

OWNER'S MANUAL

MPN(s): UDWALK.2

SKU(s): 402623.2

UPC(s): 049008264588

TABLE OF CONTENTS

BEFORE YOU BEGIN.....1
IMPORTANT SAFETY NOTICES.....2
UNBOXING PARTS.....3
COMPUTER OPERATIONS.....4-5
FITSHOW INSTRUCTIONS.....6-8
EXERCISE GUIDELINES.....9-10

BEFORE YOU BEGIN

Thank you for selecting the Titan Under Desk Walking Treadmill. For your safety and benefit, read this manual carefully before using the walking treadmill. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, please call our TOLL-FREE customer service number. Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number 1-888-410-1503 Mon. - Fri. 9 a.m. - 5 p.m. Central www.titan.fitness info@titan.fitness

WARNING: THIS TREADMILL IS FOR WALKING ONLY! READ MANUAL AND ALL WARNINGS CAREFULLY BEFORE USE

IMPORTANT SAFETY NOTICE

PRECAUTIONS

This walking treadmill is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your walking treadmill. In particular, note the following safety precautions:

1. Keep children and pets away from the walking treadmill at all times. DO NOT leave children unattended in the same room with the walking treadmill.
2. Only one person at a time should use the walking treadmill.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the walking treadmill on a clear, leveled surface. DO NOT use the walking treadmill near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the walking treadmill. Running or aerobic shoes are also required when using the walking treadmill.
7. Use the walking treadmill only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the walking treadmill.
9. Disabled person should not use the walking treadmill without a qualified person or physician in attendance.
10. Before using the walking treadmill to exercise, always do stretching exercises to properly warm up.
11. Never operate the walking treadmill if it is not functioning properly.
12. Read all warnings posted on the walking treadmill.
13. Inspect the walking treadmill for worn or loose component prior to use. Tighten/replace any loose or wore components prior to use.
14. Care should be taken in mounting or dismounting the walking treadmill.
15. This walking treadmill is for consumer and home use only.

CARE, MAINTENANCE AND STORAGE

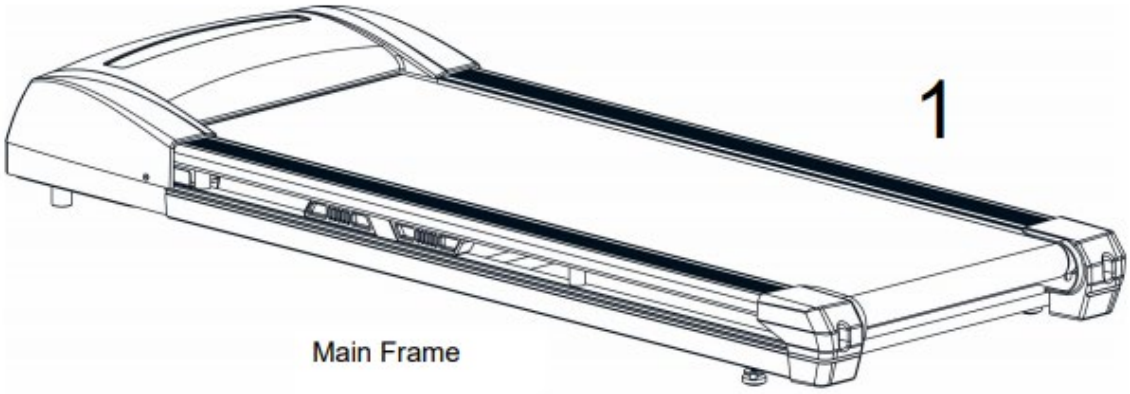
1. Inspect and tighten all parts each time you use the walking treadmill. Replace any worn parts immediately.
2. The walking treadmill can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.
3. Store the walking treadmill IN-DOOR. Excess moisture and water would cause rust on the frame.
4. The walking treadmill shall be placed at least 24 inches away from the wall or/and any other object such as furniture to provide safe access to and passage around the walking treadmill.
5. To avoid possible injury, the help of two or more people is needed when moving the walking treadmill around.
6. Disposal Instructions – The equipment can be safely disassembled and disposed without unreasonable hazards. Call your local recycle agency regarding details of recycling.

7. The maximum user weight is 250 lbs.

8. Assembly dimension: 69” x 25” x 8’’

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT. SAVE THESE INSTRUCTIONS.

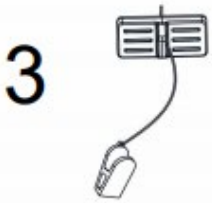
PARTS BREAKDOWN



Main Frame



Console



Safety Key



Power Cord

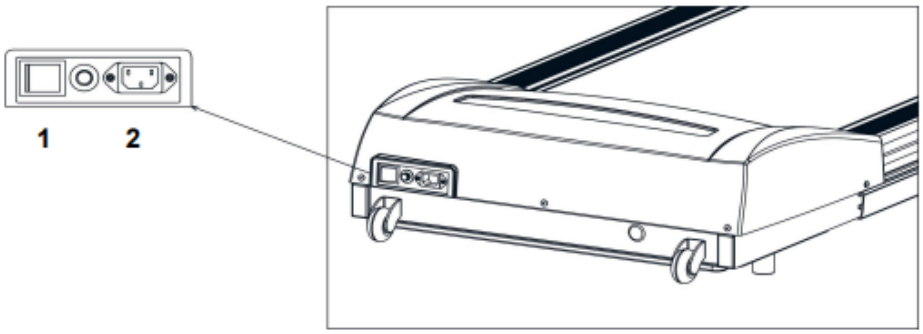


Lubrication Oil



Instruction Manual

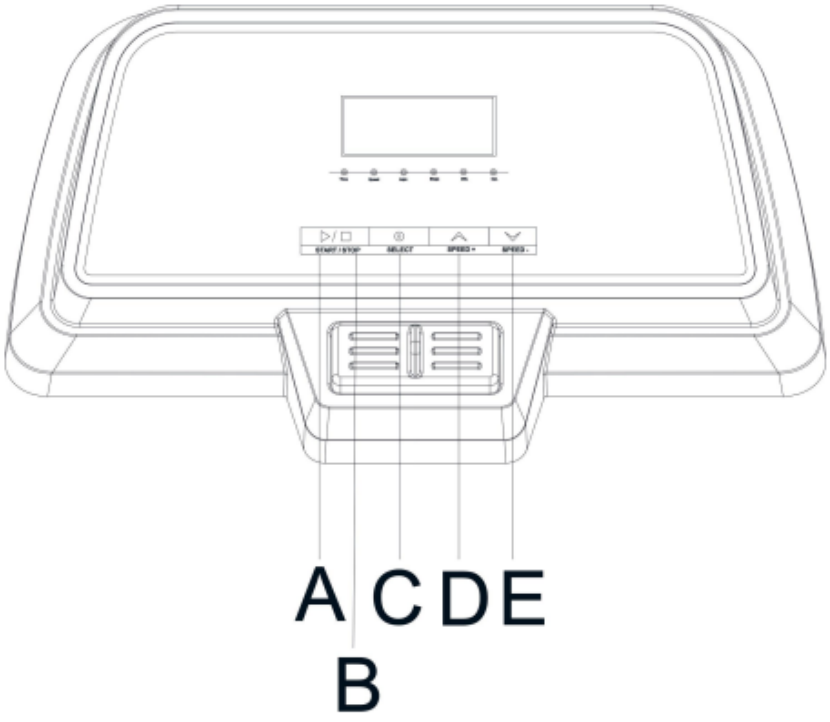
COMPUTER OPERATIONS



Plug in the mains power and turn on the switch (**1**).
You will hear a signal tone and the screen of the Computer will light up.

OVER-CURRENT PROTECTOR:
There is an over-current protector (**2**) located on the right side of the switch (**1**) (see above picture); in case of short circuit or over-current, the Button of the over current protector will pop up and the treadmill will power off; please unplug the power source and push down the button, and then turn on the switch to restart your workout. If the button pops up again, please contact TITAN.

CONSOLE DIAGRAM



A Start
B Stop
C Quick Speed Select
D Speed-
E Speed+

FUNCTIONS AND OPERATIONS

TECHNICAL SPECIFICATION

Time----------00:00--99:59 Min
Speed----------0.0--4.0 mph
Distance----------0.00--99.9 miles
Calorie----------0.0--999.9 Kcal
Circle ----------0-99
Steps----------0-9999

START / STOP

1. Press "Start" to start exercise at initial speed 0.5 mph.
2. Press "Stop" during workout, and the treadmill will stop by gradually reducing the speed.

QUICK SPEED SELECT

Press to select your desired running speed with 1, 2, 3, 4 mph

SPEED UP/DOWN

1. Press to increase/decrease exercise speed By 0.1 mph.
2. During exercise, press "Speed+" and "Speed-" simultaneously will lock the window to display only one information data.

IMPORTANT

The console will turn off automatically about ten minutes after the belt has stopped.

SAFETY KEY

1. The safety key must be placed into the magnetic recess on the console in order to operate the treadmill. Always place the safety key on its position and attach the clip to your clothing at your waist before beginning your workout.
2. If you should need to stop the motor immediately, simply pull the safety key away from the console.

GENERAL OPERATION

1. Turn on the Power Switch at the front of your Treadmill. This switch is located next to the Mains Power Cord inlet.
2. Place the Safety Key into the magnetic recess on the middle front of the Computer Console.

The console will give an audible signal and all console window displays function with a start display value of 0.

STARTING YOUR TREADMILL

1. Turn on the treadmill, and press "Start" button on the console.
2. Press "Speed +" or "Speed -" button to adjust speed button to adjust speed. Press the key once, and the speed changes 0.1mile/h.
3. Also the user can press the "Quick Speed Select" button to select desired running speed.

STOPPING YOUR TREADMILL

1. Press the the "Stop" key on the Console during exercise, and the treadmill will stop; turn off the switch if you intend to finish workout.
2. Pull away the safety key and the treadmill will stop itself, and then the window will display "E00".

FITSHOW APP Instructions

App Installation

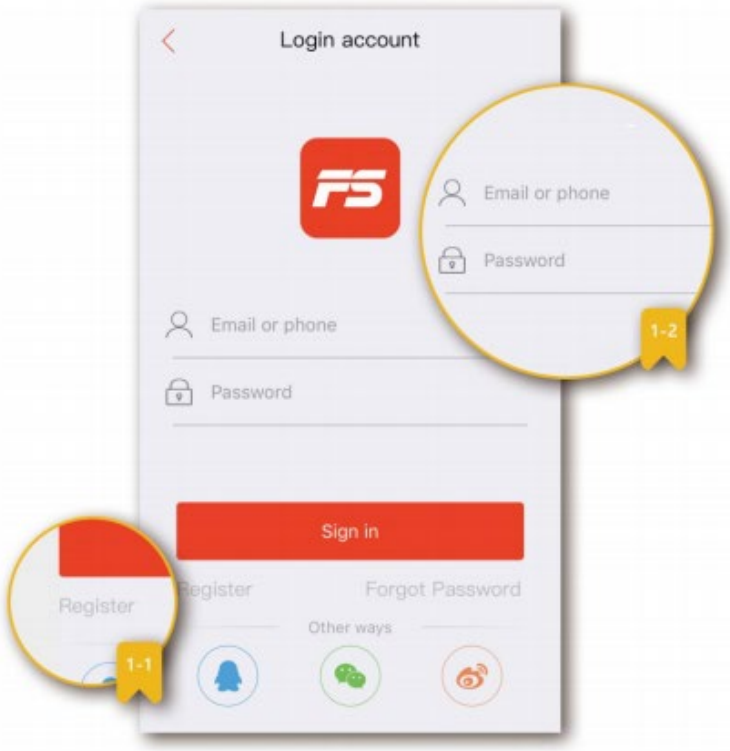
Scan the QR barcode to directly locate FitShow in the App Store on your device.

Note: In order to scan the QR Code,you must first download the QR READER App on your device. Available in both Apple Store & Google Play Store.

1. Create a user-name and password

For first time users, you must sign up for a username and password in order to save your personal workout history. If you've already registered, please enter your username and password to login.

Please register with an email address or phone number then select a username and password for your FitShow account.



2. How To Sync Device

2.1 Indoor

Enable Bluetooth on your device for indoor exercise. Simply click the red 'INDOOR' button and begin exercising and the FitShow App will record your workout progress.

NOTE: Click the blue 'OUTDOOR' button to access GPS mode, enabling you to continue tracking you workout history while running outdoor.



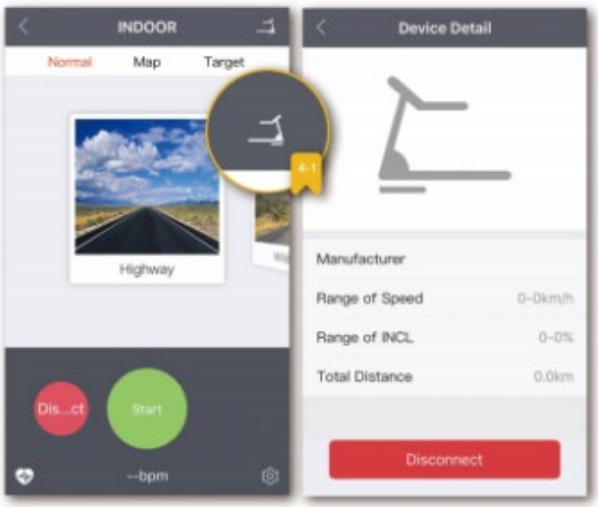
2.2 Connecting equipment

With Bluetooth enabled, it will automatically locate your device. Connect to the corresponding device to ensure proper integration.



2.3 Connect Successfully

Once connected, if you click image of device, the Device Details will appear, displaying the obtainable range of specifications.



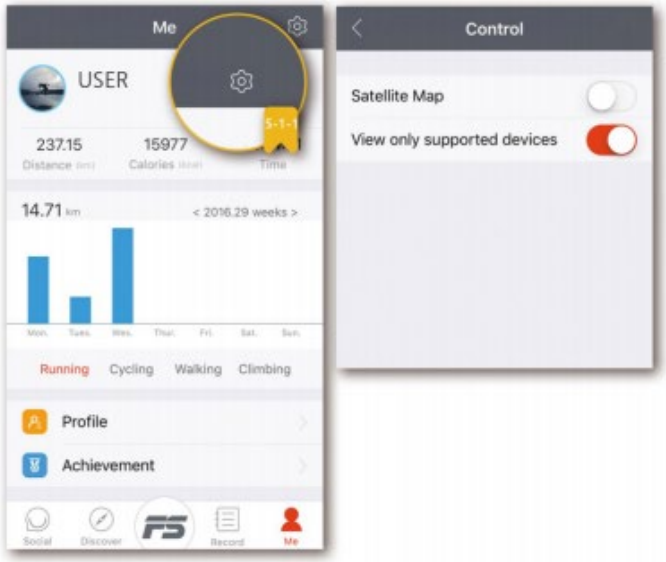
3. Operational Instructions

3.1 Control settings

View Only Supported Devices:

Only related fitness equipment will be shown when synced with Bluetooth.

- To change other settings, follow these instructions:
- Click 'ME' located on the bottom right.
- Click 'Settings' on the bottom and click 'Enable Control'.



3.2 Select mode

Once connected, the App will display four modes , you can select one mode and click 'START' button to begin exercising.

WARNING: Move with caution while exercising and using the App as multitasking may be a distraction.



3.3 Start exercise

Once you begin exercising, your workout progress of Time Elapsed, Calories Burned, Distance Traveled, Steps Per Minute, Heart BPM, Average Speed, and Average Pace will be displayed. Once you've completed your workout, hit the 'STOP' button and the FitShow will save this record in your workout history.

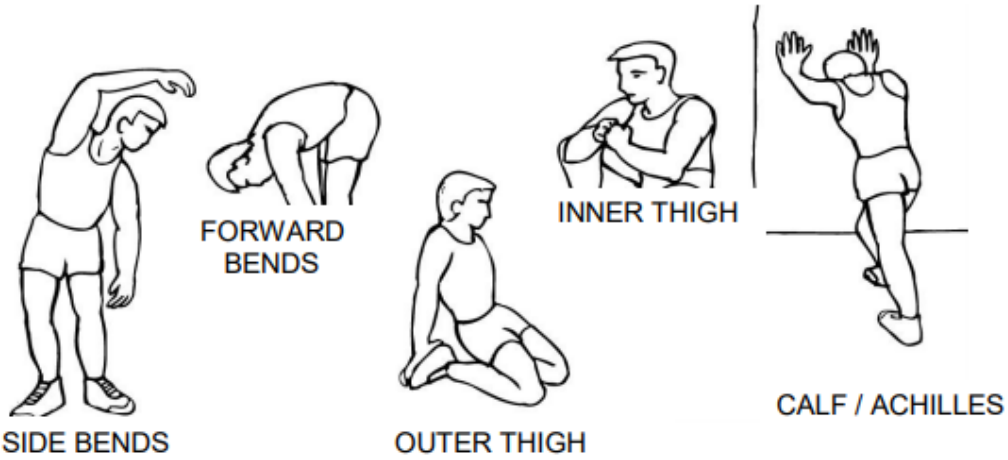


EXERCISE GUIDELINES

Using your **walking treadmill** will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

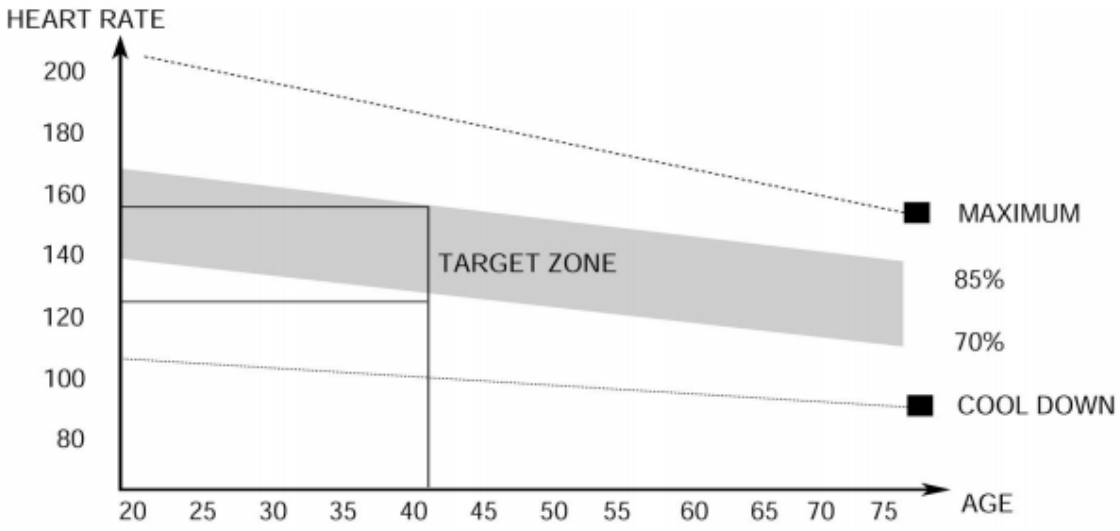
1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

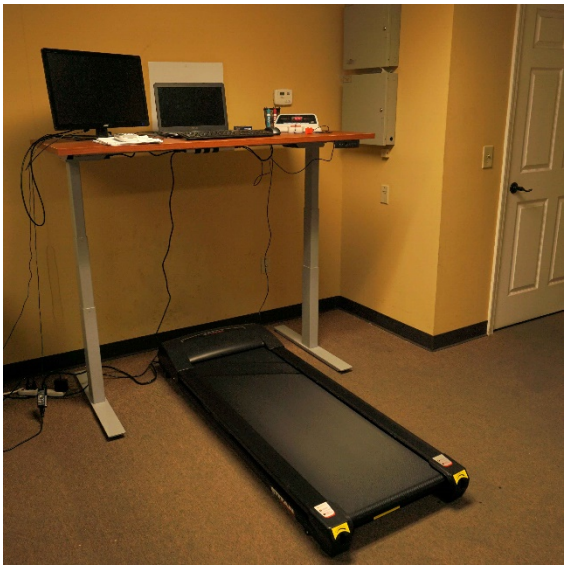
This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.
As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your **TITAN walking treadmill** you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.



This concludes the UDWALK.2 Owner's Manual.

If applicable to your product, make sure to tighten all nut-and-bolt combinations before use.

Enjoy!

DISCLAIMER

This equipment must be used with care by capable and competent individuals under supervision, if necessary.

The use of any fitness equipment, including this one, involves the potential risk of injury. You accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur, and you fully and forever release and discharge Titan, its insurers, employees, officers, directors, associates, and agents from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out of the use of said equipment.

TITAN MAKES NO WARRANTY WHATSOEVER WITH RESPECT TO THE EQUIPMENT, INCLUDING ANY WARRANTY OF MERCHANTABILITY OR WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE, WHETHER EXPRESS OR IMPLIED BY LAW, COURSE OF DEALING, COURSE OF PERFORMANCE, USAGE OF TRADE OR OTHERWISE. BUYER ASSUMES ALL LIABILITY IN USE OF THE EQUIPMENT.

NEED HELP?

CONTACT US FIRST.

1 (800) 605-8241

info@titandistributorsinc.com / www.titan.fitness

Business Hours: Monday–Friday • 8:00 a.m.–5:00 p.m. (CT)