info@fitshop.dk</p> <p>🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ +33 (0) 172 770033 +49 4621 4210-933 ✉ service-france@fitshop.fr</p> <p>🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>
	PL	BE
	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ 22 307 43 21 +49 4621 42 10-948 ✉ info@fitshop.pl</p> <p>🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ 02 732 46 77 +49 4621 42 10-932 ✉ info@fitshop.be</p> <p>🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>

UK	NL	INT
<p>TECHNICAL SUPPORT</p> <p>☎ +44 141 876 3986 ✉ support@powerhousefitness.co.uk</p> <p>SERVICE</p> <p>☎ +44 141 876 3972 🕒 Mo - Fr 9am - 5pm</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ +31 172 619961 ✉ info@fitshop.nl</p> <p>🕒 Ma - Do 09:00 - 17:00 Vr 09:00 - 21:00 Za 10:00 - 17:00</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ +49 4621 4210-944 ✉ service-int@sport-tiedje.de</p> <p>🕒 Mo - Fr 8am - 6pm Sat 9am - 6pm</p>
	AT	CH
	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ 0800 20 20277 (Freecall) +49 4621 42 10-0 ✉ info@sport-tiedje.at</p> <p>🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>	<p>TECHNICAL SUPPORT & SERVICE</p> <p>☎ 0800 202 027 +49 4621 42 10-0 ✉ info@sport-tiedje.ch</p> <p>🕒 Mo - Fr 08:00 - 18:00 Sa 09:00 - 18:00</p>

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

www.sport-tiedje.com/en/stores

WE LIVE FITNESS

WEBSHOP AND SOCIAL MEDIA

Sport-Tiedje is Europe's largest specialist store for home fitness equipment with currently 80 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 equipment 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.

Sport-Tiedje 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!



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Notes

Notes



DARWIN **TM40**