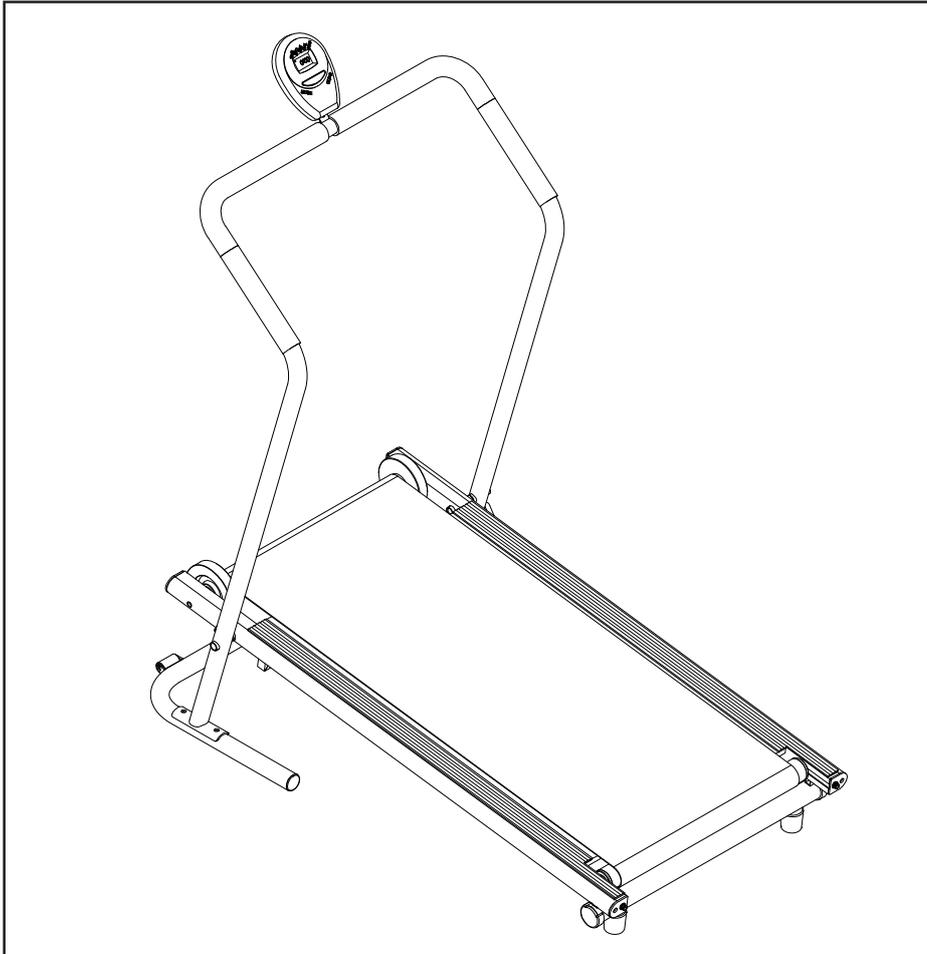




Owner's Manual



CAUTION:
Weight on this product should not exceed 250 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 tightened prior to each use. Follow all safety instructions in this manual.

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

45-1003
STAMINA PRODUCTS
MADE IN CHINA

Product May Vary Slightly
From Pictured.

This Product is Produced Exclusively by



2040 N. Alliance, Springfield, MO 65803
Customer Service
1 (800) 375-7520
www.staminaproducts.com

TABLE OF CONTENTS

	Page		Page
Safety Instructions	2	Maintenance	12
Before You Begin	4	Storage	13
Equipment Warning & Notice Labels	5	Product Parts Drawing	14
Hardware Identification Chart	6	Parts List	15
Assembly Instructions	7	Warranty	16
Using The Electronics Meter	10	Notes	17
Treadmill Adjustments	11	Fax/Mail Ordering Form	18

SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the **INMOTION® T3000 Treadmill**.

1. Read all warnings posted on the **INMOTION® T3000 Treadmill**.
2. Read this Owner's Manual and follow it carefully before using the **INMOTION® T3000 Treadmill**. Make sure that it is properly assembled and tightened before use.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the **INMOTION® T3000 Treadmill**. Do not allow children to use or play on the **INMOTION® T3000 Treadmill**. Keep children and pets away from the **INMOTION® T3000 Treadmill** when it is in use.
5. It is recommended that you place this exercise equipment on an equipment mat.
6. Set up and operate the **INMOTION® T3000 Treadmill** on a solid level surface. Do not position the **INMOTION® T3000 Treadmill** on loose rugs or uneven surfaces.
7. Inspect the **INMOTION® T3000 Treadmill** for worn or loose components prior to use. Tighten/replace any loose or worn components prior to using the **INMOTION® T3000 Treadmill**.
8. Keep fingers clear of all pinch points when folding and unfolding the **INMOTION® T3000 Treadmill**.
9. When folding the **INMOTION® T3000 Treadmill** for storage, make sure that Base Frame Assembly is locked securely in the folded position by the Pull Pin(6).
10. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
11. Follow your physician's recommendations in developing your own personal fitness program.
12. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
13. Do not wear loose or dangling clothing while using the **INMOTION® T3000 Treadmill**.
14. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or crosstraining shoes. Be sure that they fit well, provide foot support and feature non-skid rubber soles.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **INMOTION® T3000 Treadmill**, loss of balance may result in a fall and serious bodily injury.
16. The **INMOTION® T3000 Treadmill** should not be used by persons weighing over 250 pounds.
17. The **INMOTION® T3000 Treadmill** should be used by only one person at a time.
18. The **INMOTION® T3000 Treadmill** is for consumer use only. It is not for use in public or semipublic facilities.

WARNING: Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness. **READ AND FOLLOW THE SAFETY PRECAUTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS BODILY INJURY.**

CALL US FIRST



Customer Service

1 (800) 375-7520

www.staminaproducts.com

THANK YOU FOR PURCHASING THE INMOTION® T3000 TREADMILL

To help you get started, we have pre-assembled most of your INMOTION® T3000 Treadmill at the factory with the exception of those few parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual. With regular workouts you will be getting your body into shape and on your way to achieving a happier and healthier lifestyle.

Should you have any questions,
please call our Customer Service Department toll-free number,
1 (800) 375-7520

Monday - Thursday, 7:30 A.M. - 5:00 P.M., Central Time.

Friday, 8:00 A.M. - 3:00 P.M., Central Time.



TELEPHONE

CUSTOMER SERVICE
Tel: 1 (800) 375-7520



FAX

CUSTOMER SERVICE
Fax: (417) 889-8064



ONLINE

CUSTOMER SERVICE
parts@staminaproducts.com
customerservice@staminaproducts.com
www.staminaproducts.com



MAIL

STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071
Springfield, MO. 65801-1071

BEFORE YOU BEGIN

Thank you for choosing the **INMOTION® T3000 Treadmill**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

Yes, it's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **INMOTION® T3000 Treadmill** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

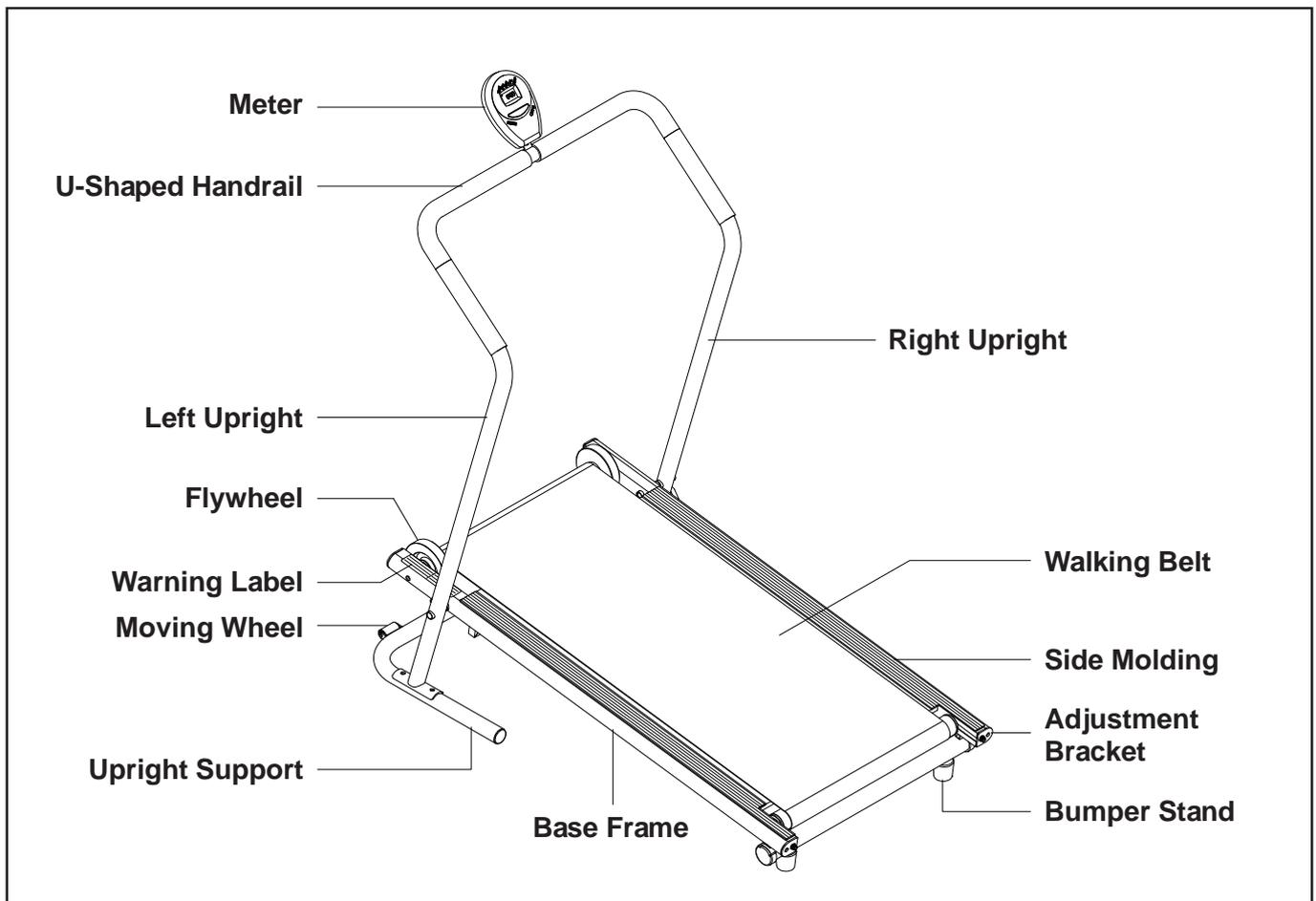
Read this manual carefully before using the **INMOTION® T3000 Treadmill**.

Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **INMOTION® T3000 Treadmill**, please do not return the product. Contact us **FIRST!**

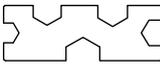
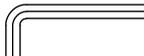
If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

If you would like to contact us online, go to our website at www.staminaproducts.com and access the Customer Service section.

Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY :

-  Wrench
-  Allen Wrench (4mm)

EQUIPMENT WARNING & NOTICE LABELS

This chart is provided to help identify the warning & notice labels on the **INMOTION® T3000 Treadmill**. Please take a moment to familiarize yourself with all of the warning & notice labels.

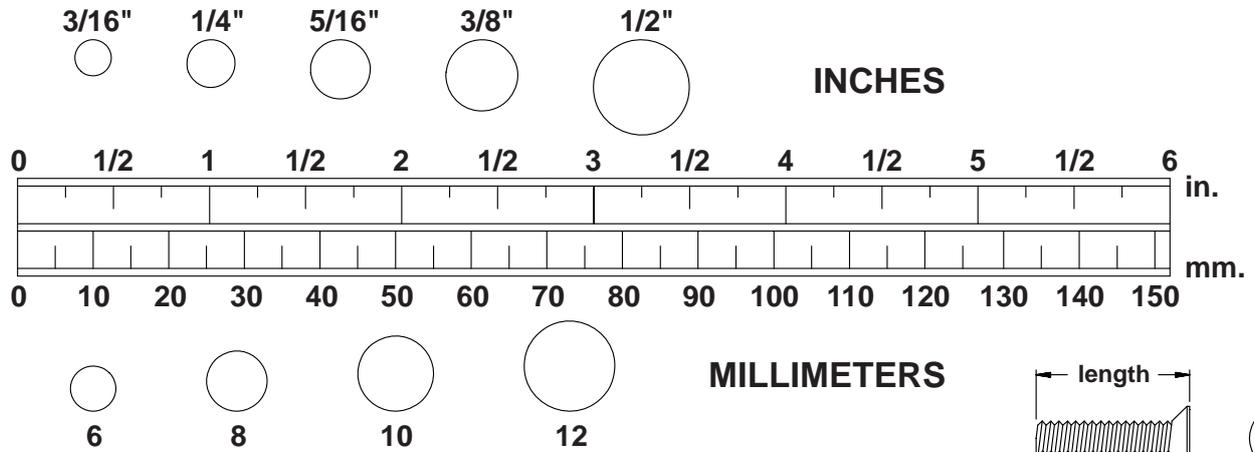
Label is larger than actual size

W1 WARNING LABEL(46)

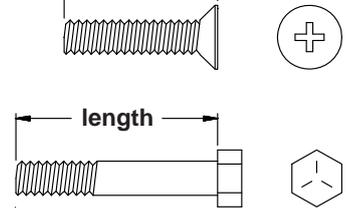
 WARNING	<p>Keep others including children & pets away from equipment when in use. BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR PERSONS OVER THE AGE OF THIRTY-FIVE OR WITH PREEXISTING HEALTH PROBLEMS. STAMINA® ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT. Make sure all nuts and bolts are tightened, and follow all safety tips and instructions set forth herein. This product should not be used by persons weighing more than 250 lbs. unless otherwise stated in the front of your manual.</p>
<p>Failure to comply with these warnings could result in serious injury or death. All warnings and instructions are to be read prior to use. Replace this warning label if damaged, illegible, or removed.</p>	

HARDWARE IDENTIFICATION CHART

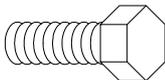
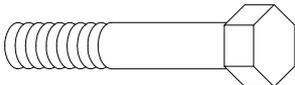
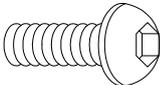
This chart is provided to help identify the hardware used in the assembly process. Place the washers, the ends of the bolts, or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



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.



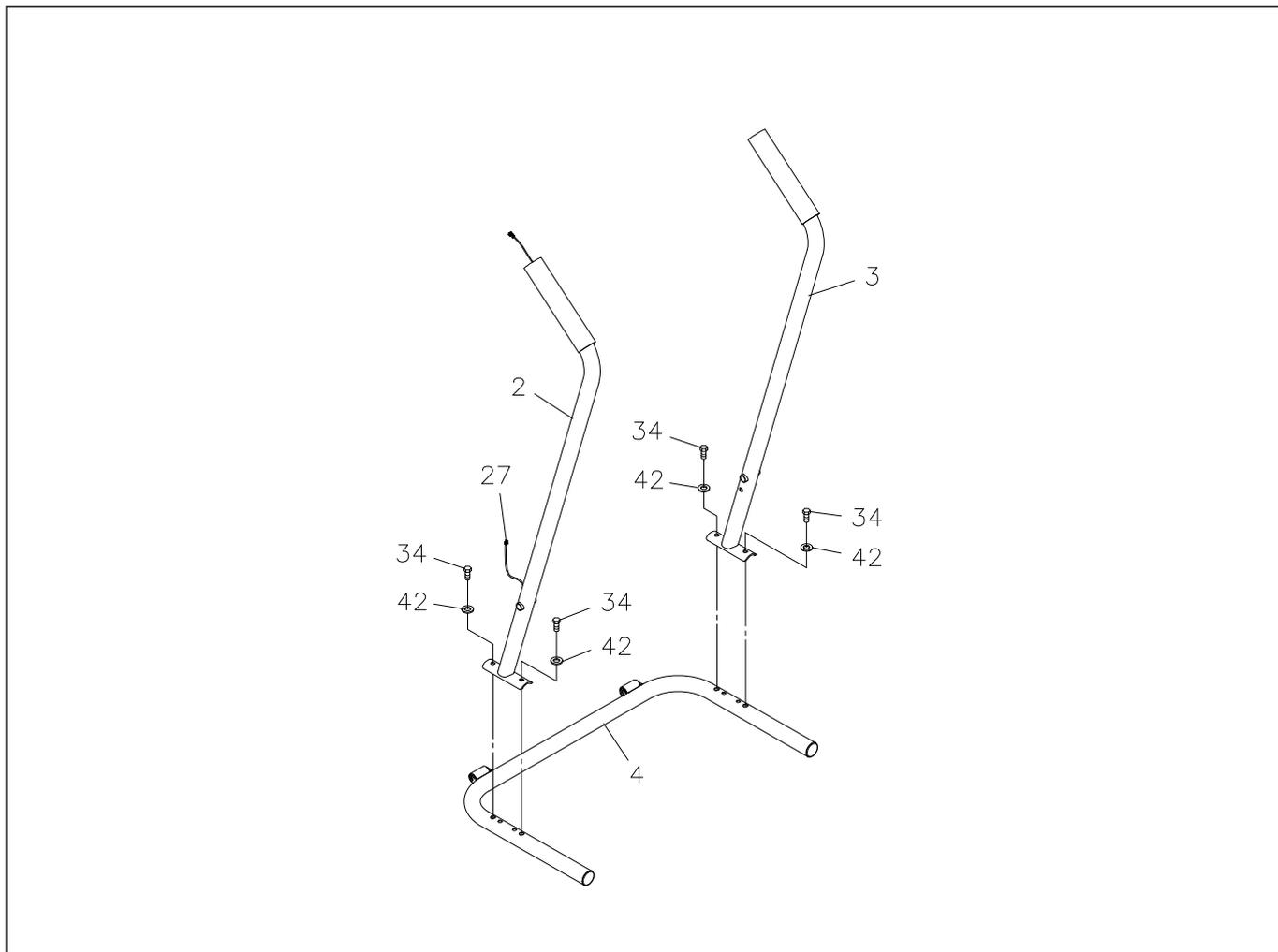
After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part No. and Description	Qty
	34 Bolt, Hex Head (M8x1.25x15mm)	4
	35 Bolt, Hex Head (M12x1.75x75mm)	2
	36 Bolt, Button Head (M6x1x15mm)	2
	41 Arc Washer (M6)	2
	42 Arc Washer (M8)	4
	45 Washer (M12)	2

ASSEMBLY INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part please call our toll-free number for assistance **1 (800) 375-7520** or e-mail us at:

parts@staminaproducts.com

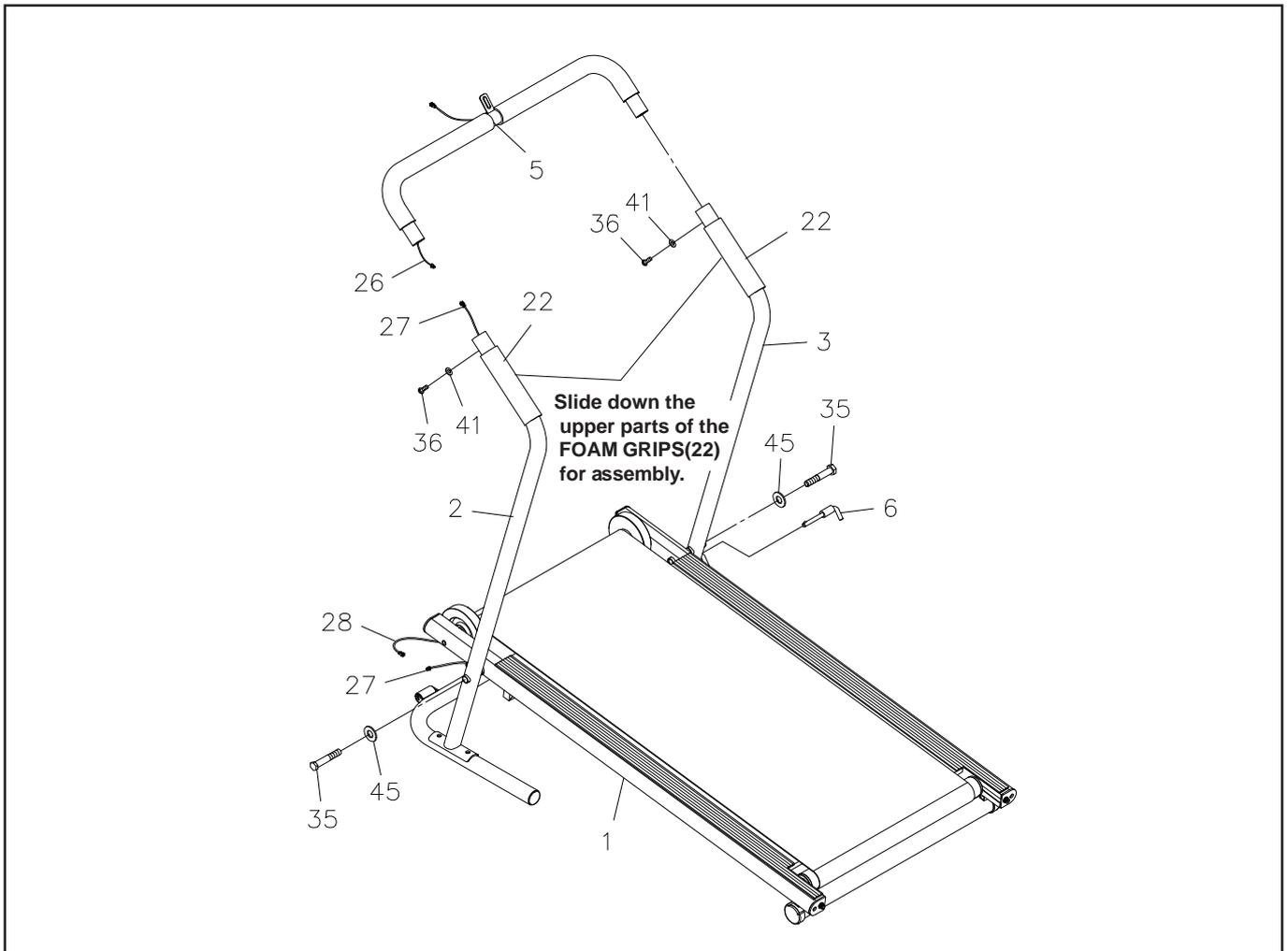


STEP 1

NOTE: The **LEFT UPRIGHT(2)** is the one with the **LOWER EXTENSION WIRE(27)**.

Attach the **LEFT** and **RIGHT UPRIGHTS(2, 3)** to the **UPRIGHT SUPPORT(4)** with **HEX BOLTS (M8x1.25x15mm)(34)** and **ARC WASHERS(M8)(42)**.

ASSEMBLY INSTRUCTIONS



STEP 2

Place the **BASE FRAME(1)** between the **LEFT** and **RIGHT UPRIGHTS(2, 3)** and secure with **HEX BOLTS(M12x1.75x75mm)(35)** and **WASHERS(M12)(45)**. **DO NOT TIGHTEN COMPLETELY.**

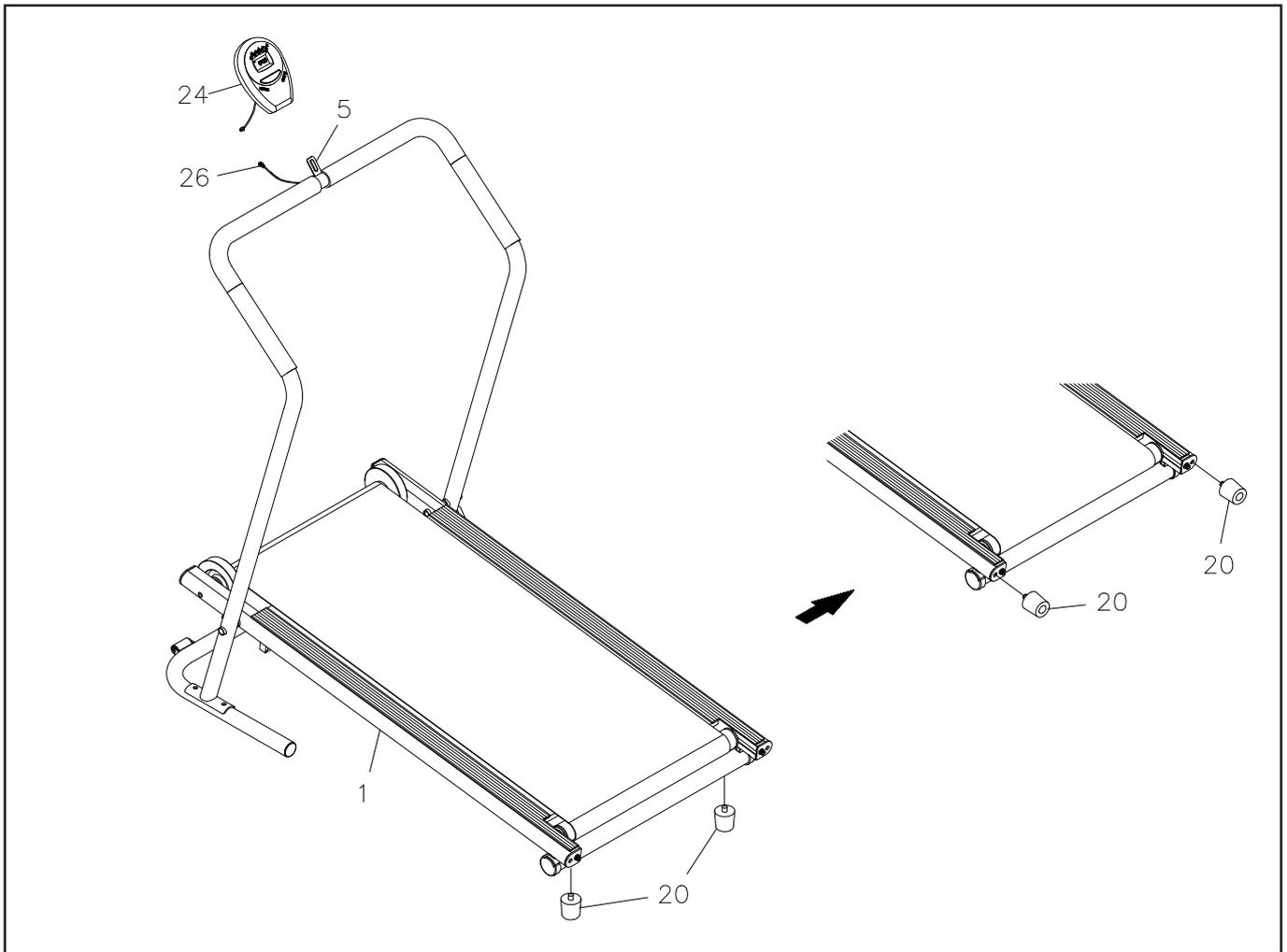
STEP 3

Slide down the upper parts of the **FOAM GRIPS(22)**, so you can see the screw holes at the back side of the tops of the **LEFT** and **RIGHT UPRIGHTS(2, 3)**. Connect the **UPPER EXTENSION WIRE(26)** to the **LOWER EXTENSION WIRE(27)**. Insert the **U-SHAPED HANDRAIL(5)** into the **LEFT** and **RIGHT UPRIGHTS(2, 3)** and secure with **BUTTON HEAD BOLTS(M6x1x15mm)(36)** and **ARC WASHERS(M6)(41)**. Slide up the **FOAM GRIPS(22)** to cover the screw heads.

STEP 4

Go back and tighten **HEX BOLTS(M12x1.75x75mm)(35)** in **STEP 2**. Connect the **LOWER EXTENSION WIRE(27)** located on the **LEFT UPRIGHT(2)** to the **SENSOR WIRE(28)**. Insert the **PULL PIN(6)** through the **RIGHT UPRIGHT(3)** and **BASE FRAME(1)** to lock the **BASE FRAME(1)** in position.

ASSEMBLY INSTRUCTIONS



STEP 5

Install two AA batteries into the **METER(24)**, two batteries included. See page 10 for detailed battery installation instructions. Slide the **METER(24)** onto the plate on the **U-SHAPED HANDRAIL(5)**. Connect the **UPPER EXTENSION WIRE(26)** to the **METER(24)**.

STEP 6

Attach the **BUMPER STANDS(20)** to the bottom of the **BASE FRAME(1)**.

NOTE: The **BUMPER STANDS(20)** 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.

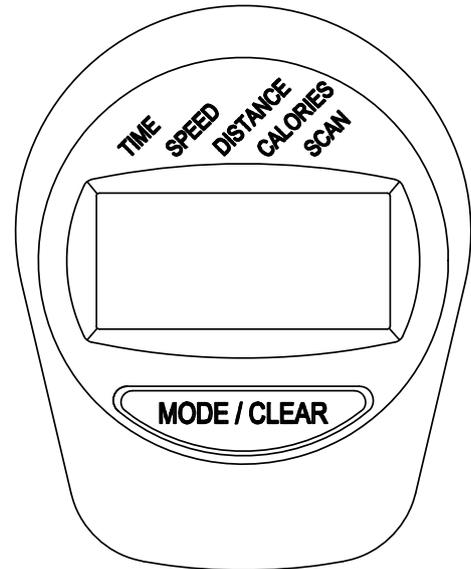
USING THE ELECTRONIC METER

POWER ON : Walking Belt movement or push the button.

POWER OFF : Automatic shut off after 4 minutes of inactivity.

MODE/CLEAR BUTTON:

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



FUNCTIONS:

SCAN: Automatically scans TIME, SPEED, DISTANCE, and CALORIES in sequence with a change every four seconds. Press and release the button until "▲" appears on the display and points to SCAN.

TIME: Displays the time from 1 sec. up to 99:59 minutes.

SPEED: Displays the current speed from zero to 999.9 Mile/Hr.

DISTANCE: Displays the distance from zero to 99.99 miles.

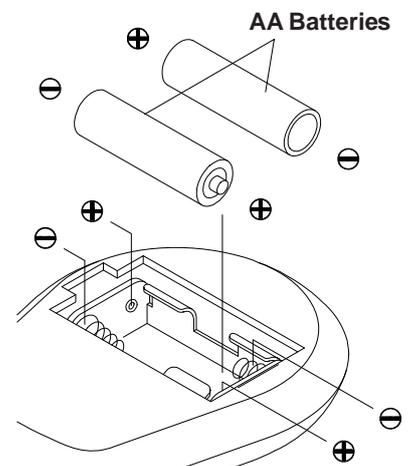
CALORIES: Displays the calorie consumption, from zero to 999.9 Kcal.
The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

HOW TO INSTALL AND REPLACE BATTERY:

1. Open the Battery Door on the back of the meter.
2. The meter operates with two AA batteries, two batteries 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.



TREADMILL ADJUSTMENTS

The basic idea behind the manual treadmill is to have the belt running on a treadmill board and between two rollers so that the belt will move without much effort. In order for the belt to run smoothly, there are a few points that need to be noted.

BELT ALIGNMENT

The belt must be in the center of the treadmill to prevent it from rubbing against the flywheels. If the belt rubs a flywheel, it will be difficult to keep the belt moving and 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 must be properly aligned with the treadmill frame and front roller 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 as well as the tension of the belt.

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

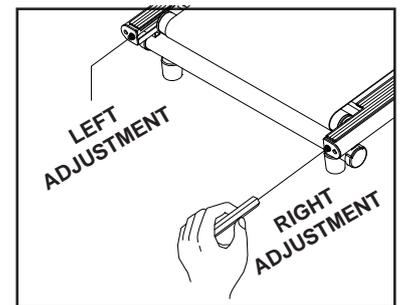
Hint: Eyeball the rear roller to make sure both the right side and the left side of the roller are the same distance from the back edge of the treadmill. Use the **4mm ALLEN WRENCH** to make these adjustments. Turn the bolts Clockwise to tighten and Counter-Clockwise to loosen.

BELT DRIFTING LEFT

Turn the left screw 1/4 turn **CLOCKWISE** and the right screw 1/4 turn **COUNTER-CLOCKWISE**, then walk on the treadmill. Repeat if needed.

BELT DRIFTING RIGHT

Turn the left screw 1/4 turn **COUNTER-CLOCKWISE** and the right screw 1/4 turn **CLOCKWISE**, then walk on the treadmill. Repeat if needed.



NOTE:

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

BELT TENSION

The belt should be tight and not lying on the treadmill board. If the belt is too loose, the belt 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 in the rear of the treadmill (one on the left and the other on the right) adjust the tension of the belt as well as the alignment of the rear roller.

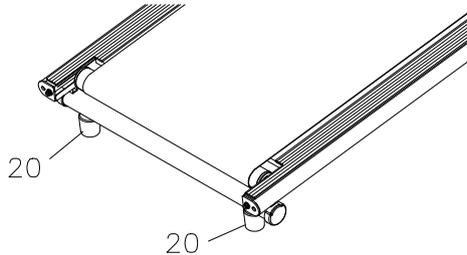
BELT TOO LOOSE: Use the **4mm ALLEN WRENCH** to tighten the bolts in the rear of the treadmill. Tighten both rollers 1/4 turn at a time until the belt stops slipping on the front roller.

BELT TOO TIGHT: Use the **4mm ALLEN WRENCH** to loosen the bolts in the rear of the treadmill. Loosen both rollers 1/2 turn at a time until the belt begins to slip on the front roller. Then use the procedure above to tighten the belt.

TREADMILL ADJUSTMENTS

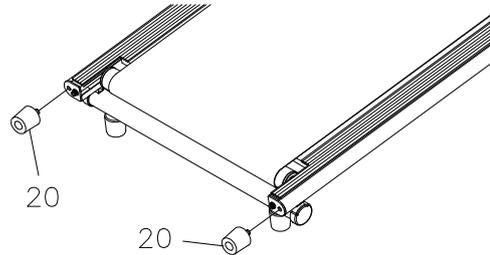
WALKING RESISTANCE

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(20)** are attached to the bottom of the treadmill.



Lowest Resistance

Remove (unscrew) the **BUMPER STANDS(20)** 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**.
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 cloth and spray or spread silicone lubricant on the board under the belt.

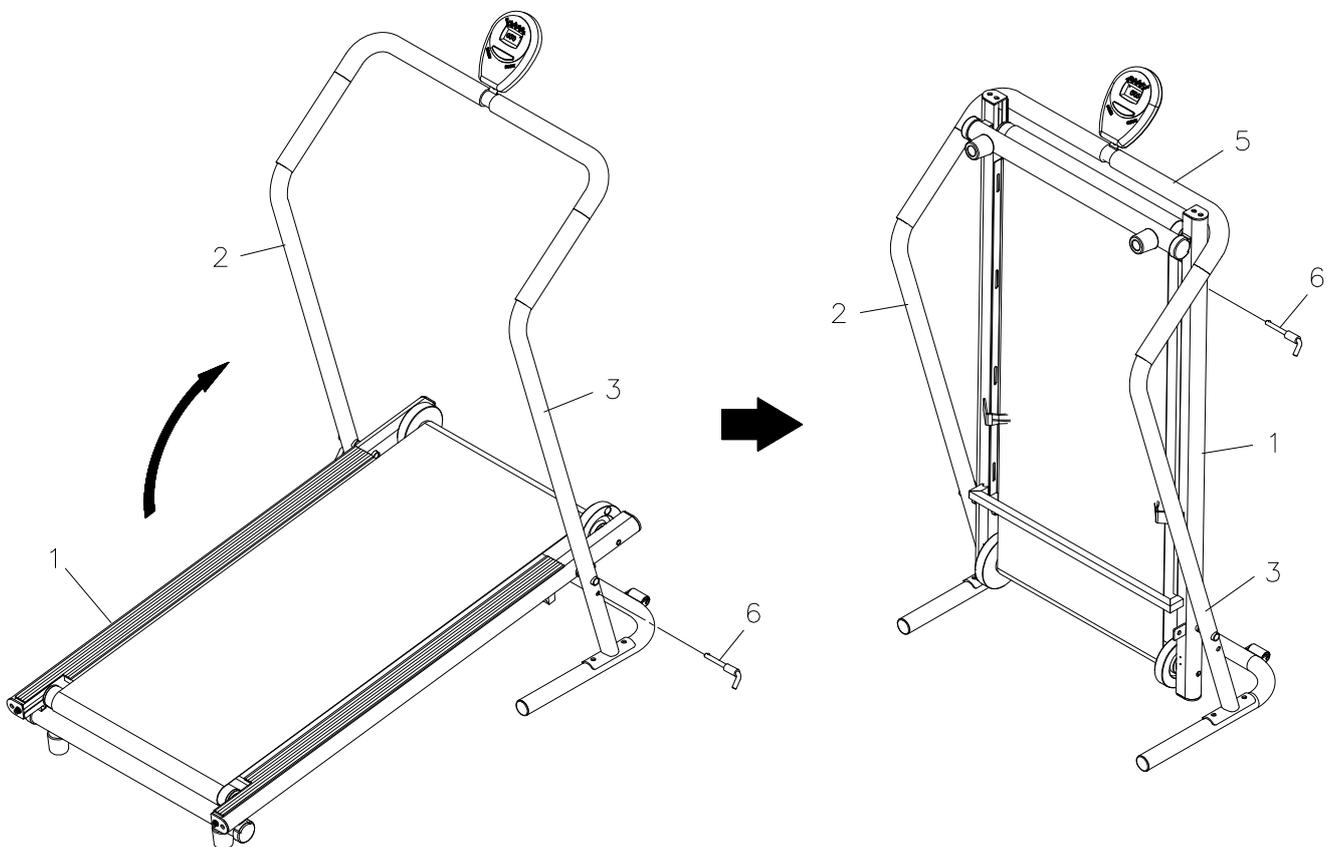
MAINTENANCE

The safety and integrity designed into the **INMOTION® T3000 Treadmill** can only be maintained when the **INMOTION® T3000 Treadmill** is regularly examined for damage and wear. Special attention should be given to the following:

1. Clean the exposed surfaces of the walking belt and the board with an absorbent cloth.
2. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
4. Verify that the Warning Label is in place and easy to read. Call Stamina Products immediately (1-800-375-7520) for a replacement Warning Label if the Warning Label is missing or damaged.
5. Worn or damaged components shall be replaced immediately or the **INMOTION® T3000 Treadmill** removed from service until repair is made.
6. Only Stamina Products supplied components shall be used to maintain/repair the **INMOTION® T3000 Treadmill**.
7. Keep your **INMOTION® T3000 Treadmill** clean by wiping with an absorbent cloth after use.
8. If the **WALKING BELT(15)** does not move easily, lubricate the **BOARD(16)** under the **WALKING BELT(15)** with Silicone Lubricant.

STORAGE

1. To store the **INMOTION® T3000 Treadmill** simply keep it in a clean dry place.
2. To avoid damage to the electronics meter, remove the batteries before storing the **INMOTION® T3000 Treadmill** for one year or more.
3. Follow the following process to fold The **INMOTION® T3000 Treadmill** as illustrated for easy storage.
 - a. Remove the **PULL PIN(6)** to unlock the **BASE FRAME ASSEMBLY(1)**.
 - b. Fold up the **BASE FRAME ASSEMBLY(1)**. Insert the **PULL PIN(6)** into the hole in the **BASE FRAME ASSEMBLY(1)** to lock the **BASE FRAME ASSEMBLY(1)** in upright position.
CAUTION: Make sure the **BASE FRAME ASSEMBLY(1)** is locked securely in folded position by the **PULL PIN(6)**.
4. Move the **INMOTION® T3000 Treadmill** with the moving wheels on the **UPRIGHT SUPPORT(4)**. Grasp the **U-SHAPED HANDRAIL(5)** to move the **INMOTION® T3000 Treadmill**.

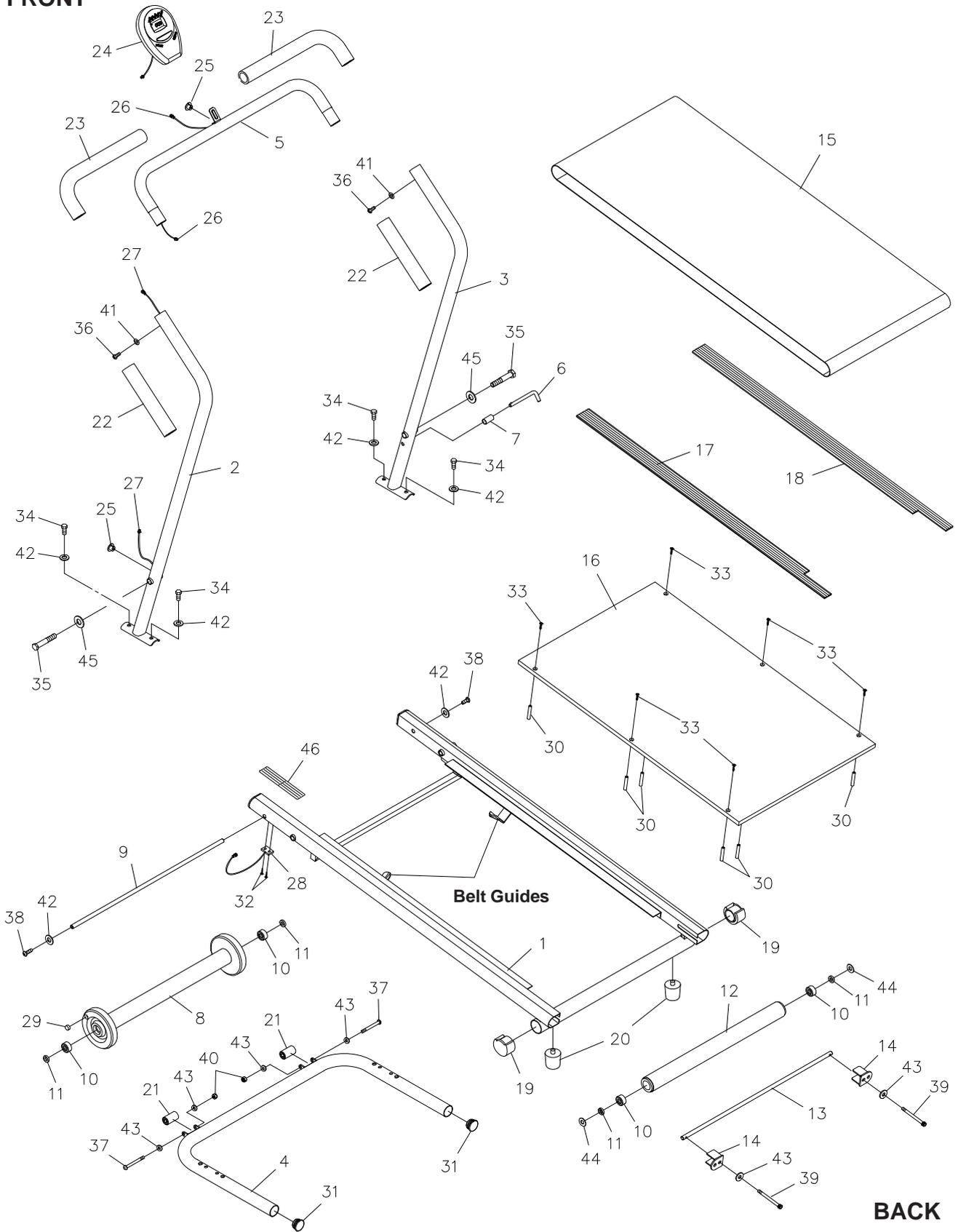


UNFOLD THE INMOTION® T3000 Treadmill

- a. Remove the **PULL PIN(6)** from the **BASE FRAME ASSEMBLY(1)** and unfold the **BASE FRAME ASSEMBLY(1)**.
- b. Lock the **BASE FRAME ASSEMBLY(1)** in position by inserting the **PULL PIN(6)** through the **RIGHT UPRIGHT FRAME(3)** and **BASE FRAME(1)**.

PRODUCT PARTS DRAWING

FRONT



PARTS LIST

DIAGRAM#	PART NAME	QTY
1	Base Frame	1
2	Left Upright	1
3	Right Upright	1
4	Upright Support	1
5	U-Shaped Handrail	1
6	Pull Pin	1
7	Bumper	1
8	Front Roller /w Flywheels	1
9	Front Shaft	1
10	Bearing (6000zz)	4
11	Plastic Spacer	4
12	Rear Roller	1
13	Rear Shaft	1
14	Adjustment Bracket	2
15	Walking Belt	1
16	Board	1
17	Left Side Molding	1
18	Right Side Molding	1
19	Round Cap (38mm)	2
20	Bumper Stand	2
21	Moving Wheel	2
22	Foam Grip	2
23	Long Foam Grip	2
24	Meter	1
25	Grommet Plug	2
26	Upper Extension Wire	1
27	Lower Extension Wire	1
28	Sensor Wire	1
29	Magnet	1
30	Screw Sleeve	6
31	Round Plug (31.8mm)	2
32	Screw, Round Head (M3 x 15mm)	2
33	Screw, Flat Head (M5 x 25mm)	6
34	Bolt, Hex Head (M8 x 1.25 x 15mm)	4
35	Bolt, Hex Head (M12 x 1.75 x 75mm)	2
36	Bolt, Button Head (M6 x 1 x 15mm)	2
37	Bolt, Button Head (M6 x 1 x 55mm)	2
38	Bolt, Button Head (M8 x 1.25 x 15mm)	2
39	Bolt, Socket Head (M6 x 1 x 70mm)	2
40	Nylock Nut (M6 x 1)	2
41	Arc Washer (M6)	2
42	Arc Washer (M8)	6
43	Washer (M6)	6
44	Washer (M10)	2
45	Washer (M12)	2
46	Warning Label	1
47	Wrench	1
48	Allen Wrench (4mm)	1
49	Owner's Manual	1

WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service and proper operation for a period of 90 days on the parts and one year on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071**, or email us at **customerservice@staminaproducts.com**, or call us at **1 (800) 375-7520**. If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

Stamina Products, Inc. **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

This limited warranty is the only written or express warranty given by Stamina Products, Inc. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. **ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.

NOTES

