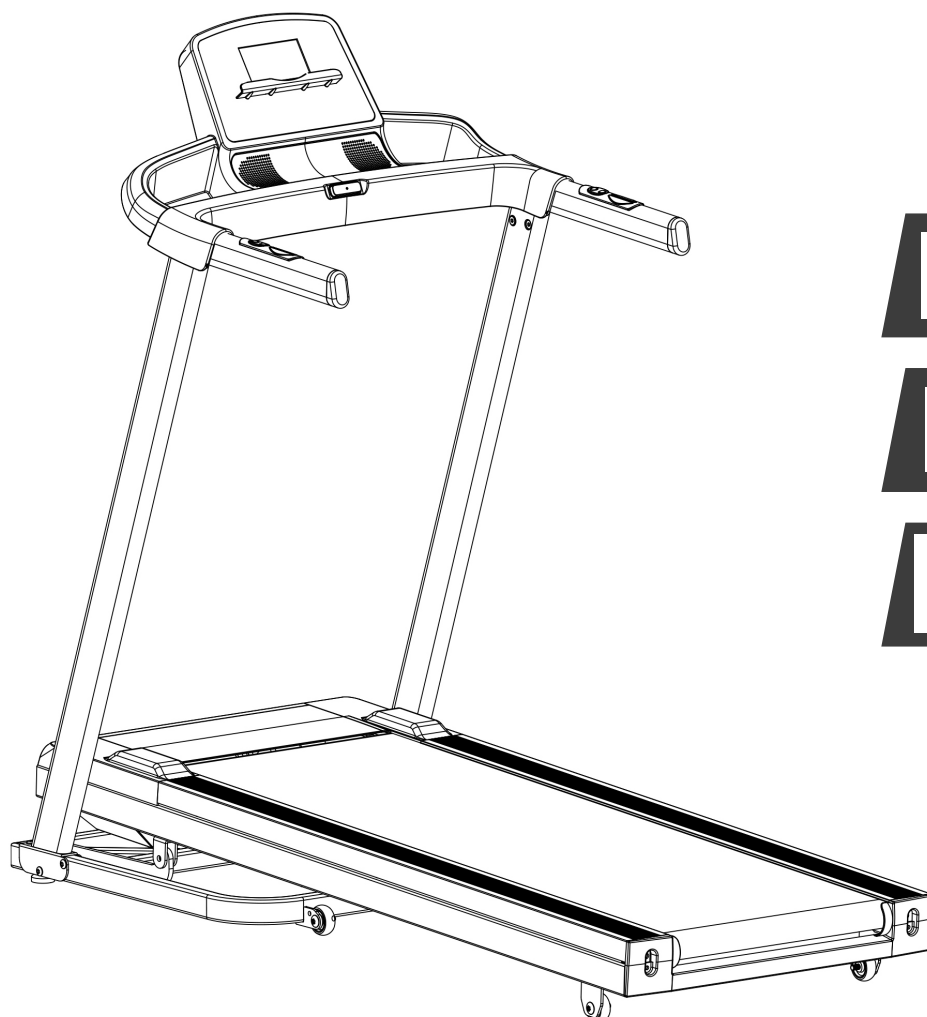




# ASSEMBLY AND OPERATING INSTRUCTIONS



 max. 100 kg

 ~ 30 Min. 

 48.5 kg  
L 149 | W 68 | H 131

BMAXT40.01.03

Art. No. BMAX-T40

**BodyMax Treadmill T40**



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**Dear customer,**

Thank you for choosing a BodyMax Fitness brand fitness equipment. BodyMax Fitness offers you fitness equipment that makes it easy to start exercising regularly, stay fit and lose weight. We want to help you to achieve your fitness goals quickly and sustainably and hope that your new fitness equipment will help you to do so. Do not hesitate to contact us if you have any further questions about your training or fitness equipment, or if you would like to add more equipment to your existing fitness equipment. We wish you much of success!

Your Fitness Team from Sport-Tiedje and BodyMax Fitness

Further information can be found at [www.sport-tiedje.com](http://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

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**Disclaimer**

©2015 BodyMax® is a registered brand of the company SportTiedje GmbH. All rights reserved. Any use of this trademark without the explicit written permission of Sport-Tiedje is prohibited.

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:

- + Training time in minutes
- + Speed in km/h
- + Training distance in km
- + Calories in kcal
- + Incline in %
- + Heart rate (when using the hand pulse sensors)

Motor type: DC Motor (1.75HP)

Speed: 1–16 km/h

Handrail buttons (speed): 2

Hotkeys (speed): 3

Incline: 0–10 %

Handrail buttons (incline): 2

Hotkeys (incline): 3

Programmes in total: 43

Quick-Start programmes: 1

Target programmes: 3

Pre-set profile programmes: 36

User-defined programmes: 3

Body fat test: 1

### Weight and Dimensions

Article weight (gross, incl. packaging): 57.5 kg

Article weight (net, excl. packaging): 48.5 kg

Package dimensions (L x W x H) approx.: 159.5 cm x 75 cm x 32 cm

Set-up dimensions (L x W x H) approx.: 148.9 cm x 67.7 cm x 130.6 cm

Folding dimensions (L x W x H) approx.: 93.5 cm x 67.7 cm x 130.6 cm

Maximum user weight: 100 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 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.

## 1.4 Set-Up Place



### **WARNING**

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

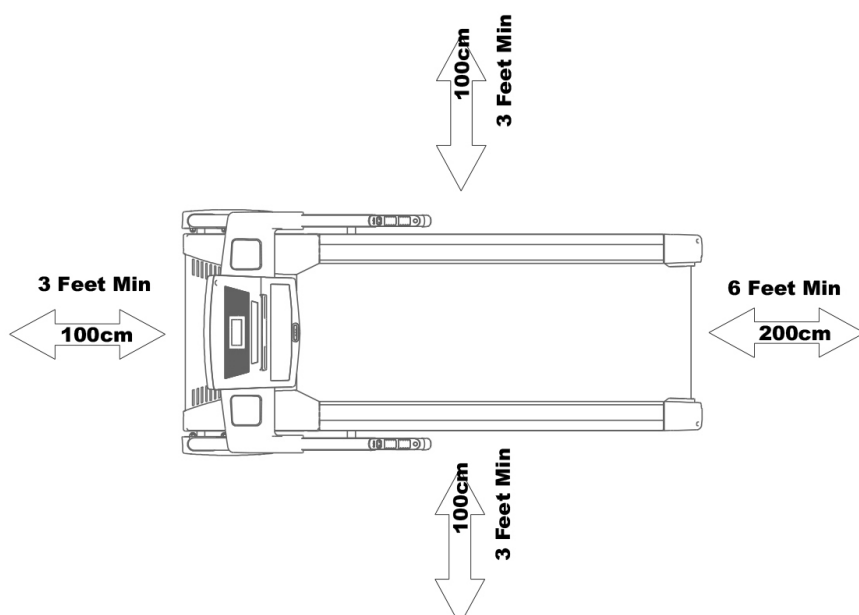


### **CAUTION**

- + 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.



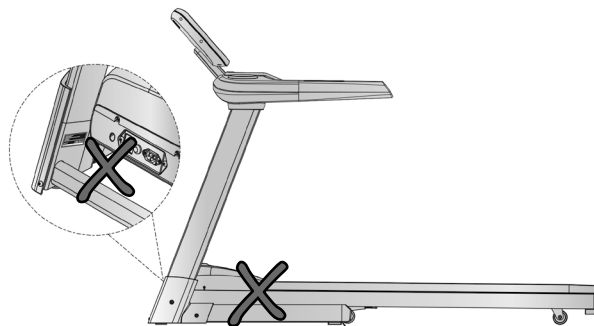
## 2.1 General Instructions

### 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 a third 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

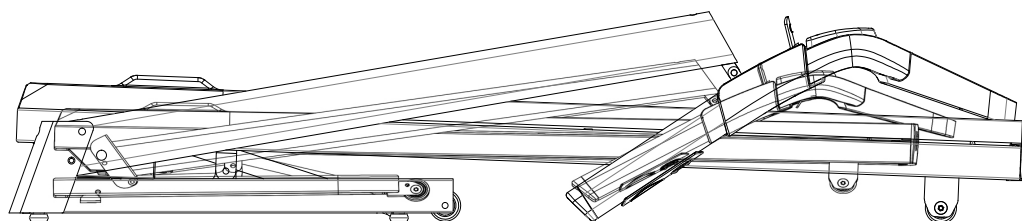
### **WARNING**

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

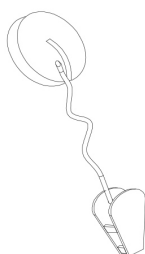
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

### **CAUTION**

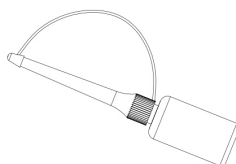
If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.



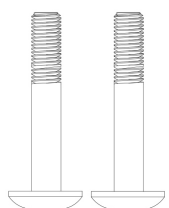
Base frame with console unit



Safety Key



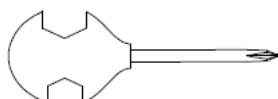
Silicone oil



Hexagon socket flush head half stud  
(M8×35×20)  
2x



Hexagon large flat head full tooth bolt  
(M8×10)  
4x



Inbusschlüssel 5mm  
1x



Inbusschlüssel 6mm  
1x

## 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**

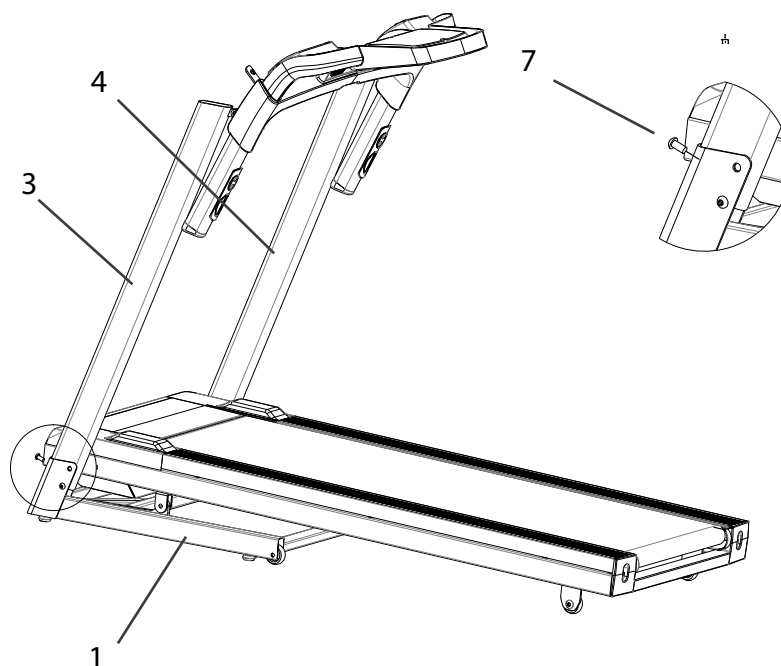
First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.

### Step1: Assemble the upright posts

**► ATTENTION**

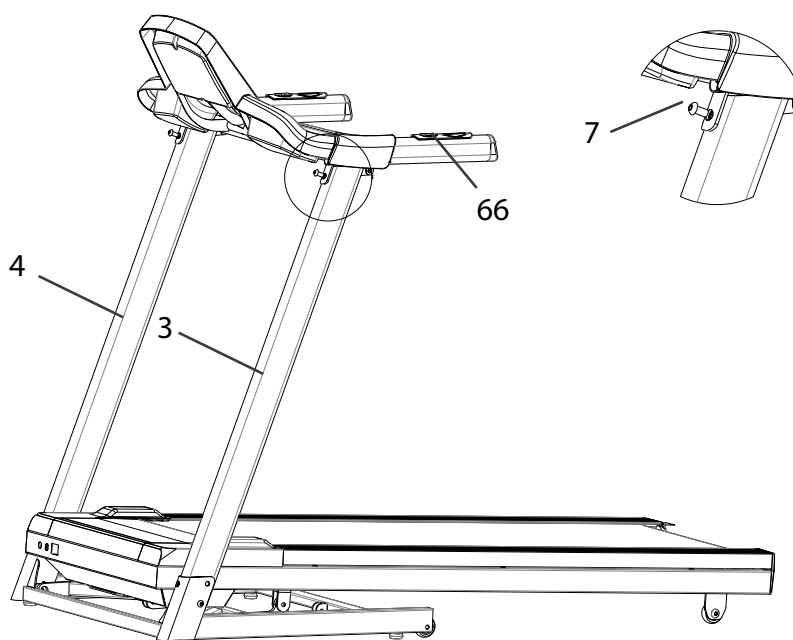
Pay attention to not pinch the cable during the next steps.

1. Set up the upright posts (3&4) slowly and evenly and align the screw holes.
2. Mount both upright posts (3&4) to the base frame (1) with a total of two bolts (7).
3. Tighten the bolts with the tool.



## Step 2: Assemble the console unit

1. Set up the console unit (66).
2. Mount the console unit (66) to both upright posts (3&4) with a total of two bolts (7).
3. Tighten the bolts with the tool.
4. Insert the safety key into the opening provided on the console unit.



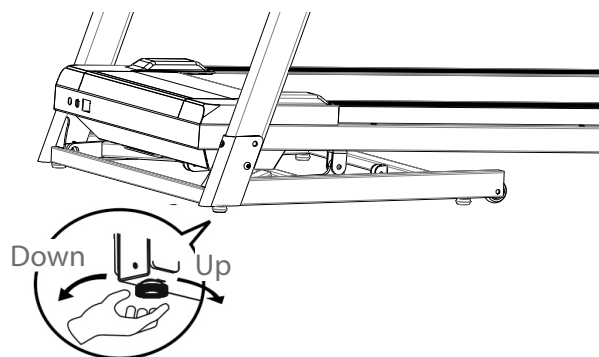
## Step 3: Alignment of the feet

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 4: 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.

### 3 OPERATING INSTRUCTIONS

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#### **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.

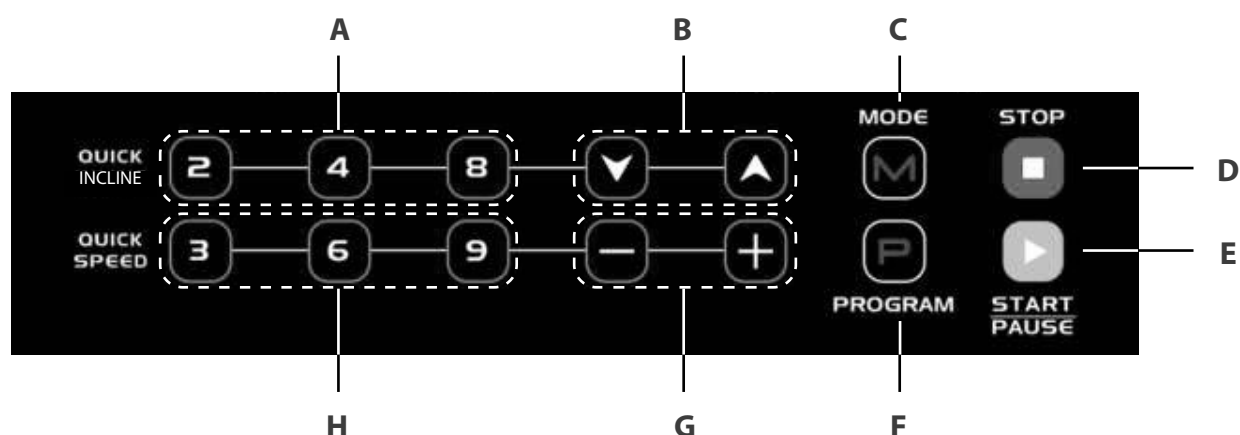
### 3.1 Console Display



<b>TIME</b>	<ul style="list-style-type: none"> <li>+ Display of the training time in minutes</li> <li>+ Display range: 0:00–99:59</li> <li>+ Setting range: 5:00–99:00 (in steps of 1 min.)</li> </ul>
<b>DISTANCE (DIS)</b>	<ul style="list-style-type: none"> <li>+ Display of the training distance in km</li> <li>+ Display range: 0.0–99.9</li> <li>+ Setting range: 1.0–99.0 (in steps of 1.0 km)</li> </ul>
<b>INCLINE (INC)</b>	<ul style="list-style-type: none"> <li>+ Display of the incline</li> <li>+ Display range: 0–10</li> <li>+ Setting range: 0–10 (in steps of 1%)</li> </ul>
<b>CALORIES (CAL)</b>	<ul style="list-style-type: none"> <li>+ Display of the calories in kcal</li> <li>+ Display range: 0–999</li> <li>+ Setting range: 20–990 (in steps of 10 kcal)</li> </ul>
<b>SPEED</b>	<ul style="list-style-type: none"> <li>+ Display of the speed in km/h</li> <li>+ Display range: 1–16 km/h</li> <li>+ Setting range: 1–16 km/h (in steps of 0.1 km/h)</li> </ul>
<b>PULSE (PUL)</b>	<p>Display of the current heart rate when using the hand pulse sensors.</p> <p><b>⚠ WARNING</b> 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.</p> <p><b>① NOTICE</b> The heart rate will be displayed on the incline display (INC) as soon as the hand pulse sensors are used.</p>



## 3.2 Button Functions



<b>A</b>	Hotkeys Incline	Hotkeys for setting the incline to 2, 4 or 8.
<b>B</b>	Incline +/-	Buttons to adjust the incline in 1% steps. <b>① NOTICE</b> To adjust the incline during training, hold down the respective button for more than two seconds.
<b>C</b>	MODE	Button to select between the three target programmes: + Time + Distance + Calories <b>① NOTICE</b> The values for the target programmes can be adjusted by using the +/- keys for the speed.
<b>D</b>	STOP	Button to end the programme.
<b>E</b>	START/PAUSE	Button to start or pause the programme.
<b>F</b>	PROGRAM	Button to select between the 36 pre-set profile programmes.
<b>G</b>	Speed +/-	Buttons to adjust the speed in 0.1 steps. <b>① NOTICE</b> To adjust the speed during training, hold down the respective button for more than two seconds.
<b>H</b>	Hotkeys Speed	Hotkeys for setting the speed to 3, 6 or 9 km/h.

## 3.3 Programmes

The following programmes are available:

+ Quick-Start programmes:	1
+ Target programmes:	3
+ Pre-set profile programmes:	36
+ User-defined programmes:	3

### 3.3.1 Quick-Start Programme

1. To start the Quick-Start programme, press the START/PAUSE button.

*The display counts down from 5 to 1, then a beep will sound and the programme will start.*

**NOTICE**

The default value for the speed is 1 km/h.

2. To adjust the speed or incline, use the respective buttons on the console or on the handrails.
3. Press the START/PAUSE button to pause the programme or the STOP button to end the programme.

### 3.3.2 Target Programmes

The target programmes can be used depending on the values of time, distance or calories.

1. To select one of the target programmes, press the MODE button.

**NOTICE**

When you press the MODE button, the view changes in the order of Time → Distance → Calories.

*The value for the selected programme flashes.*

2. To adjust the value, use the +/- buttons for speed on the console or on the handrail.
3. To start the target programme, press the START/PAUSE button.

*The display counts down from 5 to 1, then a beep will sound and the programme will start.*

*The value for the selected target programme counts down, the remaining values count up.*

**NOTICE**

You can adjust the incline and speed during training with the respective buttons on the console or on the handrails.

4. Press the START/PAUSE button to pause the programme or the STOP button to end the programme.

### 3.3.3 Pre-set Profile Programmes

There are a total of 36 pre-set profile programmes available.

1. To select one of the pre-set profile programmes, press the PROGRAM button.

**① NOTICE**

When you press the PROGRAM button, the view changes in the order of P1–P36.

*As soon as one of the programs is selected, the value for the time flashes.*

2. To adjust the value for time, use the +/- buttons for speed on the console or on the handrail.
3. To start the target programme, press the START/PAUSE button.

*The display counts down from 5 to 1, then a beep will sound and the programme will start.*

**① NOTICE**

You can adjust the incline and speed during training with the respective buttons on the console or on the handrails.

4. Press the START/PAUSE button to pause the programme or the STOP button to end the programme.

Section Programme		1	2	3	4	5	6	7	8	9	10
P1	SPEED	1.0	3.0	5.0	5.0	5.0	7.0	7.0	5.0	3.0	2.0
	INCLINE	2	2	8	6	6	4	4	6	2	2
P2	SPEED	2.0	3.0	5.0	8.0	5.0	5.0	6.0	8.0	4.0	3.0
	INCLINE	3	3	2	2	8	8	4	4	4	4
P3	SPEED	2.0	3.0	7.0	8.0	5.0	5.0	5.0	8.0	4.0	3.0
	INCLINE	1	2	5	7	7	4	4	6	2	2
P4	SPEED	2.0	2.0	5.0	8.0	8.0	8.0	8.0	5.0	3.0	2.0
	INCLINE	3	3	9	9	9	9	9	6	2	2
P5	SPEED	3.0	4.0	8.0	9.0	10.0	10.0	10.0	7.0	4.0	3.0
	INCLINE	2	2	8	6	6	6	6	6	1	1
P6	SPEED	3.0	4.0	6.0	7.0	7.0	7.0	9.0	10.0	5.0	3.0
	INCLINE	1	8	8	7	7	7	7	5	3	1
P7	SPEED	3.0	4.0	4.0	10.0	4.0	9.0	4.0	11.0	3.0	2.0
	INCLINE	1	1	6	6	6	8	8	10	6	2
P8	SPEED	3.0	5.0	7.0	9.0	3.0	5.0	7.0	5.0	11.0	5.0
	INCLINE	3	3	3	7	7	3	3	3	5	5

P9	SPEED	3.0	7.0	10.0	4.0	7.0	11.0	5.0	4.0	12.0	6.0
	INCLINE	3	6	7	3	8	8	3	8	4	4
P10	SPEED	3.0	5.0	9.0	10.0	6.0	6.0	9.0	6.0	11.0	3.0
	INCLINE	2	7	5	5	8	8	8	8	4	4
P11	SPEED	4.0	5.0	11.0	9.0	6.0	8.0	9.0	11.0	6.0	5.0
	INCLINE	1	6	3	3	7	7	4	4	6	6
P12	SPEED	4.0	6.0	10.0	10.0	10.0	7.0	7.0	10.0	6.0	5.0
	INCLINE	3	8	9	5	5	8	8	4	4	4
P13	SPEED	2.0	4.0	6.0	6.0	6.0	8.0	8.0	6.0	4.0	3.0
	INCLINE	3	3	9	7	7	5	5	7	3	3
P14	SPEED	3.0	4.0	6.0	9.0	6.0	6.0	7.0	9.0	5.0	4.0
	INCLINE	4	4	3	3	9	9	5	5	5	5
P15	SPEED	3.0	4.0	8.0	9.0	6.0	6.0	6.0	9.0	5.0	4.0
	INCLINE	2	3	6	8	8	5	5	7	3	3
P16	SPEED	3.0	3.0	6.0	9.0	9.0	9.0	9.0	6.0	4.0	3.0
	INCLINE	4	4	10	10	10	10	10	7	3	3
P17	SPEED	4.0	5.0	9.0	10.0	11.0	11.0	11.0	8.0	5.0	4.0
	INCLINE	3	3	9	7	7	7	7	7	2	2
P18	SPEED	4.0	5.0	7.0	8.0	8.0	8.0	10.0	11.0	6.0	4.0
	INCLINE	2	9	9	8	8	8	8	6	4	2
P19	SPEED	4.0	5.0	5.0	11.0	5.0	10.0	5.0	12.0	4.0	3.0
	INCLINE	2	2	7	7	7	9	9	11	7	3
P20	SPEED	4.0	6.0	8.0	10.0	4.0	6.0	8.0	6.0	12.0	6.0
	INCLINE	4	4	4	8	8	4	4	4	6	6
P21	SPEED	4.0	8.0	11.0	5.0	8.0	12.0	6.0	5.0	12.0	7.0
	INCLINE	4	7	8	4	9	9	4	9	5	5
P22	SPEED	4.0	6.0	10.0	11.0	7.0	7.0	10.0	7.0	12.0	4.0
	INCLINE	3	8	6	6	9	9	9	9	5	5
P23	SPEED	5.0	6.0	12.0	10.0	7.0	9.0	10.0	12.0	7.0	6.0
	INCLINE	2	7	4	4	8	8	5	5	7	7
P24	SPEED	5.0	7.0	11.0	11.0	11.0	8.0	8.0	11.0	7.0	6.0
	INCLINE	4	9	10	6	6	9	9	5	5	5
P25	SPEED	3.0	5.0	7.0	7.0	7.0	9.0	9.0	7.0	5.0	4.0
	INCLINE	4	4	10	8	8	6	6	8	4	4

P26	SPEED	4.0	5.0	7.0	10.0	7.0	7.0	8.0	10.0	6.0	5.0
	INCLINE	5	5	4	4	10	10	6	6	6	6
P27	SPEED	4.0	5.0	9.0	10.0	7.0	7.0	7.0	10.0	6.0	5.0
	INCLINE	3	4	7	9	9	6	6	8	4	4
P28	SPEED	4.0	4.0	7.0	10.0	10.0	10.0	10.0	7.0	5.0	4.0
	INCLINE	5	5	11	11	11	11	11	8	4	4
P29	SPEED	5.0	6.0	10.0	11.0	12.0	12.0	12.0	9.0	6.0	5.0
	INCLINE	4	4	10	8	8	8	8	8	3	3
P30	SPEED	5.0	6.0	8.0	9.0	9.0	9.0	11.0	12.0	7.0	5.0
	INCLINE	3	10	10	9	9	9	9	7	5	3
P31	SPEED	5.0	6.0	6.0	12.0	6.0	11.0	6.0	12.0	5.0	4.0
	INCLINE	3	3	8	8	8	10	10	12	8	4
P32	SPEED	5.0	7.0	9.0	11.0	5.0	7.0	9.0	7.0	12.0	7.0
	INCLINE	5	5	5	9	9	5	5	5	7	7
P33	SPEED	5.0	9.0	12.0	6.0	9.0	12.0	7.0	6.0	12.0	8.0
	INCLINE	5	8	9	5	10	10	5	10	6	6
P34	SPEED	5.0	7.0	11.0	12.0	8.0	8.0	11.0	8.0	12.0	5.0
	INCLINE	4	9	7	7	10	10	10	10	6	6
P35	SPEED	6.0	7.0	12.0	11.0	8.0	10.0	11.0	12.0	8.0	7.0
	INCLINE	3	8	5	5	9	9	6	6	8	8
P36	SPEED	6.0	8.0	12.0	12.0	12.0	9.0	9.0	12.0	8.0	7.0
	INCLINE	5	10	11	7	7	10	10	6	6	6

### 3.3.4 User-Defined Programmes

There are a total of three user-defined programmes (U01–U03) available with each ten sections to be set.

1. To select one of the user-defined programmes, press the PROGRAM button.

**① NOTICE**

The user-defined programmes are placed in the sequence behind the preset programmes.

**① NOTICE**

If you have already created a user-defined programme, press the MODE button and set the time. You can then press the START/PAUSE button to start the program.

2. Press the MODE button twice.

*The value for speed flashes.*

3. To adjust the value for the speed, use the +/- buttons for speed on the console or on the handrail.
4. To move the the next value to be set, press the MODE button.

**① NOTICE**

As soon as you press the MODE button, the entered value is automatically saved.

*The value for incline flashes.*

5. To adjust the value for the incline, use the +/- buttons for the incline on the console or on the handrail.
6. To move the the next section to be set, press the MODE button.
7. Repeat the steps 3 to 6 for all ten sections.
8. After setting the incline for the last section, press the MODE button again.

*The value for time flashes.*

9. To set the total time for the programme, use the +/- buttons for speed on the console or on the handrail.
10. To start the target programme, press the START/PAUSE button.

*The display counts down from 5 to 1, then a beep will sound and the programme will start.*

**① NOTICE**

After starting the programme, the programme is automatically saved and can immediately be started the next time when the total time is set.

11. Press the START/PAUSE button to pause the programme or the STOP button to end the programme.

### 3.4 Body Fat Test

1. To select the body fat test (FAT), press the PROGRAM button.

① **NOTICE**

The body fat test is placed in the sequence behind the user-defined programmes.

2. Press the MODE button.

*The display shows F1 and the value for the gender is shown on the right side of the display.*

3. To select the gender (01 for Male, 02 for Female), use the +/- buttons for speed on the console or on the handrail.
4. To confirm, press the MODE button.

*The display shows F2 and the value for the age is shown on the right side of the display.*

5. To set the age, use the +/- buttons for speed on the console or on the handrail.
6. To confirm, press the MODE button.

*The display shows F3 and the value for the height is shown on the right side of the display.*

7. To set the height, use the +/- buttons for speed on the console or on the handrail.
8. To confirm, press the MODE button.

*The display shows F4 and the value for the weight is shown on the right side of the display.*

9. To set the weight, use the +/- buttons for speed on the console or on the handrail.
10. To confirm, press the MODE button.

*The display shows F5.*

11. To start the test, place your hands on the hand pulse sensors.

*The display will show the result after about 8 seconds.*

≤ 18	Underweight
18 - 24	Normal weight
25 - 28	Overweight
≥ 29	Obesity

### 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.

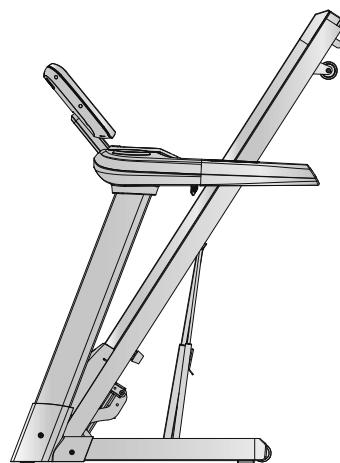
### **CAUTION**

- + 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

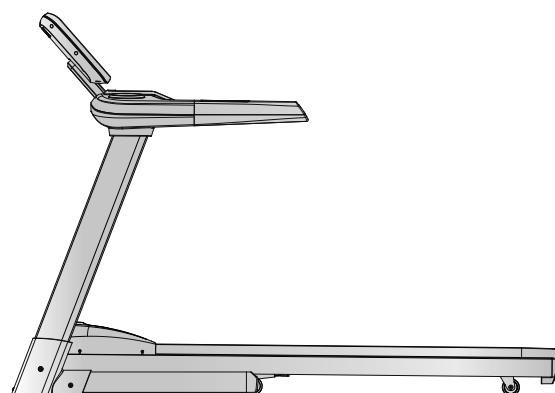
### **ATTENTION**

- + 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.
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  $\frac{2}{3}$ , you can let go of the treadmill.

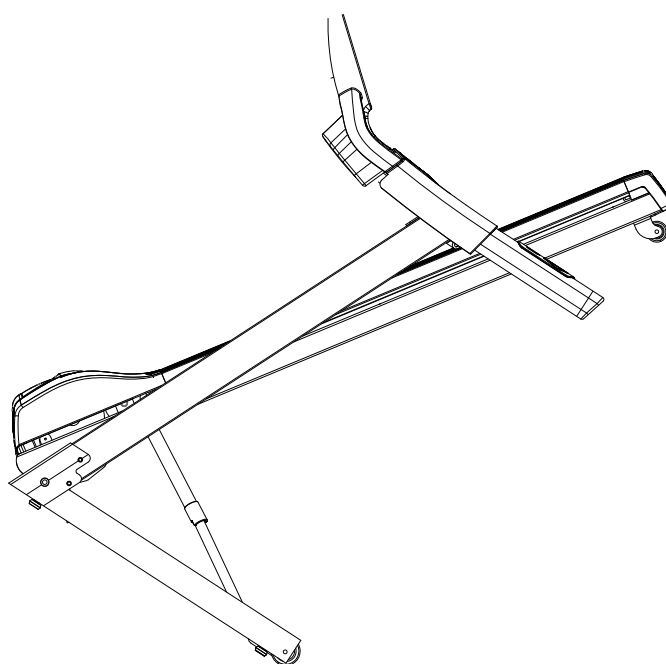


## 4.3 Transportation Wheels

### ► 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



### 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 mat grinds/ runs not straight	Running mat not centered	Adjust the running mat according to the instructions
Running mag slips through/stops	Tension/lubrication of running mat not correct	Check the tension/lubrication of the running mat according to the instructions
Display shows nothing	+ Safety Key missing + Power supply interrupted	+ Insert Safety Key + Check if power switch is on + Check cable connections
No pulse displayed	+ Not enough contact to the sensors + Connection to the console lost	+ Place your hands completely on the hand pulse sensors + Check the cable connections

## 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.

- + **E-01:** Communication wire damaged/not connected, console, transformer or controller damaged.
- + **E-02:** Error in the connection between motor wire and controller. Defective motor wire, motor and/or controller possible.
- + **E-03:** Error in the connection between photoelectric sensor and controller. Defective sensor and/or controller possible.
- + **E-05:** Damaged controller or motor.

**Please contact Sport-Tiedje 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.

### 5.4.1 Adjusting the Running Mat

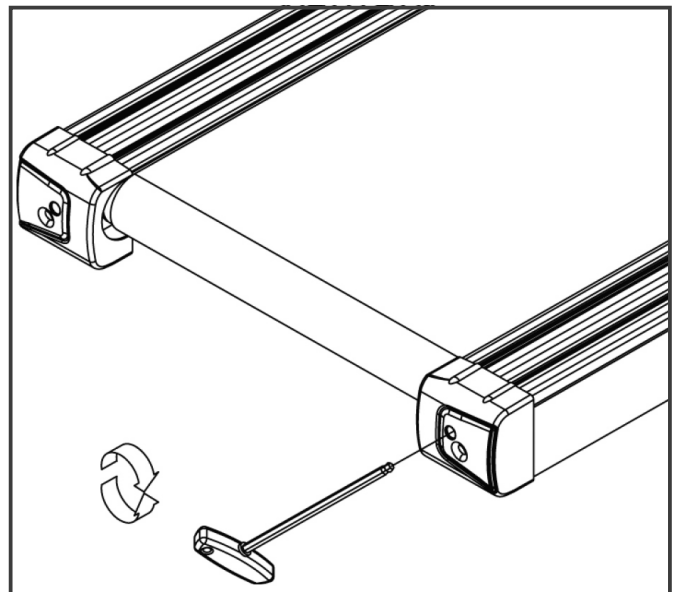
During training, the running mat should run as centrally and straight as possible. The alignment of the running mat can change depending on the stress and load. Another reason can be the positioning of the equipment on an uneven surface.



#### CAUTION

During the following maintenance nobody must be on the treadmill!

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.



### 5.4.2 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.

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  $\frac{1}{4}$  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.

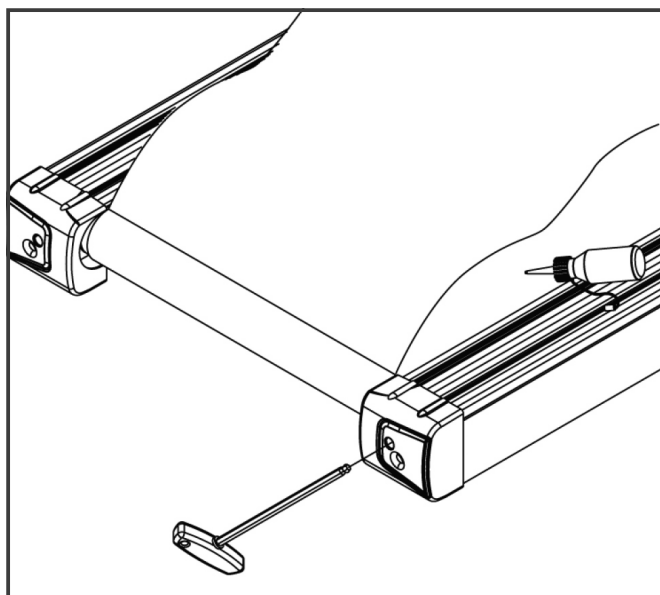
① **NOTICE**

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.



## 5.5 Maintenance and Inspection Calendar

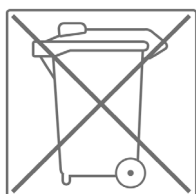
To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

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

Part	Weekly	Monthly	Quarterly	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.

## 7 RECOMMENDED ACCESSORIES

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. 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



chest strap contact gel



towels



silicone spray

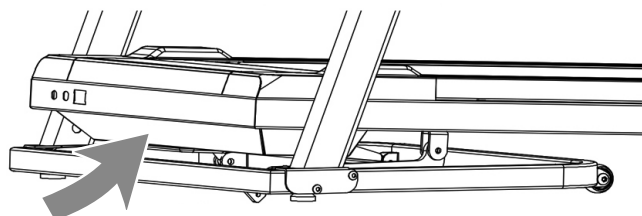


## 8.1 Serial Number and Model Name

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:**

BodyMax / treadmill

**Model Name:**

T40

**Article Number:**

BMAX-T40

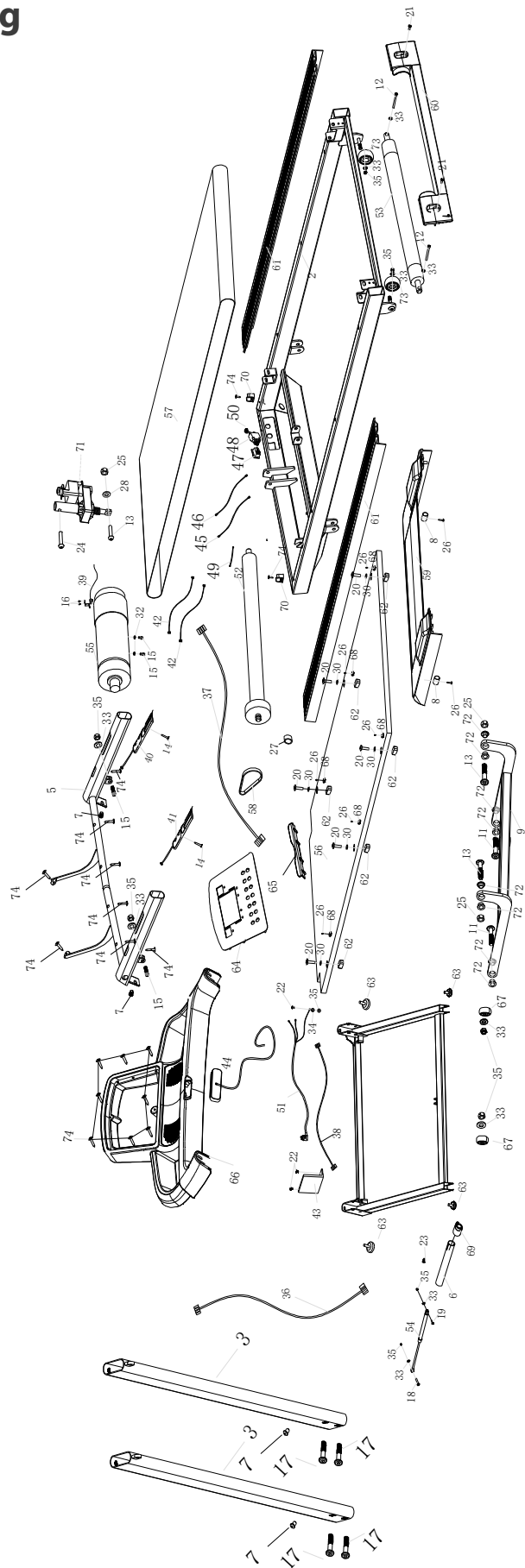
## 8.2 Parts List

No.	Name	Qty.
1	Base frame	1
2	Platform frame	1
3	Upright post(L)	1
4	Upright post(R)	1
5	Console frame	1
6	Ezfit linking parts	1
7	Hexagonal large flat head full tooth boltM8×10	4
8	Cover fixed tube painting part	1
9	painting parts for lifting frame	1
11	Allen C.K.S. half thread screw M10×25×15	2
12	Hexagon socket head bolt M8×75	2
13	Allen C.K.S. half thread screw M10×35×20	3
14	Cross recessed countersunk head tapping screw ST4×40	2
15	Hexagon socket head bolt M8×25	2
16	Cross recessed countersunk head tapping screw ST3×10	2
17	Hexagon socket flush head half stud M8×40×20	4
18	Hexagonal large flat head half bolt M8×50×20	1
19	Hexagonal large flat head half bolt M8×30×20	1
20	Hexagon socket head bolt M6×55×Φ16	6
21	Cross recessed large flat head bolt M5×10	2
22	Cross recessed large flat head bolt M4×10	3
23	sharpnel	1
24	Hexagonal large flat head half bolt M10×45×16	1
25	Hexagon lock nut M10	3
26	Cross recessed countersunk head tapping screw ST4×15	8
27	Magnetic ring	1
28	Flat washerΦ8	1
29	Plastic flat pad Φ18×Φ10.5×t2.0	2
30	Plastic flat pad (PVC)Φ12×Φ6×t1.0	6
31	Spring washer Φ8	2
32	Spring washer Φ5	3
33	Flat washer Φ8	8

34	External serrated lock washer $\Phi 5$	3
35	Hexagon lock nut M8	8
36	communication wire	1
37	communication wire	1
38	communication wire	1
39	Photoelectric sensor L-300	1
40	Handle pulse set	1
41	Incline handle pulse set	1
42	Handle pulse communication wire	2
43	Controller	1
44	Safety key	1
45	Power connection wire	1
46	Power connection wire	1
47	Rocker switch	1
48	Self-reset switch	1
49	Power connection wire	1
50	Cable guider	1
51	Power cord	1
52	Front roller	1
53	Rear roller	1
54	cylinder	1
55	Motor	1
56	Running board	1
57	Running belt	1
58	Motor belt	1
59	Motor cover	1
60	Rear cover	1
61	Side rail	2
62	Square cushion	6
63	Conical foot pad	4
64	Panel	1
65	iPad tray	1
66	console	1
67	Wheels	2

68	Circular strip guide	6
69	Double pipe plug	1
70	Pipe strip	2
71	Incline motor	1
72	Incline axle sleeve	8
73	Wheel	2
74	Cross large flat head tapping screw ST4×12	18

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.**

### Warranty

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

Model	Usage	Parts
BMAX-T40	Home Use	1 Year

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

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

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](http://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.

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Notes





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