

AbodeFit
HEALTH™



WalkSlim 830

TREADMILL • USER MANUAL

EN

ENGLISH
PG 3

FR

FRANÇAIS
PG XX

DE

DEUTSH
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Congratulations on your purchase of the AbodeFit Health™
WalkSlim 830.

Please read the user manual carefully before using,
pay special attention to the safety precautions and keep
for future reference.

Please contact AbodeFit Health's warranty provider,
Vitality 4 Life, (details on back page) if any malfunction
occurs and a qualified technician will assist you.
Unauthorised dismantling of the treadmill will void
warranty.

Stop using the treadmill immediately if:

- Water comes into contact with the treadmill or
the controller
- Any foreign bodies have been lodged inside the
treadmill
- Power failure
- Thunder / lightning weather
- If you feel unwell
- If the power cord has any damage

WARNING

Keep young children away from this treadmill at all times.
Contact with the moving surface may result in severe friction burns.

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Safety Precautions

- The WalkSlim 830 is only suitable for adults over the age of 18. It is not a toy and should not be used by children.
- The WalkSlim 830 is for personal use only and is unsuitable for professional training, testing or medical purposes.
- The WalkSlim 830 is designed for indoor use only. Do not use in areas of strong light or heat (including direct exposure to the sun), when temperatures exceed 40°C or near water
- Do not use the WalkSlim 830 in humid or dusty environments to avoid any risk of electric shock.
- To avoid any injury, warm up exercises are advised prior to using the treadmill. It is not recommended to use your WalkSlim 830 for walking or running within 40 minutes of eating.
- Only use if you are in good health. If you feel uncomfortable (dizzy, headache or have physical problems such as ligament injuries or joint replacements) stop using the treadmill immediately and seek professional advice.
- The WalkSlim 830 is not suitable for use by individuals with reduced physical, sensory or mental capabilities unless professional guidance has been given.
- Always wear appropriate footwear when using the treadmill, avoid exercising barefoot or wearing any loose jewellery or clothing with belts or strings.
- Do not insert hands or feet or any body parts into the treadmill or in areas between the running belt and foot rails.
- Stop for 30 minutes after each one hour running or walking session to avoid any damage to the motor as a result of overheating.
- For safety, the WalkSlim 830 will stop automatically and go into standby Mode if the user leaves the treadmill for more than 15 seconds in the Automatic Mode and after 10 minutes in the Manual Mode..
- Ensure the WalkSlim 830 is on a flat and dry surface before use and there are no sharp items close by.
- The WalkSlim 830 is not suitable for using on every carpet type, therefore if you intend to use the treadmill on any carpeted areas, it is strongly advised that a hard-mat type material is placed beneath the treadmill.
- Only connect the WalkSlim 830 to a power outlet that is the correct size for the power plug and do not use if the power plug is damaged.

- Do not use force to disassemble any parts or attempt to turn off the power while in use.
- Do not insert foreign objects into any of the parts or use unauthorised parts.
- Do not apply pressure or stand on the display.
- Do not exceed the treadmill's maximum weight capacity of 120kgs, the treadmill is only suitable for individual use.
- Keep a distance of 1 metre between the treadmill and the rear space and on both sides.
- Unplug the WalkSlim 830 when it is not likely to be used for long periods of time.
- Do not let cord contact any other parts such as cylinder, tread belt etc.
- Make sure the cord is undamaged and located where it cannot be damaged.
- Please turn off and dry any spilt liquid before cleaning the treadmill

BEFORE USING THE WALKSLIM 830

- Wait an appropriate time after eating
- Ensure children and pets are kept away from the treadmill
- Make sure no fingers or foreign bodies are near the gap between the cover and the base of the treadmill whilst in operation
- Always supervise young and elderly people whilst on the treadmill
- Only one person may be on the tread belt at a time

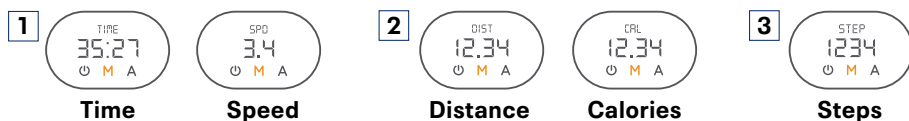
CONSULT YOUR DOCTOR PRIOR TO USE IF ANY OF THE FOLLOWING APPLIES:

- you are undergoing medical treatment or have any medical concerns
- you are pregnant
- you have heart disease
- you have osteoporosis
- you have a pacemaker or other medical electronic instrument implanted
- you have artificial limb/s

Parts and Features



Remote Control Display Screen



1. Time /Speed

- Displays the current time the Treadmill has been operating and the speed. The display automatically switches between the two results.

2. Calories / Distance

- Displays calorie accumulation and the distance value of the current session of exercise. The display automatically switches between the two results. Calorie standard value is 30 calorie/km.

3. Steps

- Displays the current amount of steps. Total count is up to 9999 and it will return to zero.

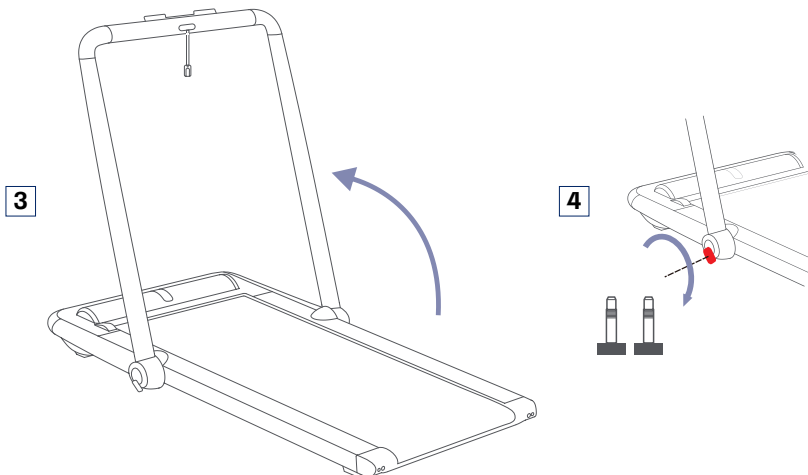

**Standby
Mode**

M
**Manual
Mode**

A
**Automatic
Mode**

ASSEMBLING YOUR WALKSLIM 830

1. First find the right spot for your WalkSlim 830, ensuring you choose a location that is flat and open, free of sharp objects, with a sufficient 1 metre clear space around the treadmill.
2. Remove the WalkSlim 830 from its packaging and place face up on the floor, clear of sharp objects or anything likely to scratch its surface.
3. Lift up the Handrail and take out the 2 bolts from the accessory box.
4. Insert the bolts into the holes in the Handrail shafts and rotate clockwise to lock the handrails on both sides. Test that the handrail is firmly in place.



5. Before you use the WalkSlim 830 the tread belt must be lubricated with the silicone oil lubricant provided.

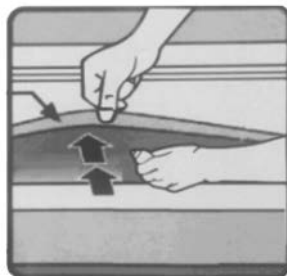
HOW TO LUBRICATE THE TREAD BELT

- Lubricating your WalkSlim 830 treadmill is essential before starting to use it for the first time along with during normal use.
- During normal use, friction marks may appear between the tread belt surface and the treadmill base. To avoid unnecessary friction and to maximize the life of your treadmill, it is recommended to lubricate the tread belt surface with lubricant after every 10-15 times or according to the following schedule:
- Lightweight users (less than 3 hours/week) – Lubricate once every 3 months
- Moderate users (3-6 hours/week) – Lubricate once every 2 months
- Heavyweight users (more than 7 hours/week) – once every month

The following is a step-by-step guide

1. Make sure the treadmill is unplugged and place it on an even, non-slippery surface.
2. Lay the treadmill down so its left side is facing up.
3. Lift the tread belt surface up starting from the upper corner.
4. Apply 1-15ml of Silicone Oil Lubricant by squeezing droplets underneath the tread belt surface, ensuring the lubricant is applied at least 10-15cm towards the middle of the tread belt.
5. Lift the treadmill back up, and lay it down so the right side is facing up
6. Lift the tread belt surface and apply the Silicone Oil Lubricant underneath as you did in steps 3 and 4.
7. Return the treadmill to its operating position.

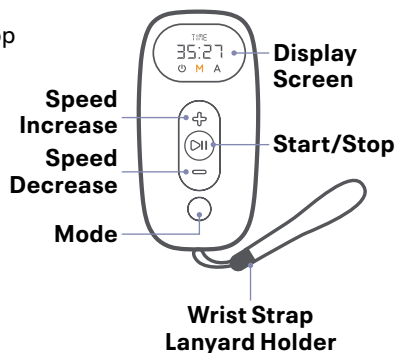
Remember proper lubrication is an important factor in maintaining the treadmill. To check if you need to add lubricant, make sure the treadmill is turned off at the power outlet. Run your hand under the tread belt from the top to the bottom. If your hand is slightly damp with silicone oil there is no need to lubricate. If your hand is completely dry, it is time to add lubricant



Using your Walkslim 830

STARTING THE WALKSLIM 830 USING THE MANUAL MODE (M)

- The Manual mode is for beginners and uses the Remote Control to adjust speed. It is recommended to start walking using the Manual mode and once proficient the Automatic mode can be used.
- Plug in the power, turn on the power switch which is located on the underside of the Display Screen.
- Take out the Safety Key from the accessories box and insert it into the Safety Key Holder in the middle of the Handrail. Clip the other end to your clothes.
- Press the Mode button on the Remote Control to switch to Manual Mode. M will be displayed on screen in red.
- If you stop using the Walkslim 830 for more than 10 minutes, it will switch to Standby Mode automatically. In Standby Mode the treadmill motor stops functioning to prevent non-users from setting off the treadmill. ⏻ will be displayed in red on the display screen.
- When the Treadmill stops, you can lock the treadmill by pressing and holding the Mode button for more than 2 seconds.
- To restart the Treadmill, press and hold the Start/Stop button for more than 2 seconds.
- **Speed Increase/Decrease:** A single press of the + Speed Increase or – Speed Decrease on the remote control will accelerate or decelerate the speed by 0.5km/hr. Press and hold to continuously accelerate or decelerate.
- **Starting/Stopping the Treadmill:** Press the Start/Stop button on the remote to Start or Stop the Treadmill. By Pressing Stop when you have finished your session, the Treadmill will stop slowly and enter standby mode. Ensure when the Walkslim 830 comes to a stop that you hold onto the handrail for support and stability. Press and hold the Start/Stop button for more than 2 seconds to unlock the Treadmill.



NOTE

When the Handrail is down, you can start the treadmill without inserting the Safety Key in the Safety Key Holder. Speed will automatically adjust to 0.8-6km/hour which is suitable for walking.

When the Handrail is lifted, you can start the treadmill only after inserting the Safety Key into the Safety Key Holder. Speed automatically adjusts to 0.8-12km/hour, which is suitable for running.

STARTING THE WALKSLIM 830 USING THE AUTOMATIC MODE (A)

- This mode controls speed automatically using an intelligent algorithm. It is an advanced mode that follows your walking speed and is suitable for those who have strong sports skills or running experience.
- Plug in the power, turn on the power switch which is located on the underside of the LED Display Screen.
- Insert the Safety Key in the Safety Key holder located in the middle of the handrail and clip the other end to your clothes.
- Press the Mode button once on the Remote Control to switch to the Automatic Mode. A will be displayed on screen in red. Now you can control speed without use of the Remote Control.
- Start to walk on the tread belt and as you quicken or slow down your footsteps, the treadmill will gradually accelerate/decelerate until the speed is the same as your footstep frequency.
- When the speed is decelerated below 2.5km/hour or the user leaves the treadmill for more than 15 seconds, the treadmill will automatically stop.

EMERGENCY STOP

- The Walkslim 830 has an emergency stop.
- When in operation, if you feel the need to stop the Treadmill quickly, simply pull the Safety Key out of the Safety Key Holder. The Treadmill will stop automatically to ensure your safety.
- After pulling the Safety Key out, to start the Treadmill again, insert the Safety Key in the Safety Key Holder located in the middle of the handrail. Press the Mode Button to switch to Manual or Automatic Modes.

Warm-Up Exercises

It is recommended to warm up for 5 to 10 minutes before exercise to prevent sports injuries. Refer to the following stretching exercises and repeat after your treadmill exercise program.

1. **Stretch down:** Keep knees slightly flexed and your body slowly bent forward, relax your back and shoulders, touch your toes with your hands as much as possible, and keep for 10~15 seconds, then relax. Repeat 3 times.
2. **Foot tendon stretch:** Sit on a clean seat cushion, straighten one leg and keep the other leg inward to fit the inner side of the straight leg. Try to touch your toes with your hands for 10 to 15 seconds, then relax. Repeat 3 times for each leg.
3. **Stretch the calves and Achilles tendon:** Stand close to a wall with your hands on it, with one foot behind, keep the back leg upright and heels touching the ground, incline to the wall and keep for 10 to 15 seconds, then relax. Repeat 3 times for each leg.
4. **Stretch the quadriceps:** Balance yourself with the left hand holding a wall or a desk, then extend your right hand backwards, grab your right heel and slowly pull it to your buttocks until you feel the muscles on the front of the thighs in tension, keep for 10 to 15 seconds, then relax. Repeat 3 times for each leg.
5. **Stretch the sartorius muscle (muscle inside the thigh):** Keep the soles opposite and sit with the knees outwards. Grasp your feet with your hands and pull in the direction of your groin, keep for 10 to 15 seconds, then relax. Repeat 3 times.

Storing the WalkSlim 830

- Turn off the power switch and unplug the power plug. The Treadmill can be folded and placed upright to save space.
- When moving your Treadmill, ensure the handrail is folded down and locked into position.
- Once it is securely locked into position, you can tilt the Treadmill upwards and use the wheels located underneath the display screen to move the Treadmill, using the locked handrail as a handle.

WARNING

Unplug the treadmill before performing maintenance.

Maintenance

Daily Maintenance

- Regular comprehensive cleaning will extend the life of your WalkSlim 830
- Always turn the power off at the power outlet and make sure there is no moisture before daily cleaning and maintenance.
- Clean dust out regularly and ensure the exposed parts of the tread belt are clean.
- Wear clean sports shoes to avoid any dust or impurities getting into the tread belt and board.
- Use a damp cloth with soap or detergent to clean the tread belt. Do not use excessive water and avoid leakage to the electrical components and underneath the running belt
- Disconnect the power cord when the WalkSlim 830 will not be used for a long time.
- Do not store the treadmill in the bathroom or outside and avoid areas with a lot of moisture.

WARNING

Unplug the treadmill before performing maintenance.

Troubleshooting

The treadmill is not working

- Make sure the power cord is properly secured into the power outlet and that the switch is turned to the 'ON' position.
- Check the Safety Key is in the correct position.
- Ensure you have not been using the Walkslim 830 for more than 120 minutes continuously. In order to better maintain your WalkSlim 830 and extend the life of the treadmill, we recommend that you turn off the power and allow the machine to rest for 10 minutes after 2 hours of continuous use.

The tread belt is not working

- Insufficient lubrication. Add silicone oil lubricant.
- Tread belt is too tight which will reduce performance and increase wear of rollers and tread belt. Adjust tread belt tightness to the correct tension. The tread belt should be able to be lifted from the base by about 5-7.5cm by hand.

The tread belt is slipping	<ul style="list-style-type: none"> • Tread belt is too loose or too tight. Adjust the tread belt tightness to the correct tension. The tread belt should be able to be lifted from the base by about 5-7.5cm by hand. If you feel there are occasional pauses as you are walking normally, it means the belt has become loose. Over time the tread belt will loosen due to wear or stretching and an adjustment must be made. • Simultaneously rotate the left and right adjustment screws together clockwise for half a circle.
The Treadmill will not speed up slow down	<ul style="list-style-type: none"> • Please contact our Customer Service Centre.
The Display Screen does not work	<ul style="list-style-type: none"> • Please contact our Customer Service Centre.
The Treadmill is losing speed	<ul style="list-style-type: none"> • Add lubricant oil to the underside of the tread belt as per instructions on page 7 of this manual.
The belt is running to the left	<ol style="list-style-type: none"> 1. Turn the adjustment screw on the right side 1/4 turn clockwise using the Allen key provided. 2. Start the WalkSlim 830 to check the new position of the belt. 3. If the belt is still not in the middle repeat the action until adjusted to a central middle position. 4. After adjusting the belt to the middle, start the Treadmill for 1-2 minutes and observe the tread belt to ensure that is running smoothly. If it's not centralised, then repeat the adjustment steps again.
The belt is running to the right	<ol style="list-style-type: none"> 1. Turn the adjusting bolt on the left by 1/4 circle clockwise using the Allen key provided. 2. Start the WalkSlim 830 to check the new position of the belt. 3. If the belt is still not in the middle repeat the action until adjusted to a central middle position. 4. After adjusting the belt to the middle, start the Treadmill for 1-2 minutes and observe the tread belt to ensure that is running smoothly. If it's not centralised, then repeat the adjustment steps again.

Error Message Codes

Error Code	Fault Description	Solution
E01	Software overcurrent	<ul style="list-style-type: none"> • Please contact our Customer Service Centre.
E02	Hardware overcurrent	<ul style="list-style-type: none"> • Please contact our Customer Service Centre.
E03	Overvoltage protection	<ul style="list-style-type: none"> • Please contact our Customer Service Centre.
E04	Overcurrent protection	<ol style="list-style-type: none"> 1. Check if any mechanical parts are stuck. 2. Check if more Silicone Oil is required. If there is a lack of oil, the friction between the running belt and the running plate will increase. 3. Check the running plate for serious wear. 4. Check the running belt for serious wear.
E05	Overload protection	<ol style="list-style-type: none"> 1. Check if any mechanical parts are stuck. 2. Check if more Silicone Oil is required. If there is a lack of oil, the friction between the running belt and the running plate will increase. 3. Check the running plate for serious wear. 4. Check the running belt for serious wear.
E06	Motor not connected	<ul style="list-style-type: none"> • Please contact our Customer Service Centre.
E07	Controller receives no signal	<ul style="list-style-type: none"> • Please contact our Customer Service Centre.
E013	IGBT Short circuit	<ul style="list-style-type: none"> • Please contact our Customer Service Centre.
E014	Load Short	<ul style="list-style-type: none"> • Please contact our Customer Service Centre.

ABODEFIT HEALTH™ WALKSLIM 830 WARRANTY

Warranty Period: Lifetime Frame, 5 Years Motor, 2 Years Parts & Labour. Vitality 4 Life are the warranty providers for AbodeFit Health™ products. Vitality 4 Life warrant this product to be free from defects in materials and workmanship while in normal domestic use for a period of five years on the motor and two years on other parts (with the exception of a life warranty on the frame) from the original date of purchase.

DO NOT RETURN THE PRODUCT TO THE STORE.

LOGGING A WARRANTY CLAIM

Should you experience any issues with your product, please follow these steps to lodge a warranty claim:

1. Contact your local Vitality 4 Life Service Centre with the following details: Your warranty details including name, email and phone number
 - Product name and model number
 - Product serial number, found on the rating label of the product
 - Explanation of how the damage occurred
 - Photos of the damage or issue is highly beneficial to expediting your claim
2. Vitality 4 Life will assess your claim and respond within 24-48 hours.
3. In the event the product is required to be sent to the Service Centre, the customer is liable for all packing, freight and insurance costs for transit of the product to Vitality 4 Life. Subject to the applicable consumer laws in your jurisdiction.
4. If the product, or one of its parts, qualifies for replacement or service within the 30-Day period after date of purchase, Vitality 4 Life will arrange the shipping at no cost to you.
5. Any product sent to a Vitality 4 Life Service Centre must include a Return Authorization Form. Failure to include this form may result in the product being rejected from our warehouse or a delayed service time.
6. Vitality 4 Life will contact you with a quote prior to undertaking any service work outside of the warranty coverage.
7. Typical turn-around times to address warranty claims can be between 10-14 business days, plus shipping, depending on location and type of damage or warranty claim.
3. Do not send the product back to the Service Centre without a Return Authorization Form.
4. In no event shall our liability exceed the retail value of the product. We make no warranty with respect to parts, from a source other than Vitality 4 Life.
5. In the event that warranty parts or products are provided, the customer must cover the related shipping costs to receive goods.
6. All exchanged or substitute parts and products replaced under warranty service will become the property of Vitality 4 Life. Repaired or replaced products or parts thereof will be warranted by Vitality 4 Life for the balance of the original warranty period.
7. (Australia only) Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

WARRANTY DOES NOT COVER

1. Damage, accidental or otherwise, to the Product, not caused by direct defect in factory workmanship or materials.
2. Damage due to abuse, mishandling, alteration, misuse, commercial service, tampering, accident, failure to follow care, operating and handling provisions indicated in the instructions.
3. Damage caused by parts or service not authorized or performed by Vitality 4 Life.
4. 'Normal' wear and tear that naturally and inevitably occurs as a result of normal use or aging.
5. Some states do not allow the exclusion or limitation of incidental or consequential damages. Therefore, the above limitations may not apply to you in the case of damage in shipment. If your product was damaged in shipment: Immediately report this type of damage to the parcel carrier and have them file an inspection report to contact the distributor from whom you purchased the product for further instructions.
6. You have rights and benefits under the consumer laws in your jurisdiction. Without detracting from these rights or benefits, Vitality 4 Life excludes all liability in respect of this product for any other loss which is not reasonably foreseeable from a failure of this product, which may include liability for negligence, loss of expenditure associated with the product and loss of enjoyment.

TERMS OF PRODUCT WARRANTY COVERAGE

Vitality 4 Life provides the Product Warranty coverage as further described below and limited to the terms and conditions hereof:

1. If the Product exhibits a defect while in normal domestic use, within the warranty period; we will, at our option, either repair or replace the product or defective part free of charge. The Product must be delivered by insured mail, in proper packaging to your Service Centre as indicated on the back of the manual as a condition to any warranty service obligation.
2. In the event that the warranty period for a product has expired, or if a Product does not qualify for warranty service, repair or replacement, consumers may still buy replacement parts or have products repaired by one of Vitality 4 Life's Service Centres. Please contact Vitality 4 Life for further information.

Support & Service Centres

Contact your local distributor for warranty & service

Vitality 4 Life – Australia & New Zealand

E: support@vitality4life.com

W: www.vitality4life.com.au

Vitality 4 Life – United Kingdom

E: support@vitality4life.co.uk

W: www.vitality4life.co.uk

Vitality 4 Life – United States

E: support@vitality4life.com

W: www.vitality4life.com

Vitality 4 Life – France

E: support@vitality4life.fr

W: www.vitality4life.fr

Vitality 4 Life – Deutschland

E: support@vitality4life.de

W: www.vitality4life.de

Vitality 4 Life – Italia

E: servizioclienti@vitality4life.it

W: www.vitality4life.it

Vitality 4 Life – España

E: atencioncliente@vitality4life.es

W: www.vitality4life.es

Vitality 4 Life – Netherlands

E: info@vitality4life.co.nl

W: www.vitality4life.co.nl

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