

AMILA®

# KALOS F300PI

(Code: 92234)

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Assembly instructions & User manual



IN ORDER FOR THE WARRANTY TO BE VALID,  
PLEASE, BEFORE YOU BEGIN  
ASSEMBLING AND USING THE TREADMILL,  
READ THIS INSTRUCTIONS.

- ▶ Assemble and operate the treadmill on a solid, level surface
- ▶ Keep the area behind the treadmill clear
- ▶ The treadmill running mat will not stop immediately if any object becomes caught in the mat or rollers-IN EMERGENCY: Pull the safety key cord to remove safety key
- ▶ Always check the treadmill before using it
- ▶ Make sure all parts are assembled, nuts and bolts are tightened
- ▶ Do not use the treadmill if the unit is disassembled in any way
- ▶ When connecting the power cord, plug the power cord into a grounded circuit. No other appliance should be on the same circuit. Do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.
- ▶ Keep hands away from moving parts
- ▶ This equipment is for home use only. Never allow more than one person on the treadmill at a time.
- ▶ Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals. Do not wear shoes with leather soles or high heels. Tie all long hair back
- ▶ Do not rock the unit from side to side
- ▶ Don't continuously use this equipment over an hour.
- ▶ Care should be taken when mounting and dismounting the unit
- ▶ Do not place any liquids on any part of the treadmill
- ▶ To prevent shock, keep all electric components, such as the motor cord and switch away from water.
- ▶ Do not use any accessories that are not specifically recommended by the manufacturer, these might cause injuries or cause the unit to fail
- ▶ Work within your recommended exercise level, do NOT work to exhaustion
- ▶ If you feel any pain or abnormal systems STOP YOUR WORKOUT IMMEDIATELY and consult your physician immediately
- ▶ Turn off the treadmill while adjusting or working near the rear roller.
- ▶ Keep one side of the magnetic safe key CLIPPING your clothes during exercising to avoid danger happening.
- ▶ Incorrect or excessive training may lead injuries.
- ▶ This equipment is not suitable for therapeutic purposes.
- ▶ Don't open this equipment cover to avoid damage usually.
- ▶ Ensure the load place is level and free space at least 1m around for safe operation.
- ▶ This equipment is not a toy. Please keep unsupervised children away from the equipment during use and when equipment is unattended

# Kalos F300PI User Manual

CONGRATULATIONS for the choice you have made. You have made the first step to follow an exercise program. Your treadmill is an effective means to accomplish your personal fitness goals. The regular use of the treadmill will surely help you improve your life in many aspects. Full knowledge of these instructions will help you to:

- Gain as much as possible from using it.
- Keep your treadmill in good condition for as much as possible.
- Use it in a safe way, without problems and injuries.

## KEEPING THE TREADMILL IN PRIME CONDITION

### *Lubrication - Cleaning - Checking*

- ◆ ELDICO S.A. recommends to lubricate the treadmill once per week or every 10 hours of use. Make sure you don't over-lubricate it, because then the belt will slip. On the other hand, if you don't lubricate it, your risk destroying the motor. ELDICO S.A recommends using AMILA brand lubricant, made of special long-lasting synthetic American lubricants which are immediately absorbed by the deck and don't drip outside, thus dirtying the floor.
- ◆ We place lubricant only between the deck and belt, thus reducing the friction and increasing the life span of the motor. The bearings and rollers are sealed and need not be lubricated.
- ◆ The treadmill should be cleaned using a soft damp cloth, without any detergents.
- ◆ Once a week clean the area underneath the treadmill because dust might short-circuit the electronic components
- ◆ Once per month you must check all bolts, wheels and supports and tighten accordingly.
- ◆ Every 3 months check the drive belt connecting the motor with the front axle. It must not be loose. You must NOT lubricate it.
- ◆ Twice per year use a soft dry cloth to clean the hydraulic tube and then lubricate it.

### *Keep away from moisture*

- ◆ Never use or store the treadmill outside or in a place with humidity or water vapors.
- ◆ When exercising, please wipe your sweat because, when sweat drips on the belt, it corrodes the belt, screws, drive belt, motor and the console.

### *Do not stand on the belt*

Before starting your exercise, do not stand on the belt; it is dangerous and may damage the motor. Place your feet on the side rails, start the treadmill and then jump on the belt. You must also start the treadmill on the lowest speed setting, being usually 1km/hr, but then quickly increase the speed to at least 3km/hr. The ideal speed is somewhere between 4,5 and 9km/hr.

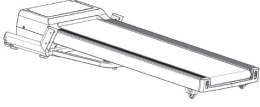
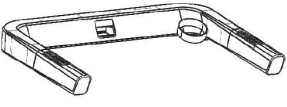
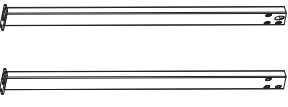







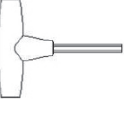
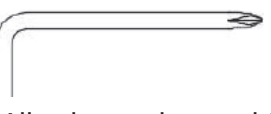

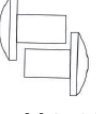
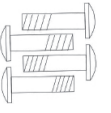
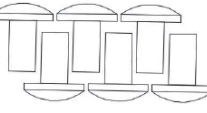
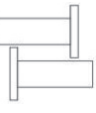
### *Cleaning the treadmill*

Regularly clean the treadmill using a soft damp cloth. Never use detergents and vacuum underneath.

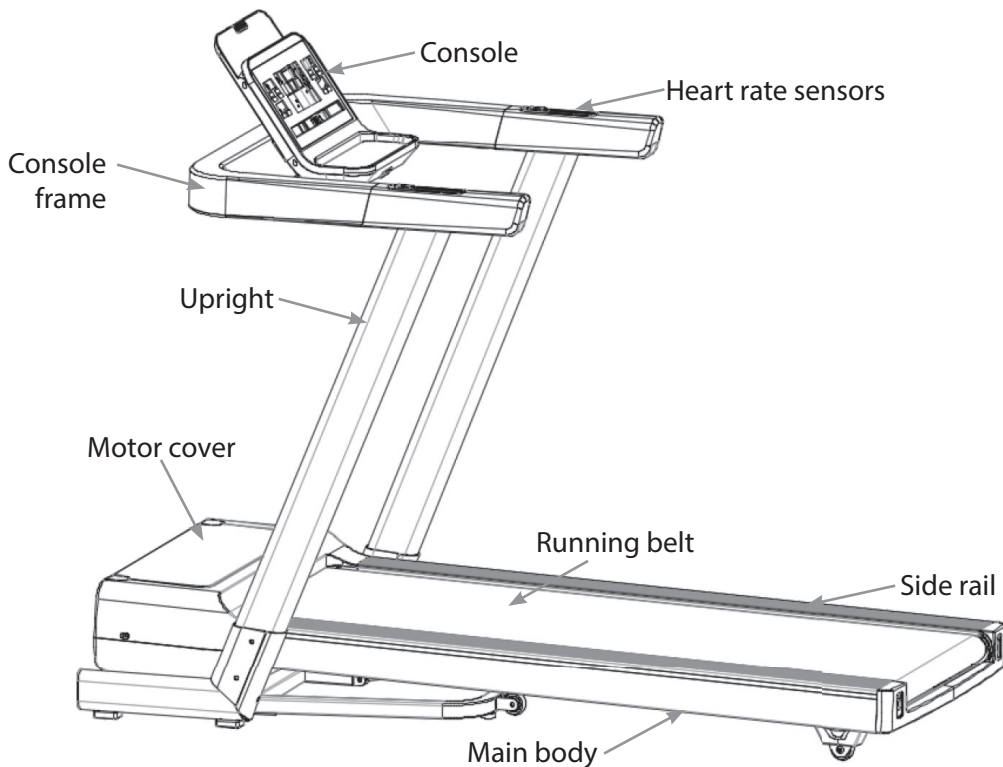
**ATTENTION:** Please be careful when opening this unit.

## PARTS LIST

Assembling the treadmill is quick and simple. Please, before beginning, check carefully for missing parts and call the service if so.

 #1. Main body	 #2. Console frame	 #3-4. Uprights	 #5. Console cover
 #6. Upright's covers	 #7. Console	 #8. Console base	 #9. Safety key
 #10. Bottle holder	 #11. Allen key 6x35x80	 #12. Allen key 6x80	
 #13. Allen key and screwdriver 5x30x86S	 #14. Bolts M5x20 (4 pcs)	 #15. Bolts M4x10 (2 pcs)	
 #16. Bolts M8x50x20 (4 pcs)	 #17. Bolts M8x15 (6 pcs)	 #18. Bolts M8x22 (2 pcs)	

## BRIEF DESCRIPTION OF THE TREADMILL

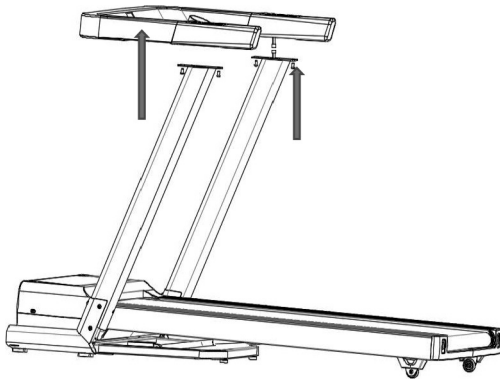
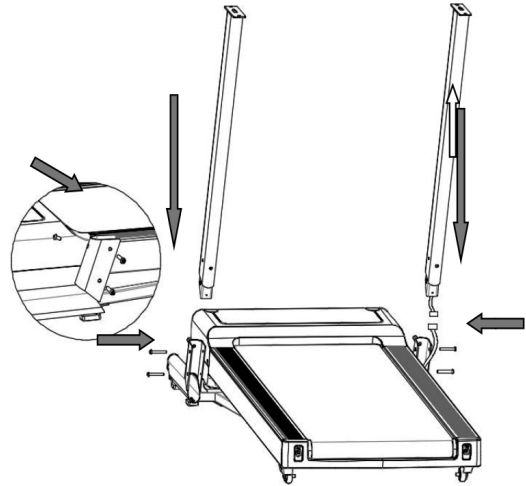


## ASSEMBLY INSTRUCTIONS

Please note that for safety purposes, 2 people are required for assembling the treadmill.

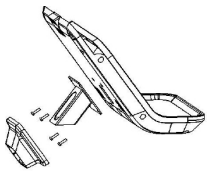
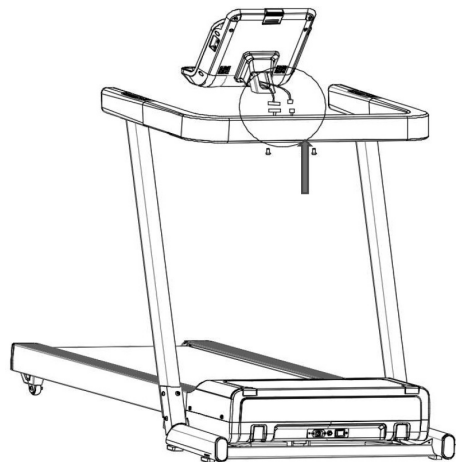
### Step 1

Take the treadmill out of the box and place it on the floor. First connect the communication wire of the right upright post (4) with the communication wire of the base frame (1), then put the right upright post in the corresponding position of the base frame according to the picture, and lock it with 2pcs M8×35 bolts (16) from the outside and 1pc M8×15 bolt (17) from the front (see inner/smaller diagram). The left upright post shall be assembled in the same way as the right upright post.



### Step 2

Connect the communication wire of the right upright post (4) with the one on the bottom of the console frame (2), place the console frame on the uprights and secure it with 4pcs M8×15 bolts (17).

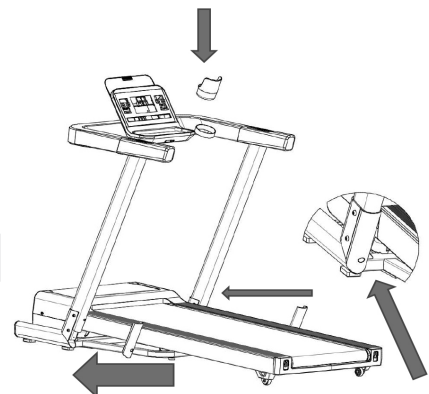


### Step 3

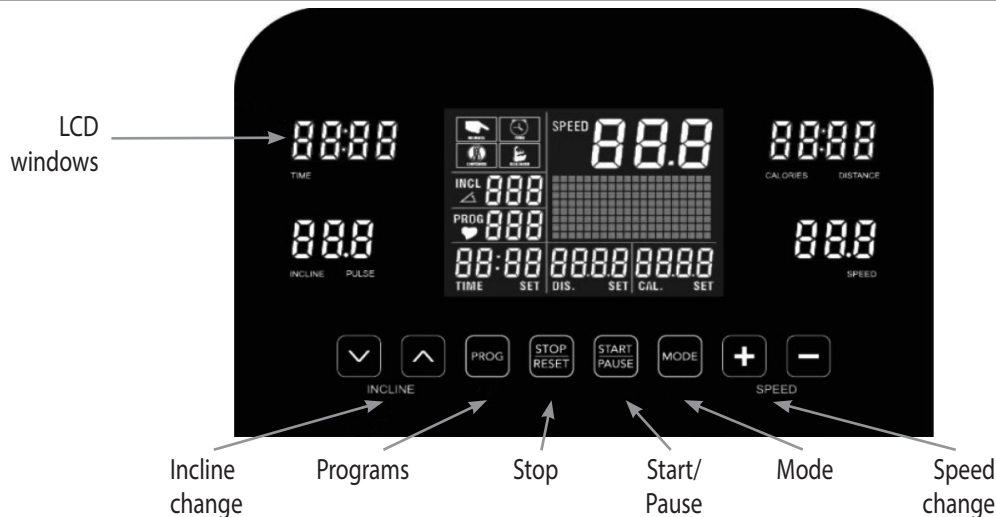
Secure the console base (8) to the back of the console (7) using 4pcs M5×20 bolts (14), then put the console cover (5) on the console (7), connect the communication wires of the console frame (2) and console (7) and secure the console base (8) on the console frame (2) with 2pcs M8×22 bolts (18).

### Step 4

Finally, insert the left and right base frame covers (6) on the left and right upright post respectively and secure them with 2pcs M4×10 screws (15). Also place the bottle holder (10) in its place.



## USING THE TREADMILL



### To begin with

Connect the treadmill to a grounded power socket, connected to a 16-25 Ampere fuse, press the power button and put the safety key in place.

### Console windows

- SPEED: Your current speed, 1-20 kms/hr.
- TIME: How much time you have been exercising.
- DISTANCE: The distance you have covered.
- CALORIES: The calories you have burnt.
- PULSE: Your current hear rate. Simply hold both heart rate sensors on the handgrips steadily and tight and, in a few seconds, you will see the measurement displayed on the screen.
- INCLINE: The deck's incline, 0-12%.

### Buttons

- Incline ▲/▼: Used to change the incline.
- Speed +/-: Adjust the speed, except when the treadmill is stopped, when they are used to modify values on the console.
- PROG (program): With the treadmill stopped, choose the desired program (manual = P0, ready made P1~P36) or measuring your body mass index (BMI).
- MODE: During the manual program, you can choose the parameter according to which you will exercise (time, calories or distance); otherwise, all values perform a count-up.
- STOP: While exercising, fully stop (slowly) and end your exercise.
- START/PAUSE: Temporary pause exercising, meaning that, after the treadmill slowly stops, you may press it again in order to continue exercising, all the values on the console the same as they were.

### Safety key

The clamp on one side should be attached to your clothes, whereas the other magnetic part to be placed on the receptacle on the treadmill. If, while exercising, you trip and/or fall, the treadmill will stop immediately to reduce the chances of having an accident. If you remove the safety key, you will hear 3 beeps and see "E7" displayed on the console. Replace it and the treadmill will be ready for use, but all the values will be reset.

## Conversion between kilometers and miles

The distance measurement unit may be changed while the treadmill is stopped, by removing the safety key and keeping both PROGRAM and MODE buttons pressed for a few seconds, until you see the relevant value ("M" for miles or "KM" for kilometers).

## PROGRAMS

This treadmill comes with 1 manual program, 36 ready-made and 1 Body Mass Index measurement. When you insert the safety key (which other's end you will attach to your clothes before you begin exercising), all values will reset and the treadmill will be ready to use in the manual (P0) mode.

Using this mode, speed and incline are modified by the user. The values of time, distance and calories perform a count-up. You may use one of these values as a target for your exercise. This is achieved by utilising the MODE button, which, if you press

- 1 time:** The Time window flashes, you choose the desired time you want to exercise using the +/- buttons and press START.
- 2 times:** Change the values in the Distance window according to the distance you want to cover; do it using the +/- buttons and pressing START.
- 3 times:** The Calories window flashes, expecting you to insert the number of calories you want to burn while exercising using the +/- buttons and pressing START.
- 4 times:** You have returned to the default state, the no-targets-defined manual program.

## Ready-made program's description

The speed and incline are automatically adjusted when using these programs, you only enter the time you want to exercise (5-99 minutes) and press START. You will see a 5 second countdown and the treadmill will start. The total duration of the program (the value you have set) is divided in 10 segments, where each segment has its own values for speed/incline. You can change the speed/incline any time, but the change will be reset to the auto value when the next segment begins. You will hear an audio alert 3 seconds before the segment change.

Remember that the STOP button terminates your exercise, while the START/PAUSE button allows you to temporarily pause exercising (e.g. to answer the phone), resuming the exercise by pressing it once more, all the values continuing from the values they had before pausing.

The following table illustrates the default values for speed/incline of the 36 programs:

Program \ Segment		Segment															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	Speed	1	3	3	7	7	5	5	5	7	7	5	5	5	5	3	2
	Incline	2	2	6	6	8	8	6	6	4	4	4	6	6	2	2	2
P2	Speed	2	3	3	6	5	5	8	5	5	6	8	8	8	5	4	3
	Incline	3	3	9	9	9	2	2	8	8	4	1	1	4	4	4	4
P3	Speed	2	3	5	5	7	7	8	5	5	6	8	8	8	5	4	3
	Incline	1	2	3	4	5	5	7	7	4	4	4	4	6	3	2	2
P4	Speed	2	2	3	5	5	5	8	8	8	8	5	5	5	3	3	2
	Incline	3	3	6	6	6	9	9	9	9	9	9	6	6	6	2	2
P5	Speed	3	4	5	6	7	8	9	10	10	10	9	8	7	5	4	3
	Incline	2	2	4	4	8	8	6	6	6	6	8	7	6	5	1	1
P6	Speed	3	4	5	5	6	6	7	7	7	9	9	10	10	11	5	3
	Incline	1	8	8	8	8	8	7	7	7	7	7	5	5	3	3	1
P7	Speed	3	4	9	4	11	4	10	4	9	4	8	4	11	5	3	2
	Incline	1	1	4	4	4	6	6	6	8	8	8	10	10	10	6	2
P8	Speed	3	5	8	3	5	7	9	3	5	7	10	3	5	7	11	5
	Incline	3	3	8	8	3	3	7	7	3	3	6	6	3	3	5	5

Program \ Segment		Segment															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P9	Speed	3	7	9	4	7	10	4	7	11	5	7	12	4	7	12	6
	Incline	3	6	6	3	7	7	3	8	8	3	9	9	3	3	7	7
P10	Speed	3	5	6	6	6	9	10	6	6	9	10	6	6	6	11	3
	Incline	2	7	7	7	5	5	5	8	8	8	8	8	8	4	4	4
P11	Speed	4	5	7	9	10	11	9	6	8	9	10	10	11	9	6	5
	Incline	1	6	6	6	3	3	3	7	7	4	4	4	4	6	6	6
P12	Speed	4	6	10	10	7	10	10	10	7	7	10	10	10	10	6	5
	Incline	3	8	8	6	9	9	5	5	8	8	8	4	4	4	4	4
P13	Speed	4	12	4	12	4	12	4	12	4	12	4	12	4	12	4	12
	Incline	4	8	10	12	4	8	10	12	4	8	10	12	4	8	10	12
P14	Speed	2	3	3	6	9	11	3	6	9	11	3	6	9	11	3	6
	Incline	5	9	11	12	5	9	11	12	5	9	11	12	5	9	11	12
P15	Speed	4	6	11	11	9	6	11	11	9	6	11	11	9	6	11	11
	Incline	2	3	4	5	6	8	7	8	8	7	7	6	5	4	3	2
P16	Speed	2	4	4	12	4	12	4	12	4	12	4	12	4	12	4	12
	Incline	2	4	5	6	2	4	5	6	2	4	5	6	2	4	5	6
P17	Speed	2	2	2	4	6	6	9	11	11	2	4	6	6	11	11	9
	Incline	2	4	6	8	10	12	12	12	12	12	12	10	8	6	4	2
P18	Speed	3	6	3	6	6	3	6	6	3	6	6	3	6	6	3	6
	Incline	2	6	8	2	6	8	2	6	8	2	6	8	2	6	8	2
P19	Speed	4	12	4	12	4	12	4	12	4	12	4	12	4	12	4	12
	Incline	10	8	6	4	10	8	6	4	10	8	6	4	10	8	6	4
P20	Speed	5	13	5	13	5	13	5	13	5	13	5	13	5	13	5	13
	Incline	12	8	2	12	8	2	12	8	2	12	8	2	12	8	2	2
P21	Speed	2	6	2	6	11	2	6	11	2	6	11	2	6	11	2	6
	Incline	12	9	3	12	9	3	12	9	3	12	9	3	12	9	3	3
P22	Speed	4	6	11	6	2	11	6	2	11	6	2	11	6	2	11	6
	Incline	2	4	10	2	4	10	2	6	12	6	8	12	6	8	12	2
P23	Speed	4	6	11	6	6	2	11	6	6	2	11	6	6	2	11	6
	Incline	2	3	4	5	6	6	7	8	10	11	12	12	12	12	10	2
P24	Speed	4	6	11	6	4	11	6	4	11	6	4	11	6	4	11	6
	Incline	4	4	5	6	7	8	10	10	12	12	12	12	12	12	10	2
P25	Speed	5	13	5	13	5	13	5	13	5	13	5	13	5	13	5	13
	Incline	5	9	11	12	5	9	11	12	5	9	11	12	5	9	11	12
P26	Speed	3	4	4	7	10	12	4	7	10	12	4	7	10	12	4	7
	Incline	6	10	12	12	6	10	11	12	6	10	12	12	6	10	12	12
P27	Speed	5	7	12	12	10	7	12	12	10	7	12	12	10	7	12	12
	Incline	3	4	5	6	7	9	8	9	9	8	8	7	6	5	4	3
P28	Speed	3	5	5	13	5	13	5	13	5	13	5	13	5	13	5	13
	Incline	3	5	6	7	3	5	6	7	3	5	6	7	3	5	6	7
P29	Speed	3	3	3	5	7	7	10	12	12	3	5	7	7	12	12	10
	Incline	3	5	7	9	11	12	12	12	12	12	12	11	9	7	5	3
P30	Speed	4	7	4	7	7	4	7	7	4	7	7	4	7	7	4	7
	Incline	3	7	9	3	7	9	3	7	9	3	7	9	3	7	9	3
P31	Speed	5	13	5	13	5	13	5	13	5	13	5	13	5	13	5	13
	Incline	11	9	7	5	11	9	7	5	11	9	7	5	11	9	7	5
P32	Speed	6	14	6	14	6	14	6	14	6	14	6	14	6	14	6	14
	Incline	12	9	3	12	9	3	12	9	3	12	9	3	12	9	3	3
P33	Speed	3	7	3	7	12	3	7	12	3	7	12	7	7	12	3	7
	Incline	12	10	4	12	10	4	12	10	4	12	10	4	12	10	4	4



Program	Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	P34	Speed	5	7	12	7	3	12	7	3	12	7	3	12	7	3	12
Incline		3	5	11	3	5	11	3	7	12	7	9	12	7	9	12	3
P35	Speed	5	7	12	7	7	3	12	7	7	3	12	7	7	3	12	7
	Incline	3	4	5	6	7	7	8	9	11	12	12	12	12	12	11	3
P36	Speed	5	7	12	7	5	12	7	5	12	7	5	12	7	5	12	7
	Incline	5	5	6	7	8	9	11	11	12	12	12	12	12	12	11	3

### User programs

After program P36 you will find the user programs (USER1-USER3) which you either use by pressing the START button or modify them by pressing MODE, adjusting the speed and incline for each segment and the pressing MODE again to move to the next segment. When you have adjusted all of them, press START to save the programs and begin using it.

### Body Mass Index

After the user programs, you will find the one that counts your Body Mass Index. In order to do so, you have to first supply some info about your body. The legend appears in the distance windows, whereas you change the value in the speed window:

**F1:** Sex (gender), where 1 is male and 2 female

**F2:** Your age

**F3:** Height in centimeters

**F4:** Weight in kilograms

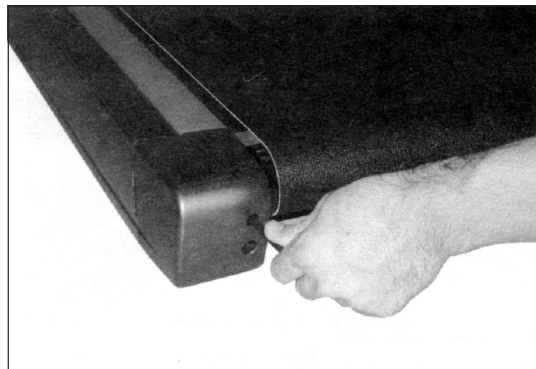
**F5:** Now hold the heart rate sensors steadily and tightly (but not too tight) and in about 8 seconds you will see the result of the calculations, where less than 19 is thin, 20-24 normal, 25-29 overweight and more than 30 obese.

## ADJUSTING THE BELT

### Centering the belt

If the running belt is not centred and rubs on the side rails or end caps:

- A)** Turn off the treadmill and remove the power cord from the socket.
- B)** Using an M6 Allen wrench, tighten the rear roller bolt. Do this on the bolt toward which the running belt is closer to.
- C)** Only turn the bolt by  $\frac{1}{4}$ , plug the cord, turn the treadmill on a slow speed. You should see the belt moving towards the centre.
- D)** Repeat the above procedure until the belt is at the centre of the deck.



### Tightening the belt

In order to tighten the belt turn BOTH rear roller bolts by  $\frac{1}{4}$  and then check if it is tight enough by walking on it, making sure that the belt neither slips or sticks while doing so. DO NOT OVERTIGHTEN IT, you might cause to premature damage to both the belt and the rollers.

In case you tighten the belt but it continues on slipping, the problem might be that another belt, this one between the front roller and the motor, is not tight enough. Do not attempt to tighten it yourself, this procedure must be performed by an authorised technician.

## LUBRICATION

Proper lubrication is absolutely crucial for the proper operation and durability of the treadmill.

### Checking

Lift the belt and feel the surface of the deck. If it feels dry, then you should lubricate it.

### How to lubricate

1. Lift one side of the belt.
2. Spray under the belt, from front to back.
3. Do the same thing on the other side.
4. Use on the treadmill on low speed (approximately 2,5-3km/hr) and try stepping on all parts of the deck in order to make sure that the lubricant has covered the whole surface.

**CAUTION:** Do not over-lubricate because the belt might slip. Wipe any lubricant that might have run off.



### Dosage

1. Spray two (2) times per side.
2. Lubricate after using the treadmill for 10 hours.
3. You will need approximately 2 spray bottles per year for about 360 hour of use.

## USING WITH TABLET/PHONE

**ZWIFT**



**kinomap**

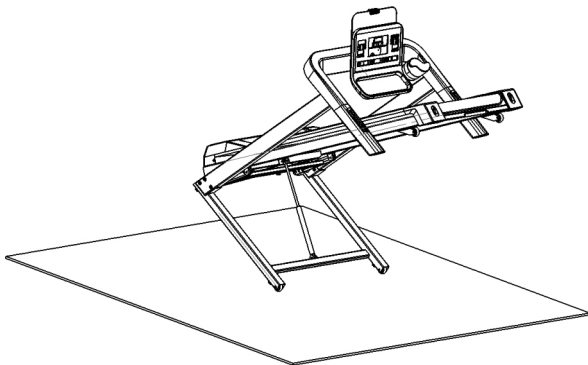


**AnyRun**



Connect to Apple Store or Google Play Store and download and install a compatible application as Kinomap, Zwift or AnyRun. Enable the Bluetooth function on your phone/tablet and follow the on-screen instructions to connect the application to the treadmill. In addition to this, the treadmill can also **reproduce music wirelessly via Bluetooth**. Activate the Bluetooth function on your mobile phone, search for the treadmill in the Bluetooth menu of your device and connect. Now your phone can stream music to the treadmill.

## FOLDING THE TREADMILL



- Stop the treadmill by pressing STOP.
- Decrease the incline to its minimum.
- Go behind the treadmill and, grabbing the back end with both hands, lift the deck until the linking part locks to the cylinder.

## UNFOLDING THE TREADMILL

- Before unfolding the treadmill, make sure you have placed it on flat ground, one meter away from a power socket, with plenty of empty space around.

- Hold the deck with both hands and use your foot to push the connection between the linking part and the cylinder so that it unlocks.
- Let the treadmill slowly descend to the ground. The movement will be slow due to the cylinder. You just wait, keeping a distance of one meter, until it fully unfolds.

## **MOVING THE TREADMILL**

Before moving the treadmill, make sure that the power cord has been removed from the socket and the treadmill if folded. Grab the back end of the deck with one hand and a handgrip with the other, and pull towards you so that the wheels on the back touch the ground. You can now easily move it wherever you want.

## WARM-UP EXERCISES

A proper workout consists of warm-up, aerobic exercise and relaxation. Repeat the program 2 or, preferably, 3 times a week, relaxing one day in between. After a few months you will be able to increase the frequency of your workouts to 4 or 5 times per week. Warming up should be a key part of your exercise, something not to be missed. It prepares your body for more strenuous exercises by warming and stretching your muscles, increasing blood circulation and heart rate and sending more oxygen to your muscles. Repeat these exercises after your workout to minimize muscle soreness. We suggest the following exercises:

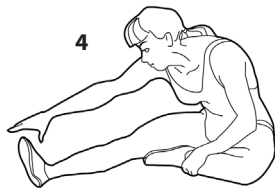
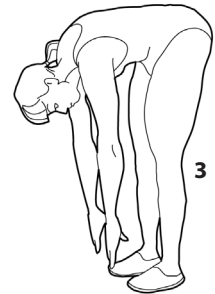


**1. Quadriceps stretch:** Lean against the wall using your right hand while bending your left leg backwards and holding it with the other hand. Try to bend the leg as much as you can. Hold this position for 15 seconds. Repeat for the right leg.



**2. Adductor exercise:** Sit down pulling your feet towards you, knees bent and the soles pressed together. Then use your elbows to press your knees towards the floor. Perform 15 repetitions.

**3. Touch the toes:** Bend your waist slowly forward with your knees slightly bent and your hands trying to grip the toes. Hold this position for 15 seconds.



**4. Biceps exercise:** Sit with your right leg outstretched towards the front and the left one tucked in with the sole touching the right leg. Lean forward trying to grab the toes of the outstretched foot. Perform 15 repetitions. Rest for a while and repeat with the other leg outstretched.

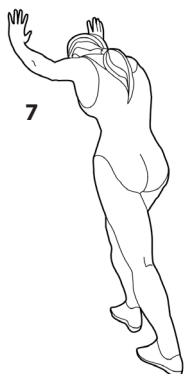
**5. Neck stretching (Head rolling):** Tilt your head to the right, feeling the stretching of the left side of the neck. Then tilt your head towards the other side. Finally, tilt the head once forward and once backwards.



**6. Shoulder lift:** Raise your right shoulder as close as you can to your ear. Repeat with the left shoulder. This exercise should be performed at a slow pace.



**7. Tension of the Achilles tendon:** This exercise is performed by leaning on a wall, which you press with your hands. The right foot should be bent at the knee and the left one stretched backwards, the soles of both feet touching the ground. Repeat the exercise by reversing the feet.



**8. Side stretching:** Stretch your hands upwards and try to lift your left outstretched hand as high as possible, so that you feel your left side being pulled. Repeat for the right hand.



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