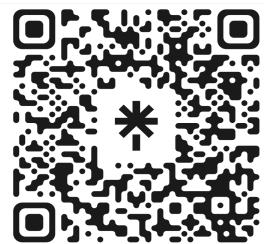
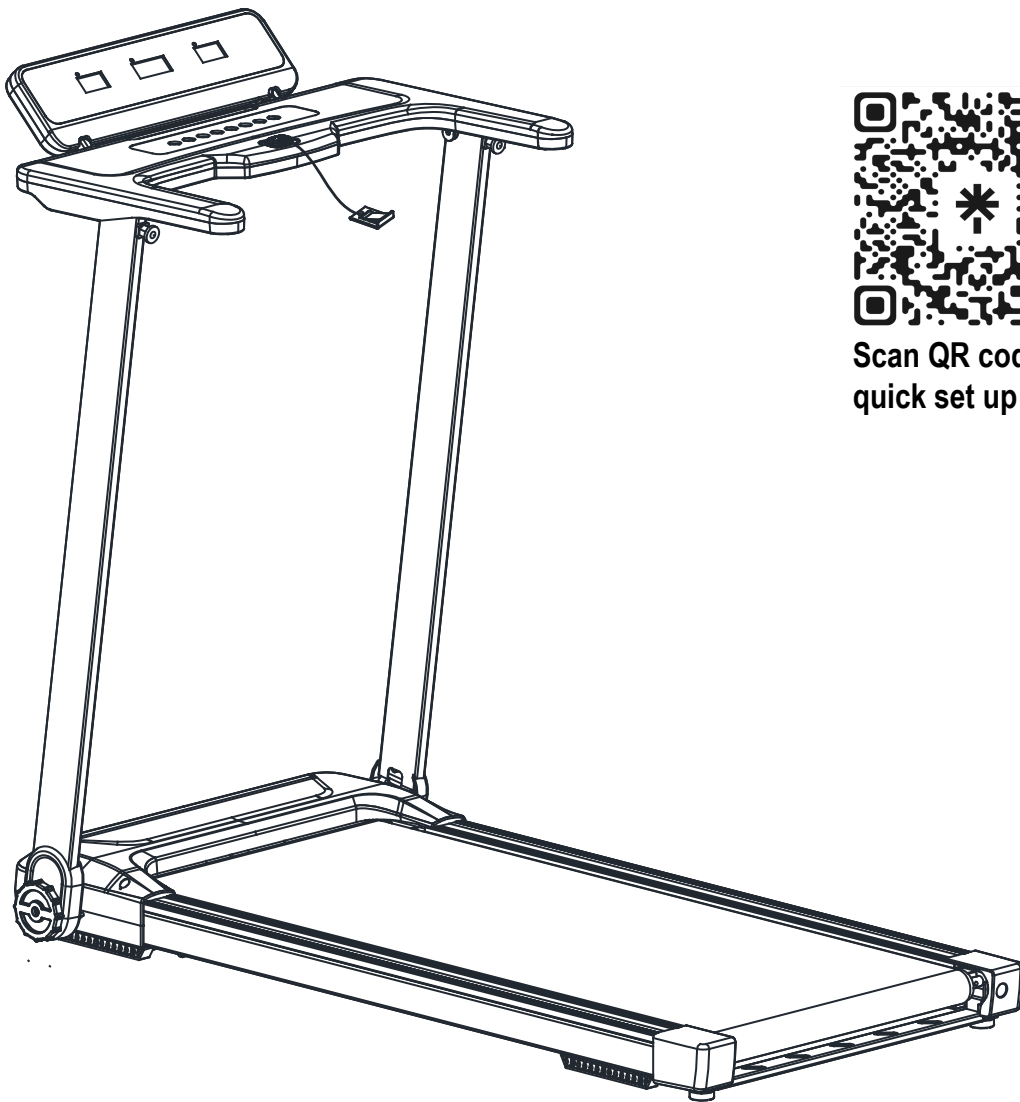




Home Use Treadmill Machine

User Manual

K1000



Scan QR code for
quick set up guide



Please read this manual carefully before using the product and keep it for future reference.

Warning:

Always unplug the treadmill from electrical outlet before moving, cleaning, servicing or adjusting.

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Seller Support Contact Email:
support@geotechinternational.net

Assembly, Usage, Maintenance Video Guide
Scan the "Video Guide" QR code for video instructions.

Treadmill Parameters

- Running Area: 950 x 400mm
- Max User's Weight: 180kg
- Motor: 3.5HP
- Speed: 1-12 km/h
- Manual Incline: 2-levels, 0-8°
- Assembly Size: L1200mm*W610mm*H1040mm
- Folding Size: L1140mm*W610mm*H130mm
- Modes: LED Display, speed, distance, time, calories
- Programs: P1-P15

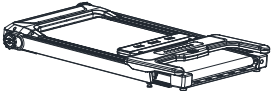
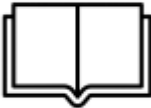
Safety Precautions

Warning: It is recommended to consult a doctor or health professional before starting any exercise routine. Please ensure you carefully follow all assembly instructions for the treadmill before turning on the power. We are not responsible for any injuries or damage to the product resulting from negligence in these procedures.

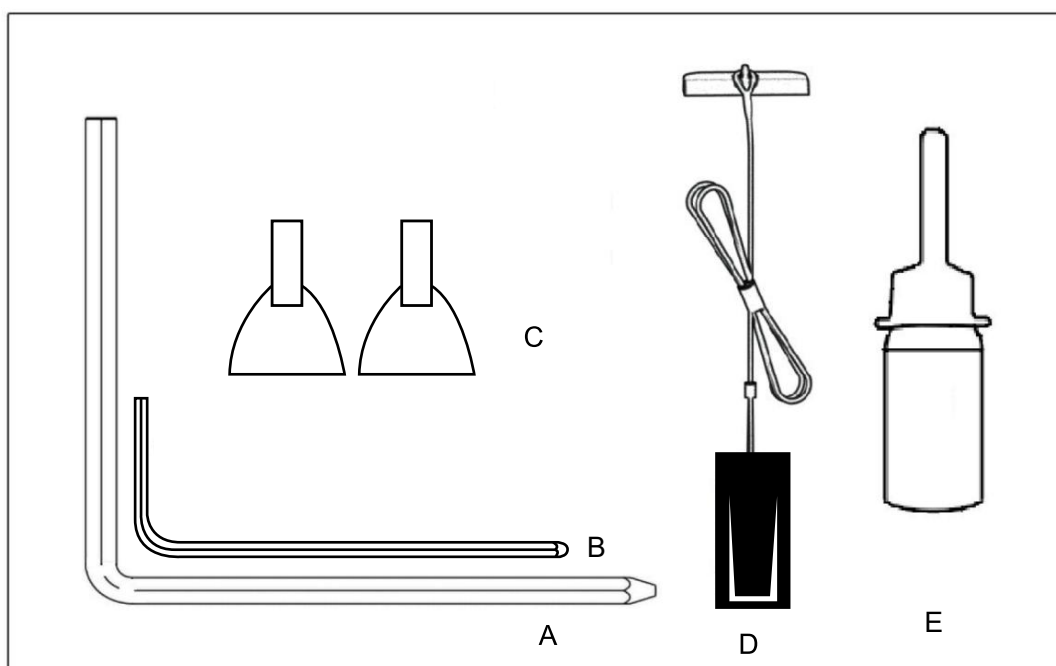
Attention

- Place the treadmill indoors on a level surface in a dry area, away from heat sources, direct sunlight, and any obstructions.
- Wear appropriate exercise clothing and footwear when using the machine.
- Attach the safety clip to your clothing before starting the treadmill; if you slip, the clip will detach, stopping the machine.
- Do not use the treadmill if you are ill, tired, or under the influence of alcohol.
- Always start gradually, as excessive exercise can be harmful to your health. Use the handrails for support until you are comfortable with the operation.
- Children should only use the treadmill under adult supervision.
- The maximum loading capacity is 180 kg; exceeding this limit may cause damage.
- The treadmill will automatically stop after 60 minutes of continuous use for overheat protection. You can restart the machine to continue your workout.
- This treadmill is designed for home use only and is not intended for commercial purposes.

Packing Details

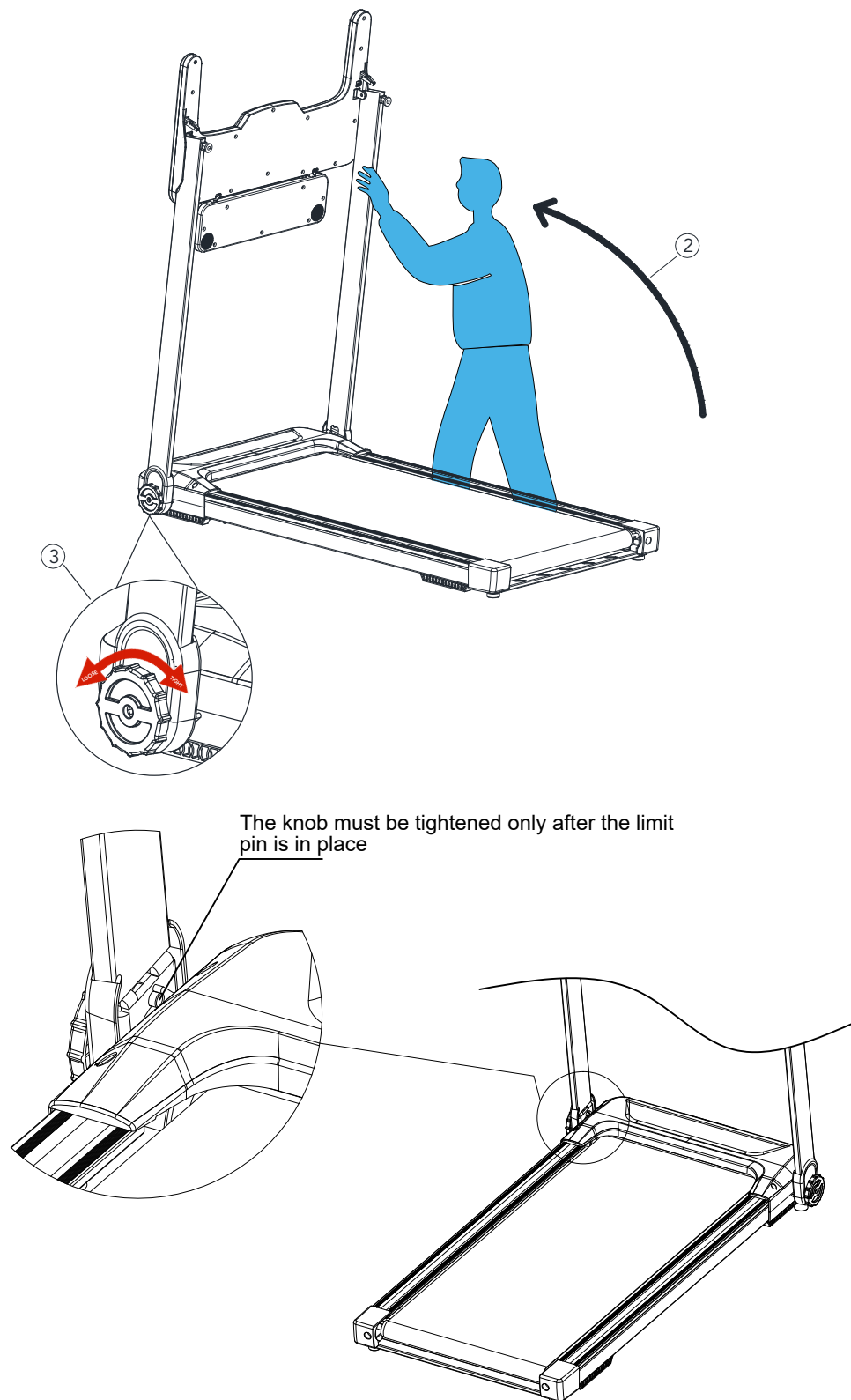
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Accessories Included

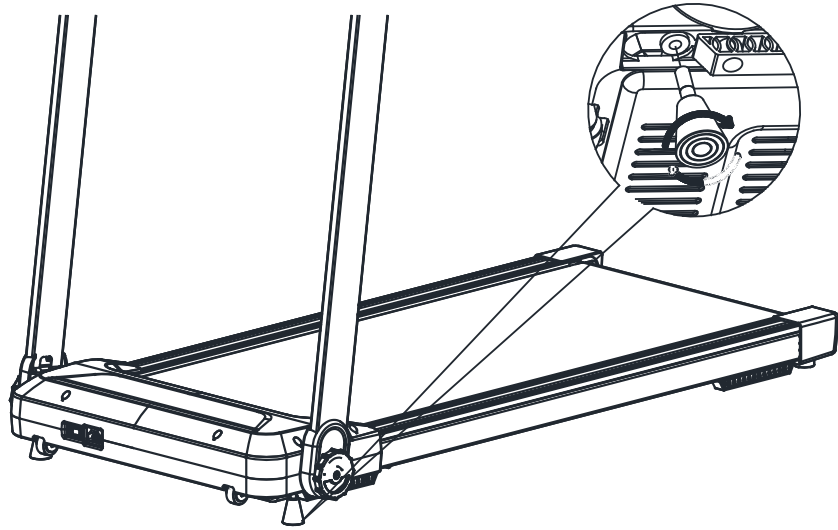


Item	Description	Specification	Qty
A	Hex Key Wrench	6mm	1
B	Hex Key Wrench	5mm	1
C	Foot Pads		2
D	Safety key		1
E	Lubricant Oil		1

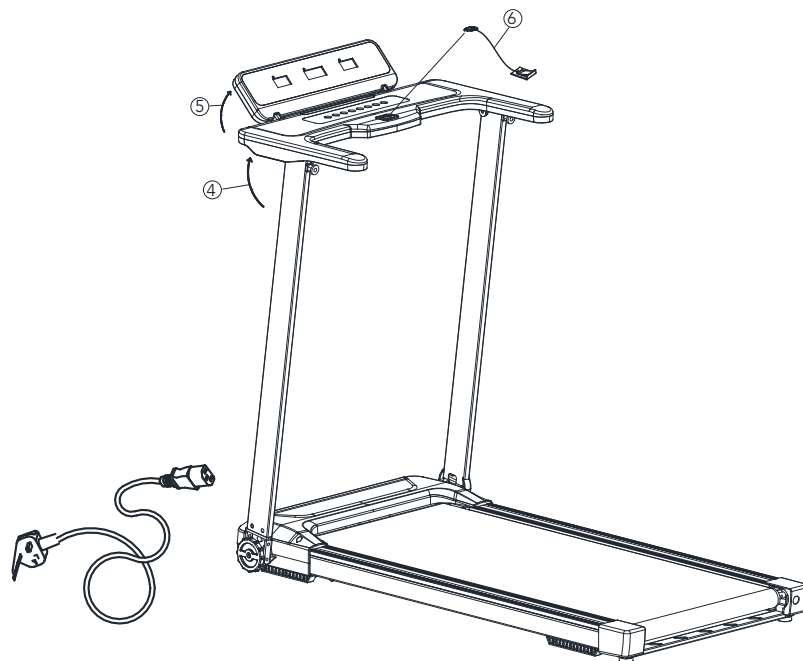
Assembly Steps



Step 1 : Loosen the knob counterclockwise, stand the treadmill handrails upright and then tighten the knob

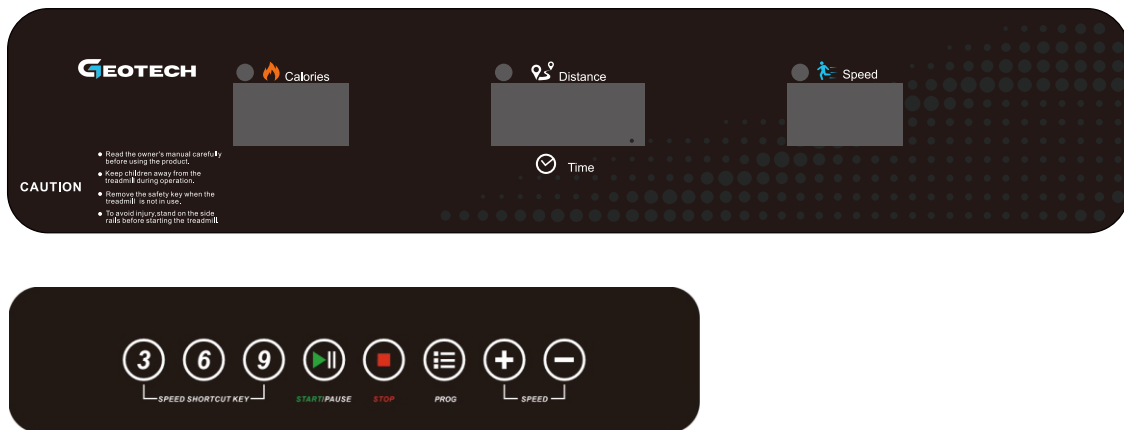


Step 2: Stand the treadmill upright, insert 2 foot pads and then lower the treadmill



Step 3: Plug in the power cord and the safety key

Display Panel Operating Instructions



1. Operational Modes

There are 2 operational modes: Manual and Auto (PROGRAM).

A. Manual Mode

- After turning on the treadmill, the display will light up and enter standby mode.
- Press the “START” button to enter Manual Mode.
- Speed range: Minimum 1 km/h to Maximum 12 km/h.

B. Auto (PROGRAM) Mode

- Press the “PROG” button to access Auto Mode, which includes 15 pre-set programs (P01–P15).
- By default, it will begin with the P1 program, set for 30 minutes.
- Press “PROG” again to cycle through to the P2 program and subsequent programs.

There are 15 programs in the Auto (PROGRAM) Mode as below:

P1-P15 Program Map

P1-P15 Program motion map

P1 PRIMARY

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	1	2	2	2	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2	2	2	1	1	STOP

P2 PRIMARY

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	1	3	3	3	3	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	2	2	2	1	1	STOP

P3 WALKING

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	1	3	3	3	3	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	5	5	5	5	5	3	3	3	3	3	STOP

P4 JOGGING

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	1	4	4	4	4	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	3	3	3	2	2	STOP

P5 RUNNER1 (AGE 45-50)

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	2	6	6	6	6	6	6	6	6	4	4	4	4	4	4	5	5	5	5	5	5	5	3	3	3	3	3	3	3	1	STOP

P6 RUNNER2 (AGE 40-45)

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	2	6	6	6	6	6	6	6	5	5	5	5	5	5	5	6	6	6	6	6	6	6	3	3	3	3	3	3	3	1	STOP

P7 RUNNER3 (AGE 35-40)

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	3	6	6	6	6	6	6	6	7	7	7	7	7	7	7	6	6	6	6	6	6	6	3	3	3	3	3	3	3	1	STOP

P8 RUNNER4 (AGE 30-35)

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	3	6	6	6	6	6	6	6	7	7	7	7	7	7	7	6	6	6	6	6	6	6	8	8	8	8	8	8	8	3	STOP

P9 RUNNER5 (AGE 25-30)

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	3	6	6	6	6	6	6	6	6	6	6	6	6	6	6	9	9	9	9	9	9	9	9	4	4	4	4	4	4	1	STOP

P10 RUNNER1 (AGE 18-25)

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	2	4	4	4	4	4	4	4	7	7	7	7	7	7	7	9	9	9	9	9	9	9	9	12	12	12	12	12	12	3	STOP

P11 RUNNER1 (AGE 18-25)

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	3	5	5	5	5	5	5	5	8	8	8	8	8	8	8	10	10	10	10	10	10	10	10	12	12	12	12	12	3	3	STOP

P12 RUNNER5 (AGE 18-25)

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	3	4	4	4	4	4	4	4	7	7	7	7	7	7	7	12	12	12	12	12	12	12	12	12	12	12	12	12	4	4	STOP

P13 RUNNER1 (AGE 55-60)

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	2	4	4	4	4	4	4	4	5	5	5	5	5	5	5	5	5	5	5	5	5	5	4	4	4	4	4	4	2	2	STOP

P14 RUNNER1 (AGE 50-55)

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	2	3	3	3	3	3	3	3	4	4	4	4	4	4	4	5	5	5	5	5	5	5	6	6	6	6	6	6	7	7	STOP

P15 RUNNER1 (AGE 45-50)

TIME(mins)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	30MINS
SPEED(Km/h)	2	4	4	4	4	4	4	4	6	6	6	6	6	6	6	8	8	8	8	8	8	8	7	7	7	7	7	7	5	5	STOP

2. LED Display Parameters

- SPEED: Displays the running speed
- TIME: Shows the elapsed running time
- DISTANCE: Indicates the distance covered
- CALORIES: Displays the calories burned

3. Button Functions



: Press to choose from the 15 programs



: Press to start or pause the treadmill



: Press to stop the treadmill



: Press for quick speed options (3 km/h, 6 km/h, 9 km/h)



: Use for fine-tuning speed adjustments

4. Safety Key Function

The treadmill will only operate when the magnetic safety key is inserted into the console. Secure the safety clip to your clothing while using the treadmill. If the clip is pulled out, the magnet will disconnect, stopping the treadmill. Please keep the safety key safe, as it is essential for operation.

Error Code & Solutions

E02	Motor overvoltage protection	1. The treadmill re-performs a self-check. 2. Replace the drive board.
E03	Overcurrent	1. Clean the dust between the running belt and the running board, and add silicone oil. 2. If the running belt is severely worn, please replace it.
E04	Main motor open circuit	1. Check whether the connection between the motor and the drive board is loose, and reconnect the motor wire. 2. The motor carbon brush is worn out. Replace the carbon brush or motor.
E05	EPROM damage or access problems	Replace the driver board
E06	Communication error	Check whether the signal connection cable between the electronic meter and the driver board is disconnected or damaged, and replace the signal cable if necessary.
E09	Power transistor short-circuit protection	Replace the driver board
--	Safety switch not inplace	Place the safety switch into the safety switch socket on the electronic meter.

Bluetooth APPs & Music

Bluetooth Connectivity

Connect your devices to sports apps like FitShow, Kinomap, and Zwift using Bluetooth. Download these apps from your app store (available on Apple and Google Play). Ensure the treadmill is on, then enable Bluetooth on your device and search for "K1000-Audio" to connect.



FitShow: Connects fitness devices to access maps, programs, and goals.



Kinomap: An interactive app for running, cycling, and rowing, featuring thousands of geolocated videos.



Zwift: A multiplayer app for training and competing in a virtual world, displaying real-time metrics.

Note: Each app supports one user at a time. To switch apps, "forget" the previous Bluetooth connection.

Bluetooth Music

The treadmill connects wirelessly to your MP3 or music devices. Ensure it's on, turn on Bluetooth, search for "K1000-Audio," and play music through the treadmill's speakers.

Adjustment & Maintenance

Warning: Always unplug the treadmill before cleaning, servicing or maintenance.

1. Regular Cleaning of the Treadmill

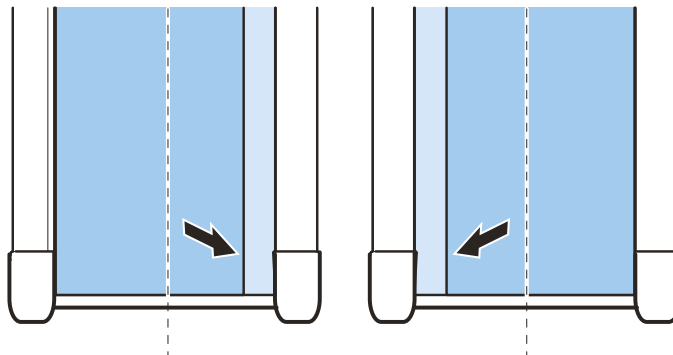
Consistent cleaning extends the lifespan of the electric treadmill.

- **Dust Removal:** Regularly remove dust to keep all parts clean.
- **Running Belt:** Clean both sides of the running belt to minimize dirt accumulation.
Always use clean apparel and footwear on the treadmill.
- **Cleaning Method:** Wipe the belt with a damp cloth and mild soap, taking care not to wet electrical components.
- **Motor Unit:** Clean the motor unit annually and disconnect the power plug before opening the cover.

2. Running Belt Alignment and Tightness

The alignment and tightness of the running belt are factory-set but may need adjustments over time.

- **Belt Alignment:** Put the treadmill flat and turn off the power.
 - ▶ **If the belt drifts left:** Turn the left adjusting bolt 1 turn clockwise. Turn on the treadmill and run at a low speed (e.g., 2 km/h) for a few minutes, tweaking until centered.
 - ▶ **If the belt drifts right:** Turn the right adjusting bolt 1 turn clockwise. Continue adjusting as needed to keep the belt centered.



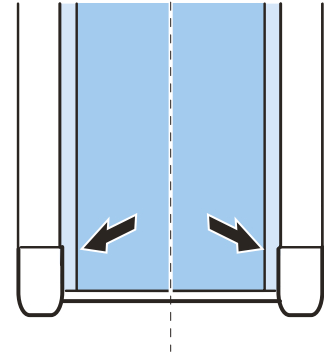
2. Running Belt Tightness / Tension Adjustment

Over time, the running belt may loosen due to normal operation. Here's how to determine when to adjust it:

- **Belt Slippage:**

If you experience occasional skidding during use, it may indicate that the running belt is loosening. This happens when the belt stops while the motor and rollers are still moving.

If this issue occurs frequently, it's a sign that adjustments are needed.



- To tighten the running belt, turn both adjustment bolts clockwise by $\frac{1}{2}$ turn as shown. Repeat if necessary.

3. Lubricating the Running Belt & Additional Safeguards

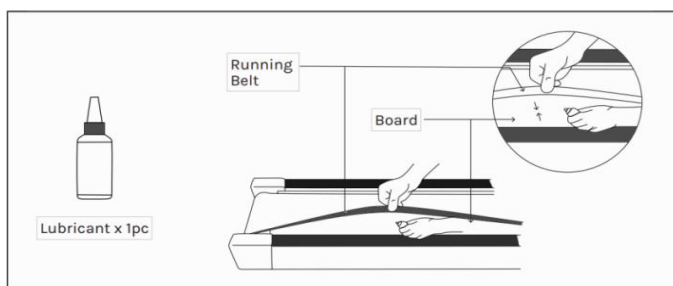
The treadmill's running board and belt are factory-lubricated, but regular application is essential for optimal performance due to friction.

Lubrication Frequency:

- Light use (<3 hours/week): Every month
- Moderate use (3–5 hours/week): Every 20 days
- Frequent use (>5 hours/week): Every 10–15 days

Lubrication Application:

1. Lift the treadmill belt.
2. Open the silicone oil bottle and squeeze $\frac{1}{4}$ of the silicone oil onto each side of the running board, as shown in the picture



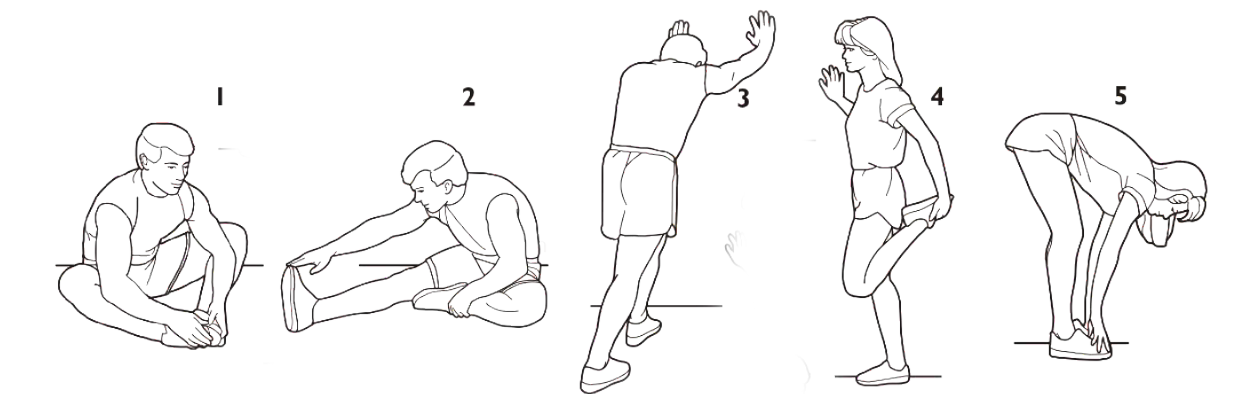
Exercise Programs

WARM UP

Start each workout with 5 to 10 minutes of stretching and light exercises. A proper warm-up increases your body temperature, heart rate, and circulation, preparing you for exercise. Ease into the workout, and after warming up, gradually increase the intensity to your desired program. Maintain your intensity for maximum performance, and remember to breathe regularly and deeply.

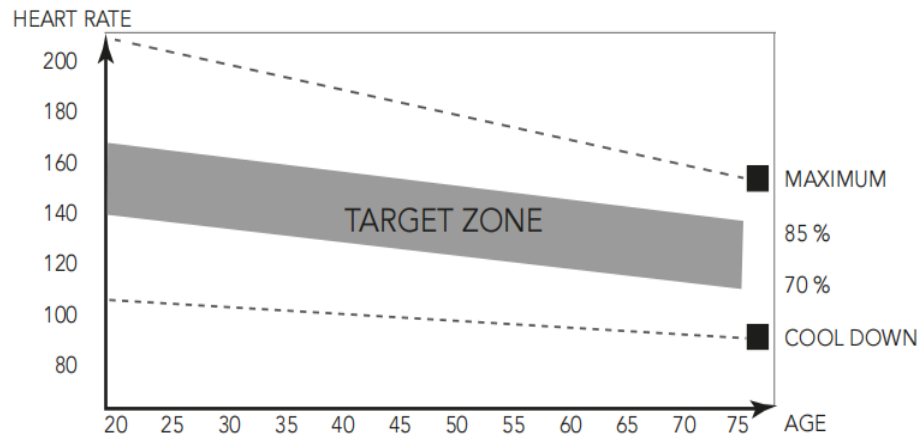
Stretching Exercises:

1. **Inner Thigh Stretch:** Sit with the soles of your feet together and knees outward.
2. **Hamstring Stretch:** Sit with one leg extended, bringing the sole of the opposite foot toward you.
3. **Calf / Achilles Stretch:** Place one leg in front of the other and press your hands against a wall.
4. **Quadriceps Stretch:** Hold onto a wall for balance, grasp one foot behind you with the other hand.
5. **Toe Touch Stretch:** Stand with slight knee bend and slowly bend forward from your hips.



COOL DOWN

Conclude each workout with at least 1 minute of light jogging or walking. Follow this with 5 to 10 minutes of stretching to cool down. This practice will enhance muscle flexibility and help prevent post-exercise issues.



This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.