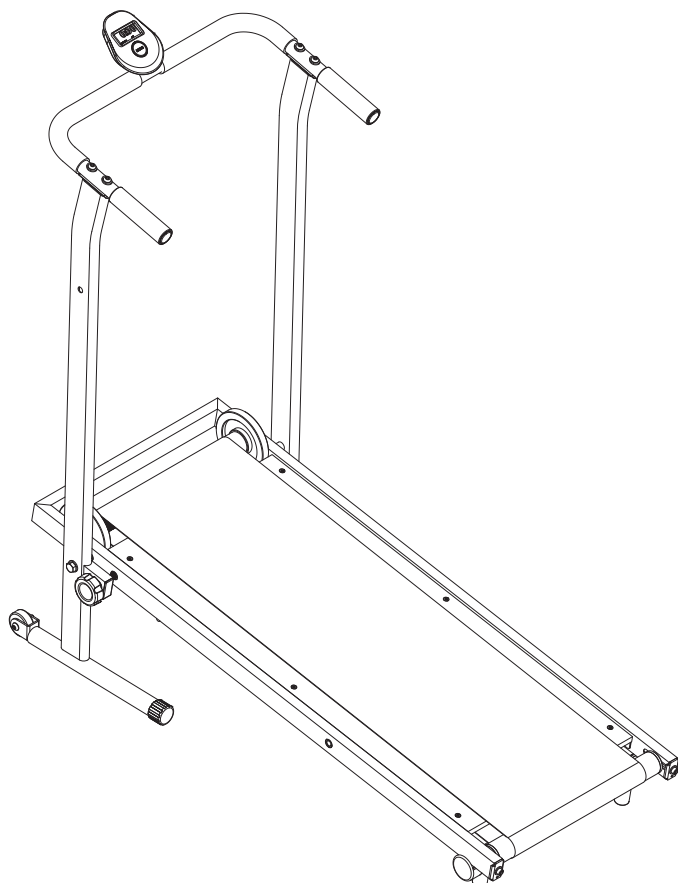


# KIDSFIT MANUAL TREADMILL

## Owner's Manual



Product May Vary Slightly From Pictured.

**CAUTION:**

**Weight on this product should not exceed 225 lbs.**

**⚠ WARNING ⚠**

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are securely tightened prior to each use. Follow all safety instructions in this manual.

**When calling for parts or service, please specify the following number :**

SS114 (yellow)  
or  
700 (purple)

Kidsfit has developed its reputation for allowing kids to workout and improve at their own pace. Many kids write-off gym and exercising at a young age, often having the false impression that "they aren't good enough." This is usually due to the fact that physical fitness is linked to competition and the motto, "may the best man win." At Kidsfit, we believe that all kids are made for movement, and our goal is to make it fun for ALL types of children! We keep our emphasis away from competition and focus on individual progress. We are teaching much more than exercise, we are teaching a lifestyle!

**KIDSFIT  
843-336-5090**

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### **Everyday Use:**

**Instruct child to safely step onto the platform, one foot at a time.**

**\*Be sure to use the hand grips for added safety at all times.**

**Slowly begin moving the legs in short strides until comfortable with the movements.**

**Once the student is comfortable, gradually begin to increase the stride length and walking speed.**

**Students can alternate between fast lengthy strides and shorter, controlled strides.**

**Instruct the student to come to a complete stop before exiting the machine.**

**Using the hand grips, slowly step off of the platform.**

# NEED HELP? CONTACT US FIRST

KIDSFIT 843-336-5090 opt. 3 fab@kidsfit.com



Please note, the manual treadmill has been produced in different variations and colors. The treadmill you own may not look exactly as pictured above. However, all manual treadmills use the same base unit. For more clarification on your specific model, contact us below.



**ONLINE**

[www.kidsfit.com](http://www.kidsfit.com)



**TELEPHONE**

843-336-5090 opt 3



**FAX**

866-730-2419



**MAIL**

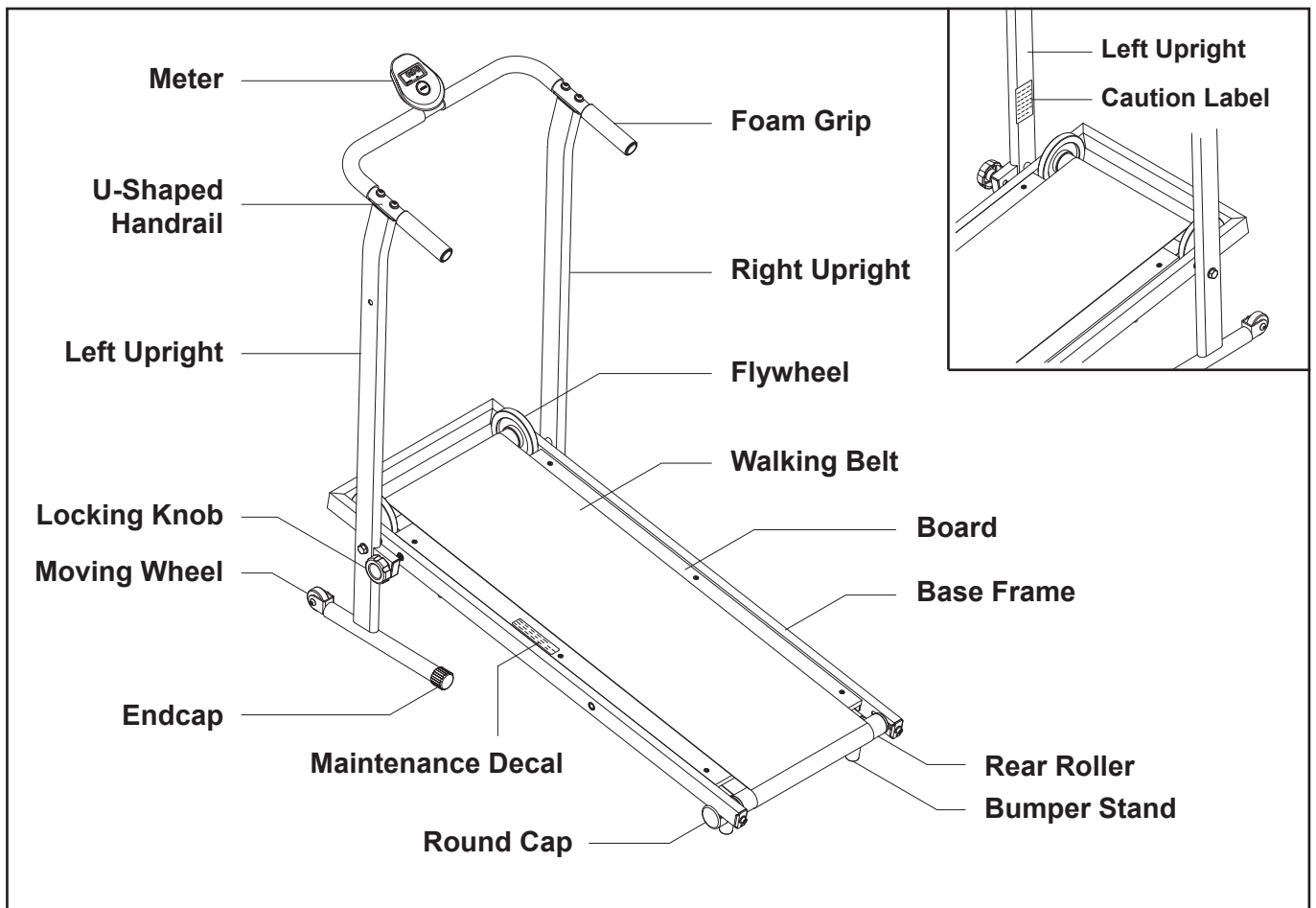
KIDSFIT  
2130 Cainhoy Rd.  
Huger, SC 29460



[www.facebook.com/kidsfit](http://www.facebook.com/kidsfit)

**CUSTOMER CARE HOURS:**

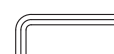
Mon-Fri 9am- 5pm Eastern Time



THE FOLLOWING TOOLS ARE Necessary FOR ASSEMBLY:



Wrench



Allen Wrench (5mm)

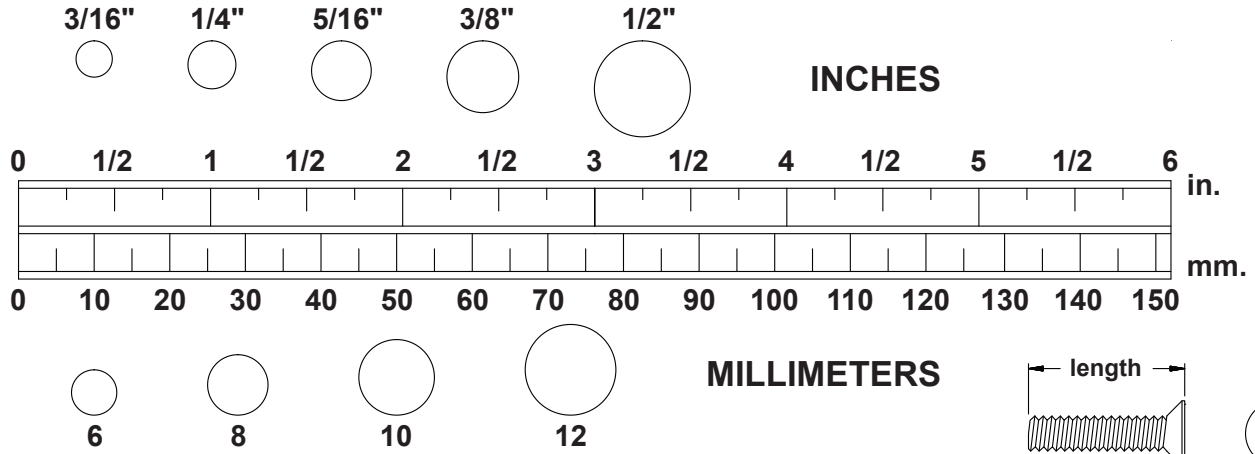


### **IMPORTANT MAINTENANCE TIP**

If the belt does not move smoothly, lift the belt and wipe the board off with a dry cloth. Then spray a light coat of silicone on the board underneath the belt.

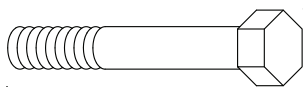
# HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



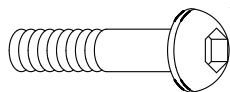
**NOTICE:** The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.



**Part Number and Description** **Qty**

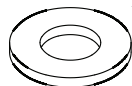
**33 Bolt, Hex Head (M10 x 1.5 x 50mm) 2**



**35 Bolt, Button Head (M8 x 1.25 x 35mm) 4**



**39 Arc Washer (M8) 4**



**43 Washer (M10) 2**

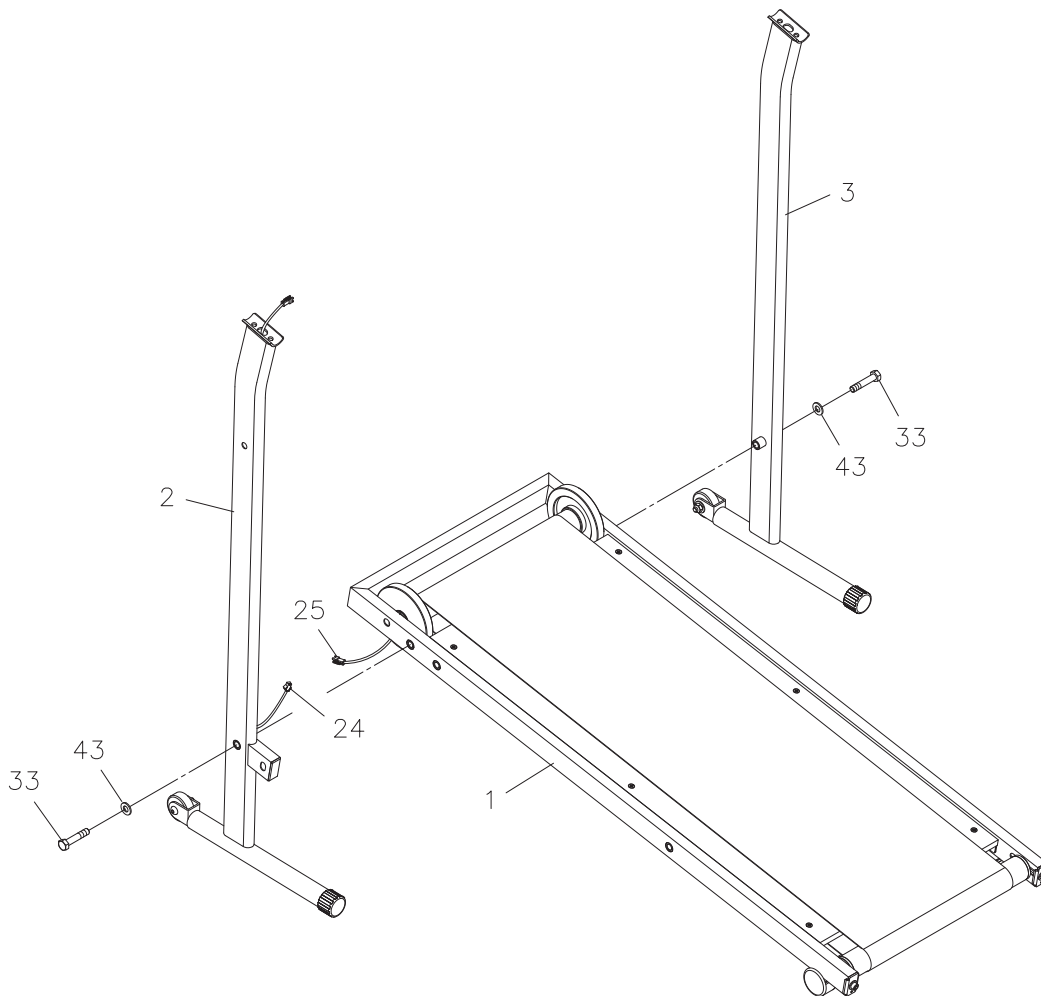
# ASSEMBLY INSTRUCTIONS

## STEP 1

Attach the **LEFT** and **RIGHT UPRIGHTS(2, 3)** to the **BASE FRAME(1)** with **HEX BOLTS(M10x1.5x50mm) (33)** and **WASHERS(M10)(43)**. **DO NOT TIGHTEN COMPLETELY.**

## STEP 2

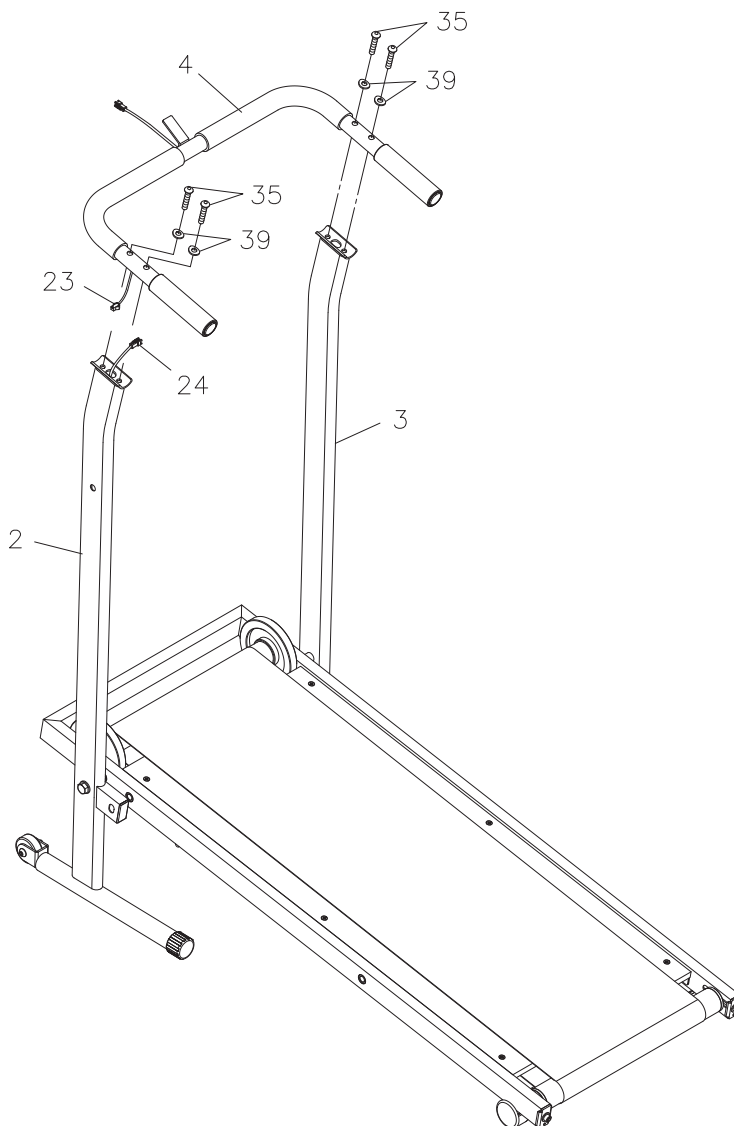
Connect the **LOWER EXTENSION WIRE(24)** located on the **LEFT UPRIGHT(2)** to the **SENSOR WIRE(25)**.



## ASSEMBLY INSTRUCTIONS

### STEP 3

Connect the **LOWER EXTENSION WIRE(24)** extending from the top of the **LEFT UPRIGHT(2)** to the **UPPER EXTENSION WIRE(23)** extending from the bottom of the **U-SHAPED HANDRAIL(4)**. Push extra wires back into the **LEFT UPRIGHT(2)**. Secure the **U-SHAPED HANDRAIL(4)** to the **LEFT** and **RIGHT UPRIGHTS(2, 3)** with **BUTTON HEAD BOLTS(M8x1.25x35mm)(35)** and **ARC WASHERS(M8)(39)**. Go back and tighten **HEX BOLTS(M10x1.5x50mm)(33)** in **STEP 1**.





## ASSEMBLY INSTRUCTIONS

### STEP 4

Insert the **LOCKING KNOB(5)** through the **LEFT UPRIGHT(2)** and screw into the hole in the **BASE FRAME(1)** to lock the **BASE FRAME(1)** in position.

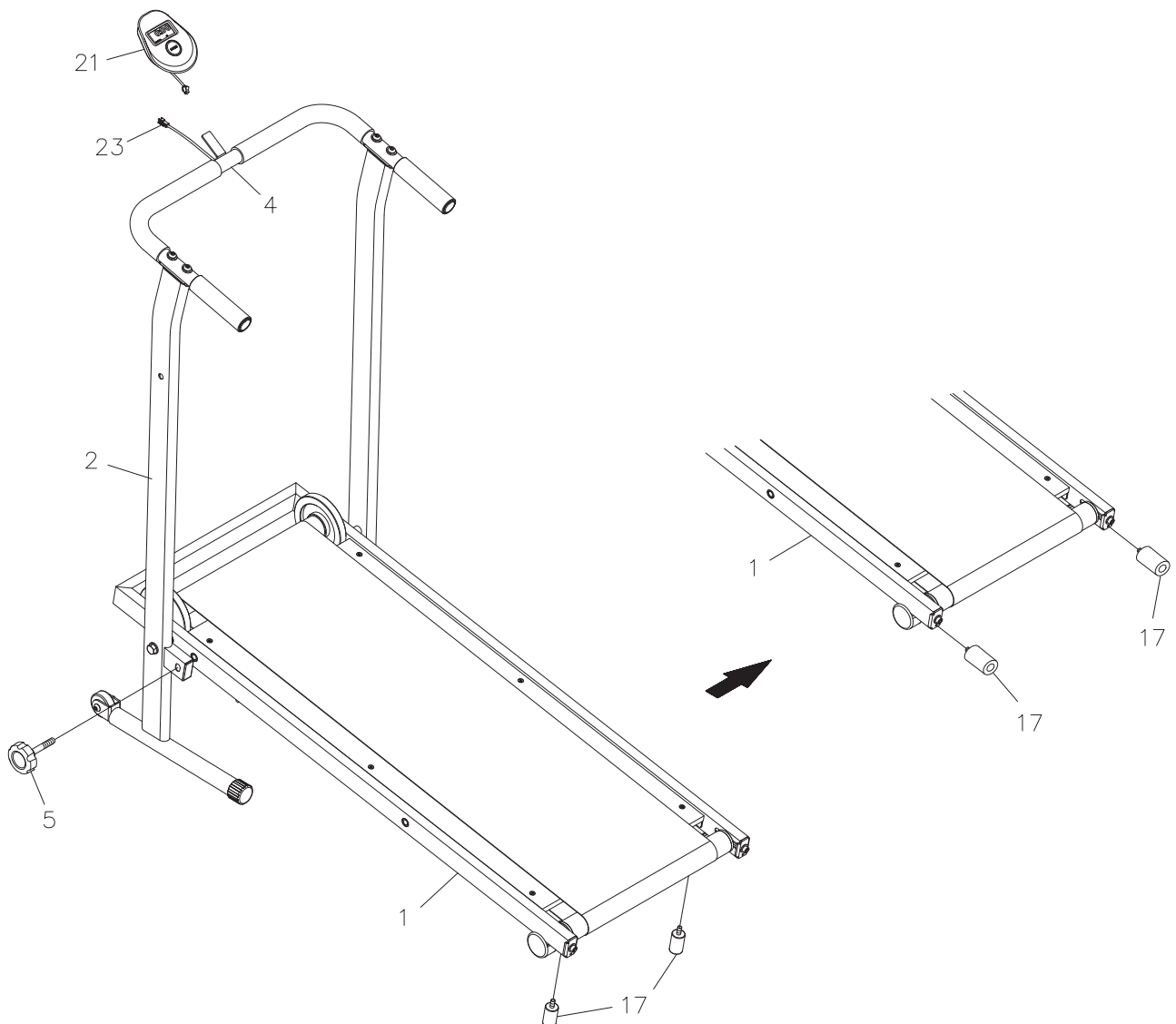
### STEP 5

Install two AAA batteries into the **METER(21)**, the batteries are not included. See page 10 for detailed battery installation instructions. Slide the **METER(21)** onto the plate on the **U-SHAPED HANDRAIL(4)**. Connect the **UPPER EXTENSION WIRE(23)** to the **METER(21)**.

### STEP 6

Attach the **BUMPER STANDS(17)** to the bottom of the **BASE FRAME(1)**.

**NOTE:** The **BUMPER STANDS(17)** may be stored on the end of the **BASE FRAME(1)** to increase the angle of the treadmill and reduce the walking resistance. See page 12 for details on adjusting the walking resistance.



## OPERATIONAL INSTRUCTIONS

### USING THE FITNESS METER

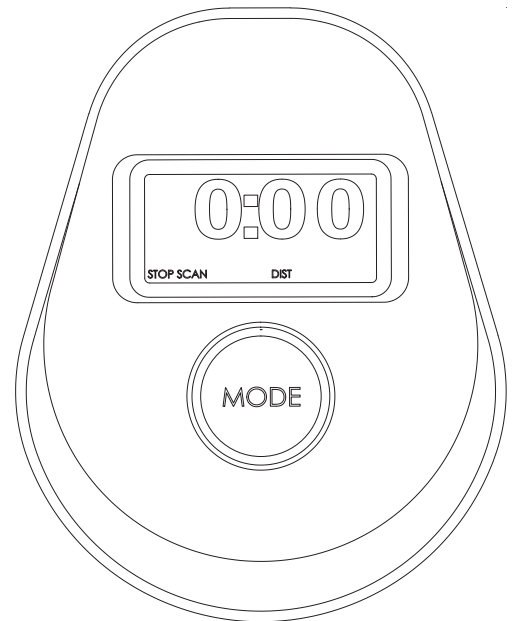
**POWER ON :** Walking Belt movement or press the button.

**POWER OFF :** Automatically shuts off after four minutes of inactivity.

#### MODE BUTTON:

Press to select display functions, including **SCAN, TIME, SPEED, DISTANCE,** and **CALORIES.**

Press and hold for three seconds to reset all functions to zero.



#### FUNCTIONS:

**SCAN:** Automatically scans each function of **TIME, SPEED, DISTANCE,** and **CALORIES** in sequence with change every six seconds. Press and release the button until "**SCAN**" appears on the display.

**TIME:** Displays the time from one second up to 99:59 minutes.

**SPEED:** Displays the current speed from zero to 99.9 miles per hour.

**DISTANCE:** Displays the distance from zero to 999.9 miles.

**CALORIES:** Displays the calorie burned from zero to 999.9 Kcal. The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

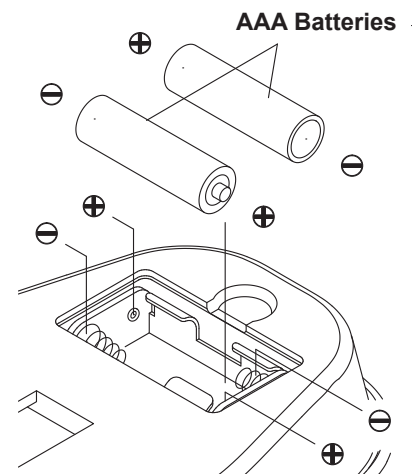
**NOTE:** The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Press the button and hold it down for three seconds to reset all functions to zero.

#### HOW TO INSTALL AND REPLACE BATTERIES:

1. Open the Battery Door on the back of the meter.
2. The meter operates with two AAA batteries, the batteries are not included. Refer to the illustration to install or replace the batteries.

#### NOTE:

1. Do not mix a new battery with an old battery.
2. Use the same type of battery. Do not mix an alkaline battery with another type of battery.
3. Rechargeable batteries are not recommended.
4. **Ultimate disposal of battery should be handled according to all state and federal laws and regulations.**
5. **Do not dispose of batteries in fire.**



## OPERATIONAL INSTRUCTIONS

### TREADMILL ADJUSTMENTS

When adjusted properly, the **Treadmill's WALKING BELT(14)** will roll smoothly around the **BOARD(15)** and over the front and rear rollers without catching or rubbing. For the belt to run smoothly, there are a few points that need to be noted

#### BELT ALIGNMENT

The **WALKING BELT(14)** must be in the center of the **BOARD(15)** to prevent it from rubbing against the flywheels. If the belt rubs a flywheel, it will be difficult to keep the belt moving and will eventually damage the edge of the belt. The treadmill has belt guides welded to the bottom of the treadmill frame that move the belt toward the center of the treadmill. However, the **REAR ROLLER(10)** must be properly aligned with the treadmill frame and **FRONT ROLLER w/FLYWHEELS(6)** if the belt is to remain centered on the treadmill. The bolts in the rear of the treadmill (one on the left and the other on the right) adjust the alignment of the **REAR ROLLER(10)** as well as the tension of the belt

**The belt will run to the side of the loose rear bolt.**

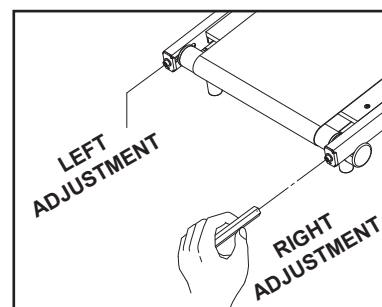
**Hint:** Visually check the **REAR ROLLER(10)** to make sure both the right side and the left side of the **REAR ROLLER(10)** are the same distance from the back edge of the treadmill. Using the 5mm **ALLEN WRENCH**, make adjustments by turning the bolts clockwise to tighten and counterclockwise to loosen.

#### BELT DRIFTING LEFT

Adjust by turning the left screw 1/4 turn **CLOCKWISE** and the right screw 1/4 turn **COUNTERCLOCKWISE**. Walk on the treadmill to check alignment. Repeat if needed.

#### BELT DRIFTING RIGHT

Adjust by turning the left screw 1/4 turn **COUNTERCLOCKWISE** and the right screw 1/4 turn **CLOCKWISE**. Walk on the treadmill to check alignment. Repeat if needed.



#### NOTE:

When you believe the **WALKING BELT(14)** is centered, use the treadmill for three (3) minutes to verify the **WALKING BELT(14)** won't drift to one side or the other. If the **WALKING BELT(14)** continues to drift, the floor may not be level. Rotate the treadmill 90 degrees or move the treadmill to another location.

#### BELT TENSION

The **WALKING BELT(14)** should be taut and not lying loosely on the treadmill **BOARD(15)**. If the belt is too loose, it will slip on the front roller and you will notice a jerky movement when you walk on the treadmill. If the belt is too tight, the edges of the belt will begin to curl and more effort will be required to move the belt. Excessive belt tension can also damage the bearings in the rollers. The bolts on the ends of the **BASE FRAME(1)** (one on the left and the other on the right) adjust the **WALKING BELT(14)** tension as well as the **REAR ROLLER(10)** alignment.

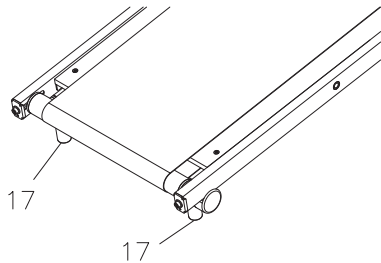
**BELT TOO LOOSE:** Use the 5mm **ALLEN WRENCH** to tighten the bolts on the ends of the **BASE FRAME(1)**. Tighten both bolts 1/4 turn at a time until the belt stops slipping on the **FRONT ROLLER w/FLYWHEELS(6)**.

**BELT TOO TIGHT:** Use the 5mm **ALLEN WRENCH** to loosen the bolts on the ends of the **BASE FRAME(1)**. Loosen both bolts 1/2 turn at a time until the belt begins to slip on the **FRONT ROLLER w/FLYWHEELS(6)**. Then use the procedure above to tighten the belt to the proper tension.

## OPERATIONAL INSTRUCTIONS

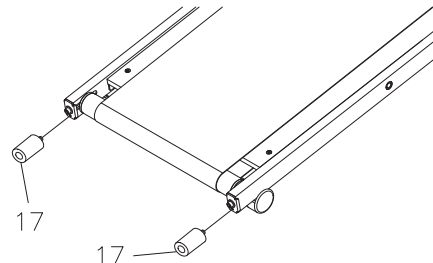
### WALKING RESISTANCE

The walking resistance or effort needed to push the treadmill belt can be adjusted by changing the incline angle. This treadmill has two adjustment positions.



#### Highest Resistance

The **BUMPER STANDS(17)** are attached to the bottom of the treadmill.



#### Lowest Resistance

Remove (unscrew) the **BUMPER STANDS(17)** from the bottom of the treadmill and store them in the end of the treadmill.

### NOTE:

1. Since this is a new machine, you may need some time to get used to walking on the treadmill and to break it in.
2. If the walking resistance is still too high, check the **BELT TENSION**. Refer to page 11 for instructions to adjust belt tension.
3. The belt resistance can be reduced by adding silicone lubricant between the belt and the board. Wipe the board under the belt with a clean, dry cloth then spray or spread silicone lubricant on the board under the belt

## MAINTENANCE

Special attention should be given to the following:

Clean the exposed surfaces of the walking belt and the board with an absorbent cloth.  
Verify that the **LOCKING KNOB(5)** is present and functioning properly. Repair or replace parts as necessary.  
Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.

It is the sole responsibility of the user/owner to ensure that regular maintenance is performed. Worn or damaged components shall be replaced immediately

Keep your **Treadmill** clean by wiping it off with an absorbent cloth after use.  
If the **WALKING BELT(14)** does not move easily, lubricate the **BOARD(15)** under the **WALKING BELT(14)** with silicone lubricant.

## Benefits of Physical Activity for Children

1. It strengthens the heart. The heart is a muscle. Like other muscles, its performance improves when it's regularly challenged by exercise. The heart responds to exercise by becoming stronger and more efficient. Strengthening the heart muscle can help ward off heart disease -- the leading cause of death in the United States, according to the U.S. Department of Health and Human Services -- even in early childhood.
2. It helps keep arteries and veins clear. Exercise reduces the amount of harmful cholesterol and fats in a person's blood. It increases the flexibility of the walls of blood vessels, and helps to lower blood pressure. This can reduce a person's risk for heart attack and stroke.
3. It strengthens the lungs. Working hard increases lung capacity, and their efficiency in moving air in and out of the body. As a result, more oxygen is drawn into the body and more carbon dioxide and other waste gases are expelled. Regular exercise helps prevent the decline in oxygen intake that occurs naturally with age or as a result of inactivity.
4. It reduces blood sugar levels. Exercise prevents sugar from accumulating in the blood by triggering muscles to take up more glucose from the bloodstream and use it for energy. This can reduce a person's risk of developing diabetes.
5. It controls weight. When a person is sedentary, he tends to be taking in more calories than are needed. These unused calories accumulate as fat. A person who is physically active may have a deficit of calories, which takes fat away and lowers weight. Lowered weight is good for the heart and can be beneficial in people with diabetes.
6. It strengthens bones. Just as muscles grow stronger when physically stressed, bones also respond by getting stronger. Exercise increases bone density, which helps prevent osteoporosis, a condition in which bones lose density, weaken, and become porous and fragile.
7. It helps prevent cancer. People who exercise regularly have lower incidences of cancer. The cancers most affected include colon, prostate, uterine, and breast cancers.
8. It regulates blood pressure. Exercise has been shown to reduce stress levels. As the levels of stress in a person's body subsides, his blood pressure and his risk for heart disease decline.
9. It improves energy levels. Regular exercise often makes people feel more energetic, allows them to be more active, and reduces the likelihood that they'll tire during the day.
10. It enhances emotional well-being. Most people report that they feel calm and have a sense of well-being after they exercise. Exercise, according to one theory, releases beta-endorphin, a natural substance in the body that is hundreds of times more potent than morphine. Another theory points to serotonin as the cause of the exercise high. Increased levels of serotonin in the central nervous system are associated with feelings of well-being, heightening of appetite, and lessening of mental depression. The weight loss that accompanies exercise can also cause people to feel better about themselves.

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

Remember to follow these essentials:

The Physical Activity Guidelines for Americans, issued by the U.S. Department of Health and Human Services, recommend that children and adolescents aged 6-17 years should have 60 minutes (1 hour) or more of physical activity each day.

### Youth Physical Activity Guidelines

Children and adolescents should have 60 minutes (1 hour) or more of physical activity daily. Aerobic: Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity and should include vigorous-intensity physical activity at least 3 days a week.

Muscle-strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.

Bone-strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week. It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.

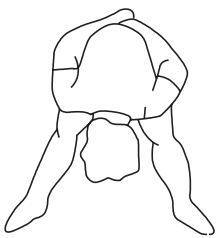
Source: U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans. Washington, DC: U.S. Department of Health and Human Services; 2008.

## WARM-UP and COOL-DOWN

**Warm-Up** The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place

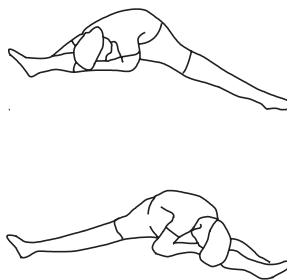
**Stretching** Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

### Suggested Stretching Exercises



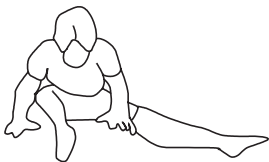
#### Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!** When the pull on the back of the legs lessens, gradually try a lower position.



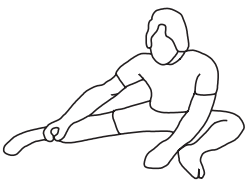
#### Floor Stretch

While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds. **DO NOT BOUNCE!** Do this stretch 10 times. Repeat the stretch with the left leg.



#### Bent Torso Pulls

While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.



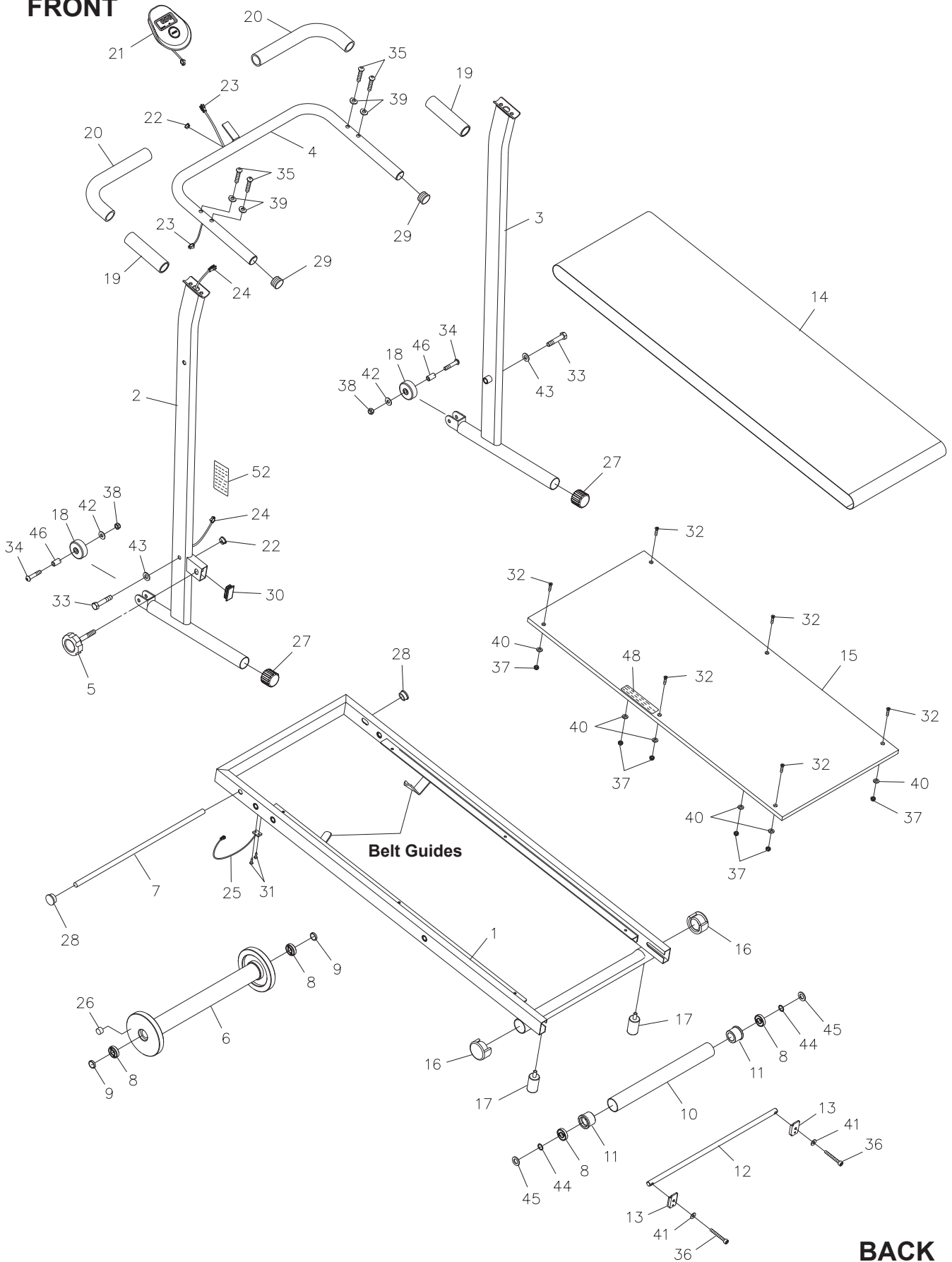
#### Bent Over Leg Stretch

Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down. **DO NOT BOUNCE!** Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

**Cool-Down** The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

# PRODUCT PARTS DRAWING

FRONT



BACK



## PARTS LIST

PART#	PART NAME	QTY
1	Base Frame	1
2	Left Upright	1
3	Right Upright	1
4	U-Shaped Handrail	1
5	Locking Knob	1
6	Front Roller w/ Flywheels	1
7	Front Shaft	1
8	Bearing (6201)	4
9	Bearing Spacer (ø13 x ø16 x 3mm)	2
10	Rear Roller	1
11	Bearing Housing	2
12	Rear Shaft	1
13	Adjustment Bracket	2
14	Walking Belt	1
15	Board	1
16	Round Cap (38mm)	2
17	Bumper Stand	2
18	Moving Wheel	2
19	Foam Grip	2
20	Long Foam Grip	2
21	Meter	1
22	Grommet Plug	2
23	Upper Extension Wire	1
24	Lower Extension Wire	1
25	Sensor Wire	1
26	Magnet	1
27	Endcap (31.8mm)	2
28	Round Plug (16mm)	2
29	Round Plug (25.4mm)	2
30	Rectangular Plug (20mm x 40mm)	1
31	Screw, Round Head (M3 x 10mm)	2
32	Screw, Flat Head (M5 x 23mm)	6
33	Bolt, Hex Head (M10 x 1.5 x 50mm)	2
34	Bolt, Button Head (M8 x 1.25 x 38mm)	2
35	Bolt, Button Head (M8 x 1.25 x 35mm)	4
36	Bolt, Socket Head (M6 x 1 x 55mm)	2
37	Nylock Nut (M5 x 0.8)	6
38	Nylock Nut (M8 x 1.25)	2
39	Arc Washer (M8)	4
40	Washer (M5)	6
41	Washer (M6)	2
42	Washer (M8)	2
43	Washer (M10)	2
44	Washer (M12 x ø16 x 1mm Thick)	2
45	Washer (M12 x ø22 x 2mm Thick)	2
46	Wheel Bushing (ø8.2 x ø12 x 20.2mm)	2
48	Maintenance Decal	1
49	Wrench	1
50	Allen Wrench (5mm)	1
51	Owner's Manual	1
52	Caution Label	1



