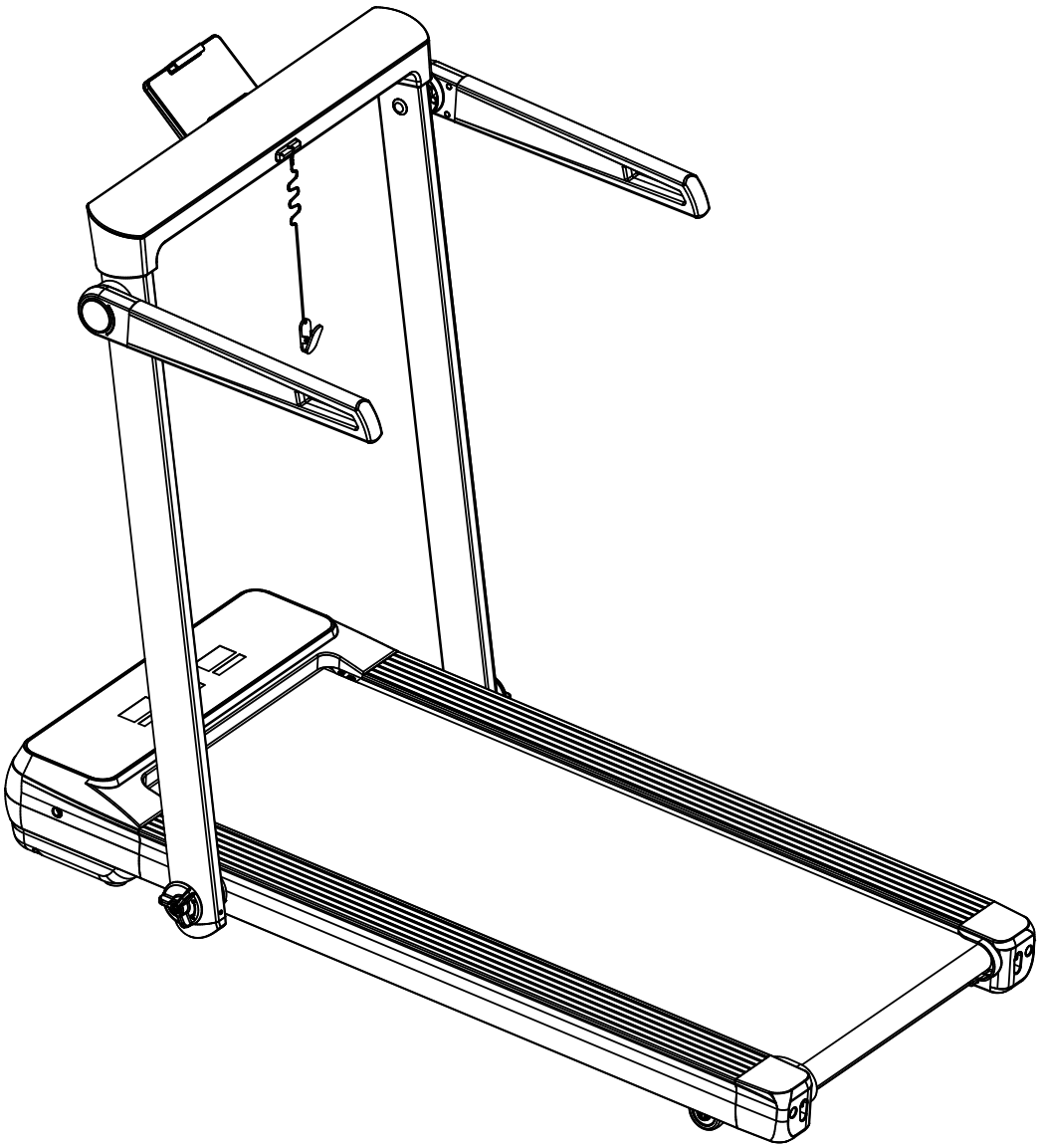
KETTLER

ASSEMBLY AND OPERATING INSTRUCTIONS



max. 100 kg

~ 5 Min.

35 kg

L 126 | W 76 | H 109

FSKTM2027100.01.02

Art. No. K-TM2027-100

ALPHA WALK 200

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Dear customer,
Thank you for choosing a Kettler fitness device. Kettler Sport represents tradition, durability, and quality like no other home fitness brand. Classic home trainers such as the Golf have accompanied users for decades. At the same time, Kettler stands for innovation and continuously develops thoughtful solutions, particularly in usability and training comfort.
Kettler Sport provides everything you need for successful training at home: cardio and strength equipment, as well as a wide range of fitness accessories.

Further information can be found at www.fitshop.com/kettler.

Intended Use

The equipment may only be used for its intended purpose.

The equipment is only suitable for home use. The equipment is not suitable for semi-professional (e.g. hospitals, associations, hotels, schools, etc.) and commercial or professional use (e.g. fitness studios).

Legal Notice

Fitshop GmbH
Europe's No. 1 for home fitness

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Disclaimer

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Product and manual are subject to change. Technical data can be changed without advance notice.

FITSHOP

Europe's No.1 for Home Fitness

ABOUT THIS MANUAL

Please carefully read the entire manual before installation and first use. The manual will help you to quickly set up the system and explains how to safely use it. Make sure that all persons exercising with the equipment (especially children and persons with physical, sensory, mental or motor disabilities) are informed about this manual and its contents in advance. In case of doubt, responsible persons must supervise the use of the equipment.

Due to ongoing changes and software optimisations, the manual may have to be updated. If you notice any discrepancies during assembly or use, please refer to the manual uploaded to the webshop. The latest manual is always available there.



This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to carefully follow the instructions and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Training devices must be classified according to accuracy and use. Accuracy classes are only applicable to devices that display training data.

Accuracy classes

Class A: high accuracy.
Class B: medium accuracy.
Class C: low accuracy.

The use classes explain the intended use of the training device.

Use classes

Class S (studio): professional and/or commercial use.
These training devices are intended for the use in training rooms of facilities such as sports clubs, school facilities, hotels, clubs and studios whose access and supervision is specifically regulated by the owner (person with legal responsibility).

Class H (home use): use at home.
These stationary training devices are intended for the use in private homes where access to the training device is regulated by the owner (person with legal responsibility).

Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The following safety instructions may appear in this manual:

► **ATTENTION**
This notice indicates potentially hazardous situations which, if not avoided, may result in property damage.

⚠ **CAUTION**
This notice indicates potentially hazardous situations which, if not avoided, may result in slight or minor injuries!

⚠ **WARNING**
This notice indicates potentially hazardous situations which, if not avoided, may result in death or serious injuries!

⚠ **DANGER**
This notice indicates potentially hazardous situations which, if not avoided, will result in death or serious injuries!

ⓘ **NOTICE**
This notice indicates further useful information.

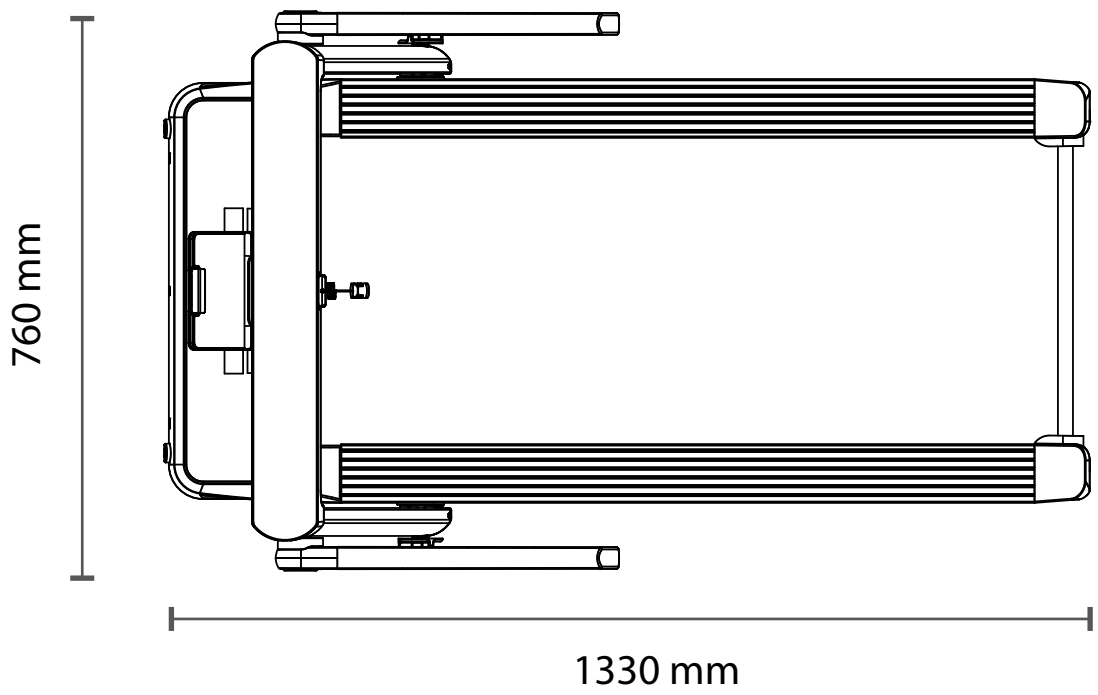
Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

1.1 Technical Data

Weight and Dimensions	
Product Weight (Gross, Including Packaging)	40.5 kg
Product Weight (Net, Excluding Packaging)	34.8 kg
Packaging Dimensions of Cartons (L x W x H)	142 cm x 76.2 cm x 19 cm
Setup Dimensions (L x W x H)	126 cm x 76 cm x 109 cm
Folded Dimensions (L x W x H)	133 cm x 76 cm x 16 cm
Running Belt	
Running Belt Thickness	1.4 mm
Running Deck	15 mm
Running Belt Dimensions in cm (L x W)	105 cm x 42 cm
Maximum Load	
Maximum User Weight	100 kg
Technical Specifications	
Power Supply	Mains Supply
Motor Type	Brush Motor
Motor Power	1.5 PS
Console Data	
Display	Speed
	Distance
	Calories
	Time
	Steps
Display-type	LED
Motor Data	
Minimum Speed	1 km/h
Maximum Speed (Treadmill Mode)	8 km/h
Maximum Speed (Walking Pad Mode)	6 km/h
Speed Increment	0.1 km/h

Program Overview	
Quick Start	1
Preset Programmes	15
User-Defined Programmes	3
Other Data	
Use Class	H

1.2 Technical Drawings



1.3 Personal Safety

⚠ DANGER

+ Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.
+ Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.
+ The owner must communicate all warnings and instructions to the user.

⚠ WARNING

+ This equipment may not be used by children under the age of 14.
+ Children should not be allowed unsupervised access to the equipment.
+ Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
+ The equipment is strictly for use by one person at a time.
+ If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
+ If an emergency occurs and training has to be stopped abruptly, pull out the safety key, grab both handles, jump onto the side rails and wait until the treadmill has come to a complete stop.
+ Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
+ During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.

⚠ CAUTION

+ If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
+ Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.
+ Be aware that if adjustment devices are left protruding, they may impede the user's movement.
+ The safety level of the appliance can only be maintained if it is regularly checked for damage and wear.

► **ATTENTION**

+ Do not insert any objects of any kind into the openings of the device.
+ To protect the equipment from use by unauthorised third parties, always remove the power cable (if existing) when not in use and store it in a safe place that is inaccessible to unauthorised persons (e.g. children).

1.4 Electrical Safety

⚠ **DANGER**

+ In order to reduce the risk of an electric shock, always unplug the equipment from the mains socket immediately after your workout, before assembly or dismantling, and before maintenance or cleaning. Do not pull on the cable.

⚠ **WARNING**

+ Do not leave the equipment unattended while the mains cable is plugged into the mains socket. During your absence, the mains cable must be removed from the mains socket to prevent improper use by third parties or children.
+ If the mains cable or plug is damaged or defective, contact your contract partner. Until repair, the equipment must not be used.

► **ATTENTION**

+ The equipment requires a mains connection of 220-230 V with 50 Hz mains voltage.
+ The equipment may only be connected directly to an earthed socket using the supplied mains cable. Extension cables must conform to VDE guidelines. Always completely unwind the mains cable.
+ The socket must be protected by a fuse with a minimum fuse rating of "16 A, slow blow".
+ Do not make any changes to the mains cable or the mains plug.
+ Keep the mains cable away from water, heat, oil and sharp edges. Do not route the mains cable underneath the equipment or under a carpet or rug, and do not place any objects on top of it.
+ If your purchased item is equipped with a TFT console, software updates must be carried out regularly. Follow the instructions on the console to perform the update(s).
+ The software systems on gym equipment with TFT consoles are set up only for the pre-installed apps. Do not install any additional apps.

ⓘ **NOTICE**

+ The pre-installed apps on TFT consoles are produced and provided by external manufacturers. Fitshop does not take any responsibility for the availability, functionality or contents of these apps.
+ Hereby, Fitshop GmbH declares that the radio equipment type Wireless Connection (2.402 – 2.480 GHz) complies with Directive 2014/53/EU. The full text of the EU Declaration of Conformity is available at the following website: www.fitshop.com.

1.5 Set-Up Place

⚠ **WARNING**

+ Do not place the equipment in main corridors or escape routes.

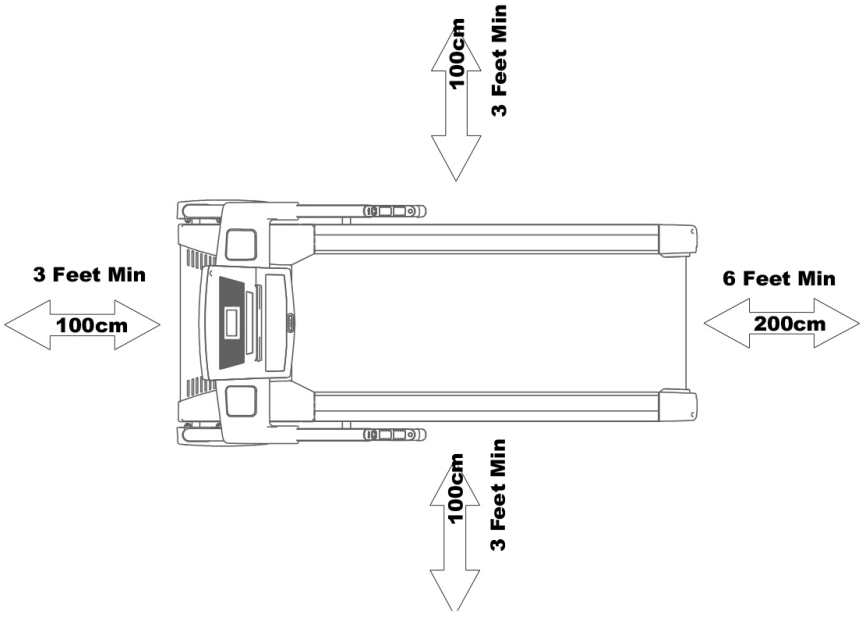
⚠ **CAUTION**

+ Make sure that there is a safety area behind the treadmill with a length of at least 2 m and a width at least equal to the width of the treadmill.
+ The training room should be well ventilated during training and not be exposed to any draughts.
+ Choose the place in which to set up the equipment such that there is enough free space/ clearance to the front, the rear and to the sides of the equipment.
+ The free area in the direction from which the exercise equipment is accessed must be at least 0.6 m larger than the exercise area.
+ The set-up and mounting surface of the equipment should be flat, loadable and solid.

► **ATTENTION**

+ The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.
+ A floor protective mat/equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.
+ For Class S equipment, the exercise equipment may only be used in areas where access, supervision and control are specifically regulated by the owner.

Recommended free zone:



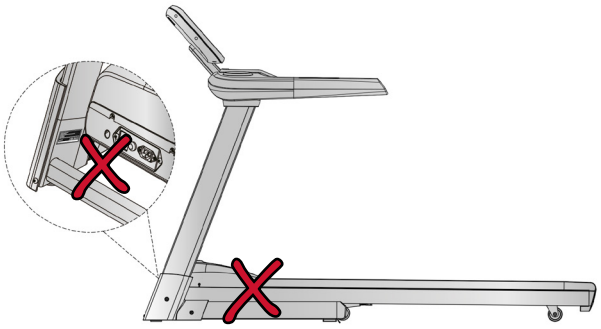
2.1 General Instructions

⚠ DANGER

+ Do not leave any tools, packaging materials such as foils or small parts lying around, as otherwise there is a danger of suffocation for children. Keep children away from the equipment during assembly.

⚠ WARNING

+ Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.



⚠ CAUTION

+ Ensure to have sufficient room for movement in each direction during assembly.
+ The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of a third technically skilled person.

► ATTENTION

+ To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.

ⓘ NOTICE

+ In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
+ Ideally, assemble the equipment at its later set-up place.

2.2 Scope of Delivery

⚠ **WARNING**
There is a transportation lock that prevents the treadmill from opening during transport. This transportation lock must be removed before assembly.

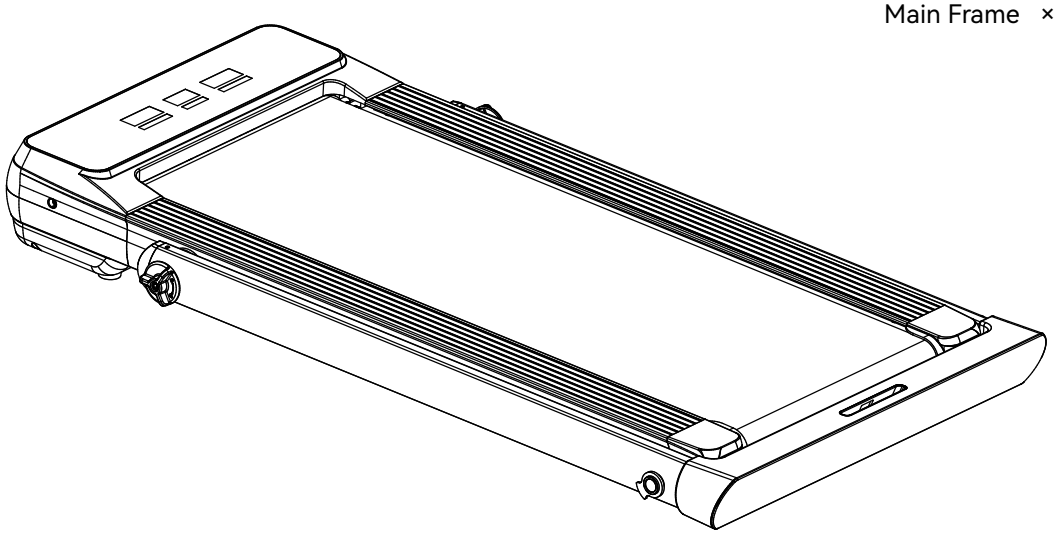
The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.

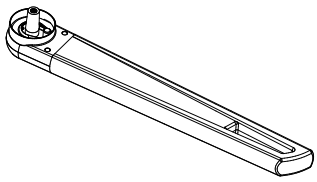
⚠ **CAUTION**
If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.

ⓘ **NOTICE**
Battery is not included in the scope of delivery. The following batteriy is required: CR2032 button cell battery

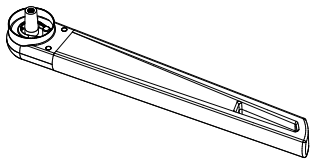
ⓘ **NOTICE**
Required tools: Allen Key (6 mm)

Main Frame × 1

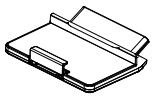




Left armrest rubber grip×1



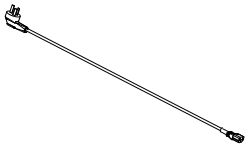
Right armrest rubber grip×1



Phone Stand×1



Safety Lock



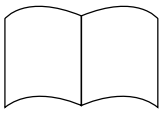
Power Cord×1



Remote Control×1



Silicon Oil×1



User Manual



Bolt M8×20



Spring Washer ø8×2



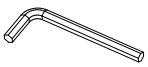
Washerø8×2



Nylon Washer ø8×2



Handrail Cap ø22×2



Allen Wrench 6mm×1

2.3 Assembly

Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

ⓘ **NOTICE**

+ First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
+ Do not tighten the screws and bolts with excessive force as they could be damaged.
+ If you have difficulty recognising the graphics, we recommend that you open and/or download the PDF instructions stored in the webshop on your end device (e.g. smartphone, tablet or PC). There you have the option of zooming in closer. Please note that the Adobe Acrobat Reader programme must be installed on your end device in order to open the file.

Step 1: Assemble the Handrails

Required Tool: Allen Wrench (6 mm)

1. Attach the handrails (20, 32) to the treadmill with one bolt (21), one spring washer (23), one washer (64) and one nylon washer (22) each.

Figure 1

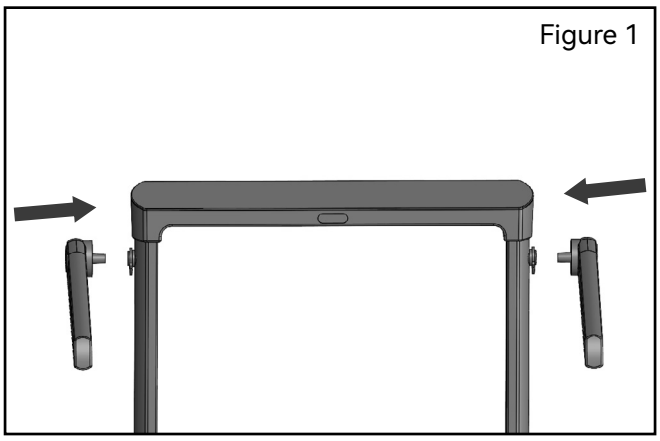
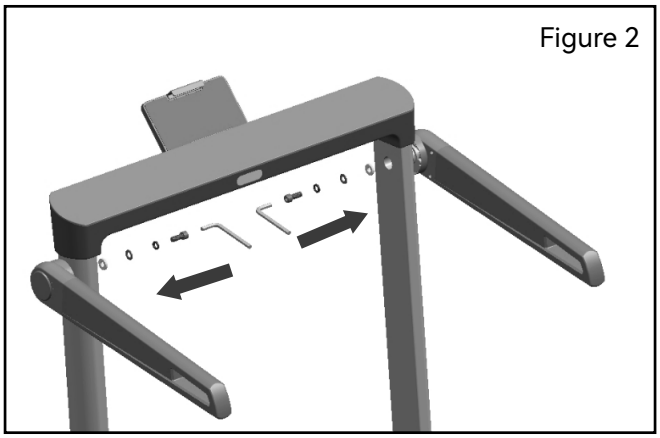


Figure 2



Step 2: Secure the Handrails

Required Tool: Allen Wrench (6 mm)

1. Secure the handrails (20, 32).
2. Attach one cap (56) to each bolt.

→ ***The equipment is assembled.***

Figure 3

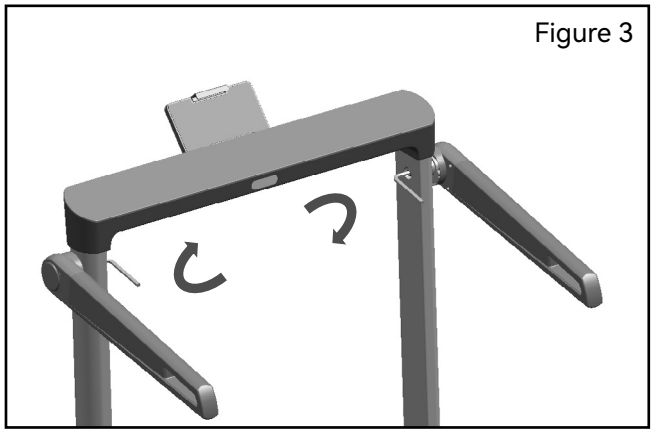
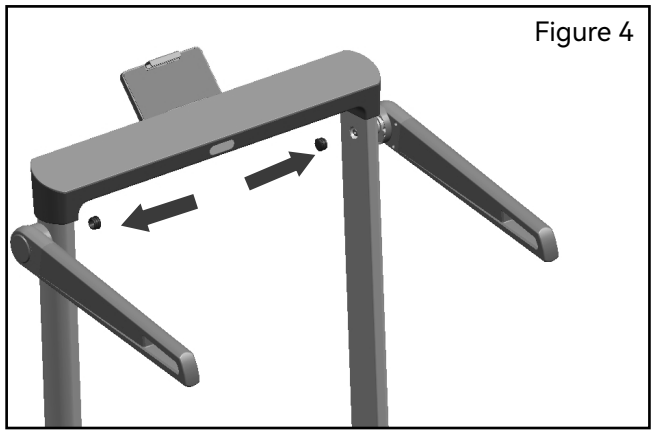
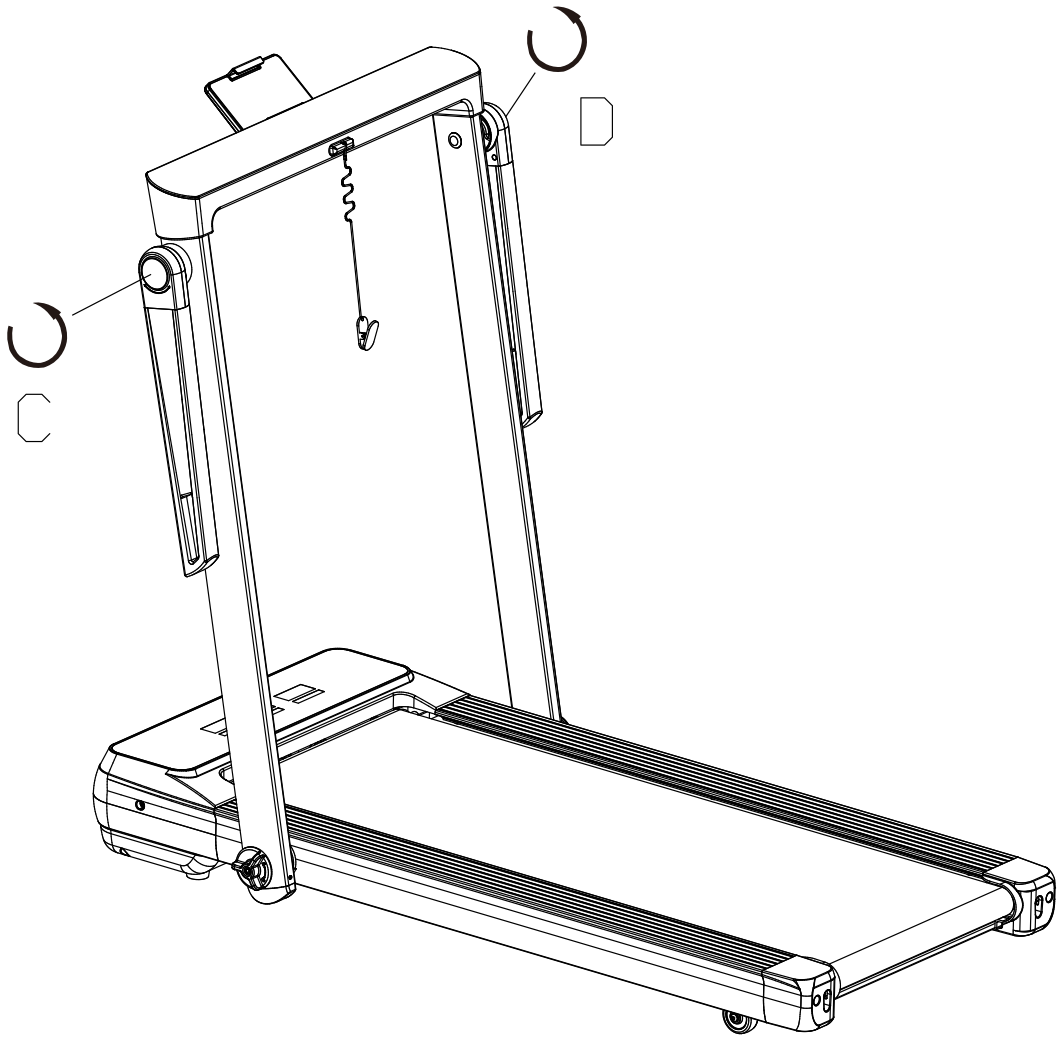


Figure 4



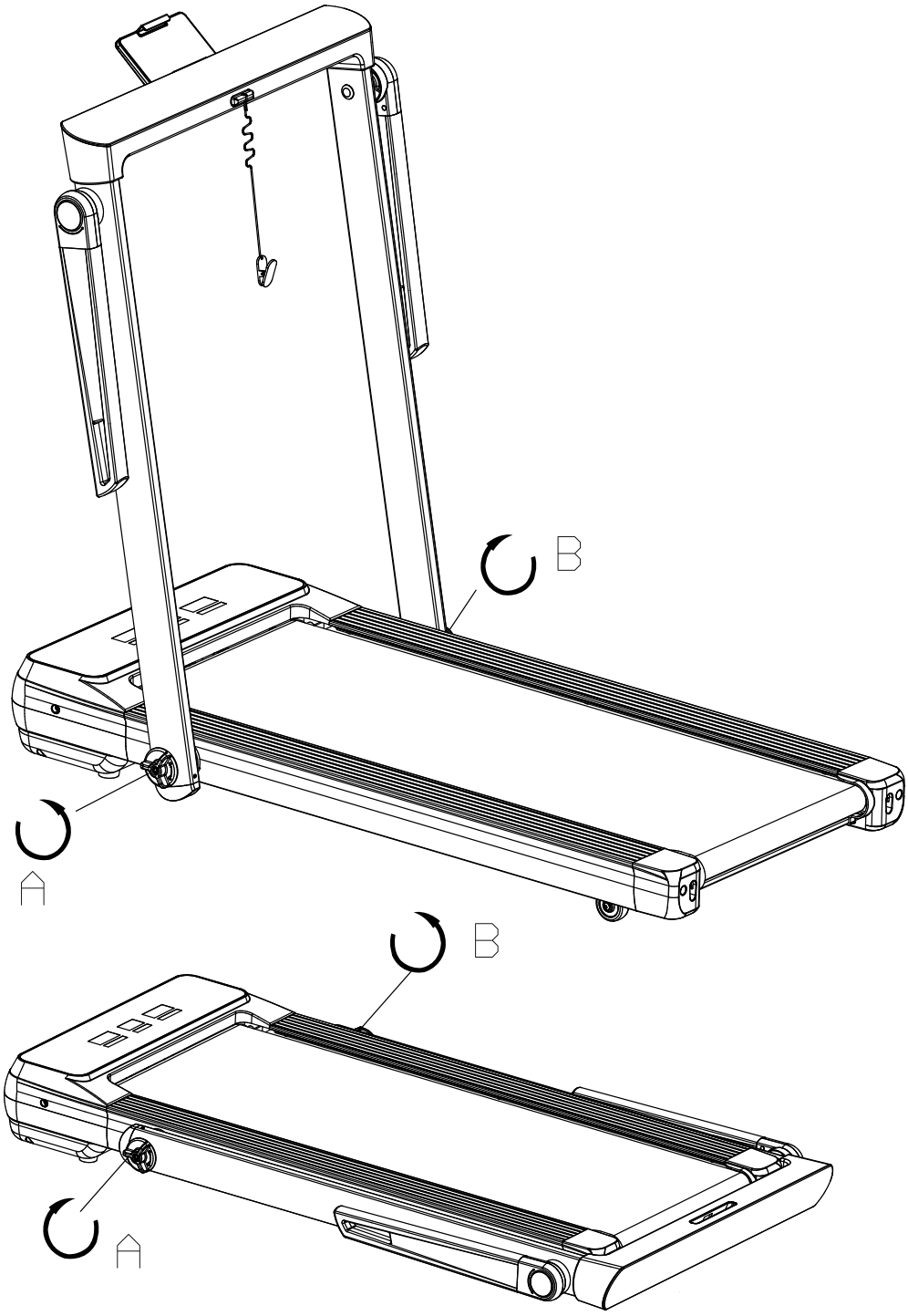
Step 3: Fold Back the Handrails

1. Fold the handrails back counterclockwise.



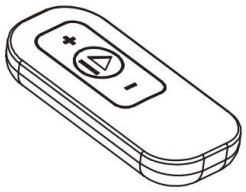
Step 4: Fold the Equipment

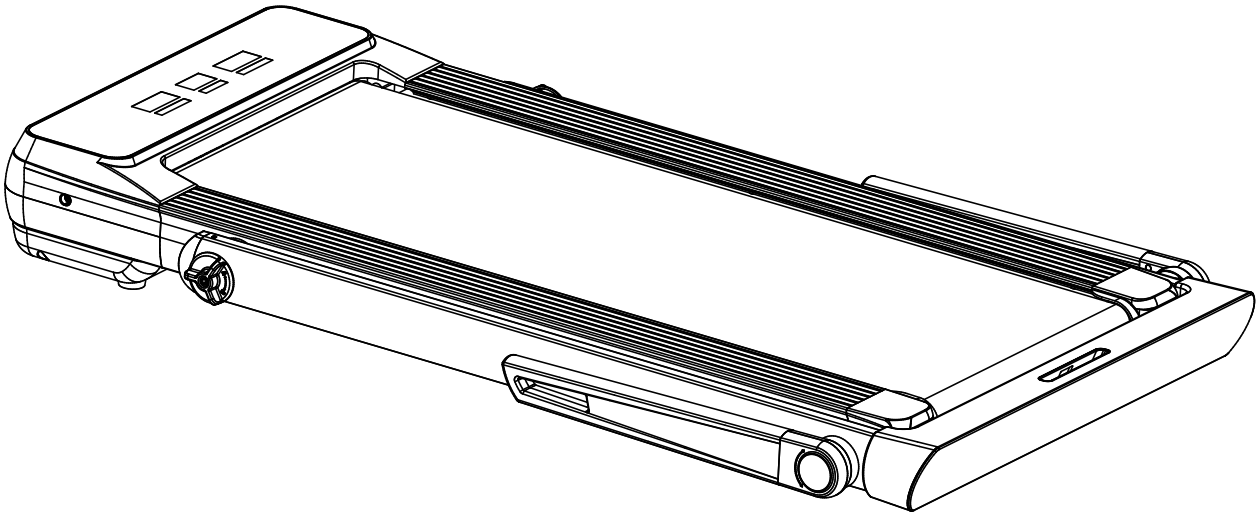
1. Loosen the adjustment knobs A and B (clockwise).
2. Fold down the console and the console arms.
3. Tighten the adjustment knobs A and B (counter-clockwise).
4. Remove the Safety Key.



► **ATTENTION**

+ Remove the tablet holder when using the equipment in Walking Pad mode.
+ Please note that the maximum speed is reduced to 6 km/h.

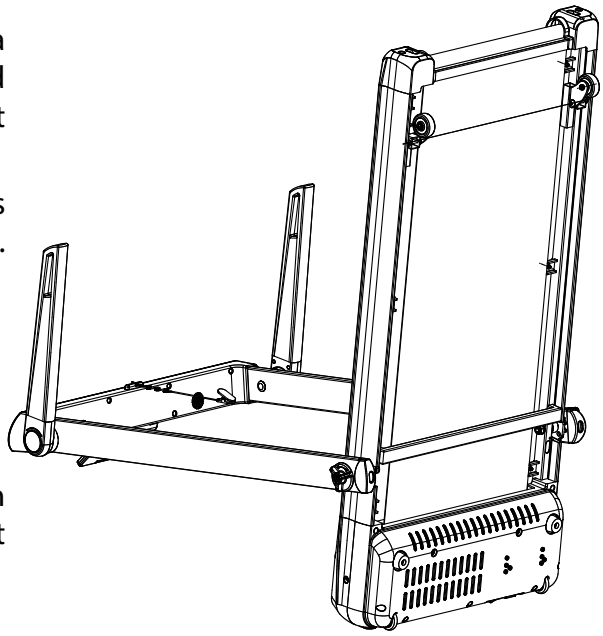




Step 5: Connecting the equipment to the mains supply

► **ATTENTION**
The equipment must not be connected to a multiple socket, otherwise it cannot be guaranteed that the equipment will be supplied with sufficient power. Technical errors can result.

Plug the power plug into a wall outlet that complies with the instructions in the chapter on electrical safety.



Correctly Getting On and Off

1. To step onto the treadmill, grip the handrails with both hands and step onto the treadmill one foot at a time.
2. To get off, grip the handrails with both hands and step off the treadmill one foot at a time.

2.4 Battery Replacement of the Remote Control

ⓘ **NOTICE**
Battery is not included in the scope of delivery.

The remote control requires a CR2032 coin cell battery for operation. If the remote control does not respond, check whether the battery is depleted and replace it if necessary. To replace the battery:

1. Open the battery compartment.
2. Remove the battery.
3. Insert a new battery.
4. Close the battery compartment.

NOTICE

+ Familiarise yourself with all the functions and setting options of the device before starting training. Have the proper use of this product explained to you by a specialist.
+ Always start your training with low intensity and increase evenly and gently. End your training with a cool-down phase. If you are unsure, please consult your physician.
+ Most new treadmills make a knocking noise caused by the running mat sliding over the rollers. The time it takes for the noise to subside depends on the intensity of use, the temperature and the humidity around the treadmill.
+ Please bear in mind that the noise emission under load is higher than without load.

SAFETY KEY

WARNING

+ For your safety, the device is equipped with an EMERGENCY STOP function. The equipment can only be operated if the safety key is correctly attached to the contact point of the cockpit. If the safety key is no longer on the contact point, the equipment automatically stops. Therefore, the Safety Key cord with the clip must be attached to your clothing before every training session. If you want to quickly stop the treadmill, if you can no longer control the speed, or if another emergency occurs, remove the safety key from the cockpit using the cord.
+ To enable the safety key to detach from the contact point of the cockpit in the event of a fall, the safety key clip must be firmly attached to your clothing!
+ Make sure that the safety key is not accessible to children.

3.1 Console Display

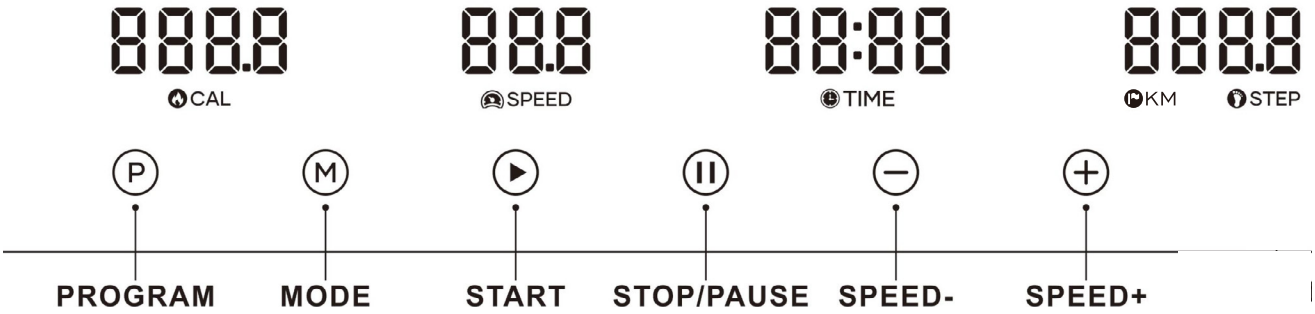


FIGURE	NAME	FUNCTION
P	PROGRAMMES	Tap P to select a programme.
M	MODE	Select from the target programmes: calorie target, distance target or time target.

	START	Start a programme.
	PAUSE	Pause a programme.
	–	Reduce values.
	+	Increase values.

3.2 Value Display (Walking Pad Display)

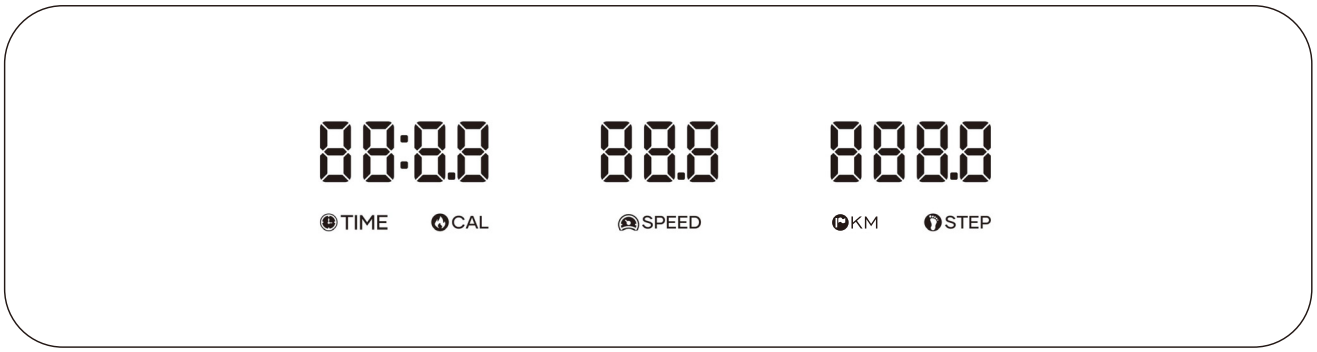


FIGURE	NAME	FUNCTION
TIME	TIME	Displays the training time.
CAL	CALORIES	Displays the calories burned.
SPEED	SPEED	Displays your speed.
KM	KM	Displays the distance.
STEP	STEPS	Displays your steps.

3.3 Running Mode

In this mode, the remote control is disabled, the safety key is enabled, and the touch buttons on the console must be used.

ⓘ **NOTICE**
The support arms must be folded up.

3.3.1 Quickstart

A Quick Start programme is available.

To start the Quick Start programme:

1. Press START.
2. Set the desired speed.
3. To pause the workout, press STOP/PAUSE.

3.1. To end the workout, press STOP/PAUSE again.

4. To resume the workout, press START.

3.3.2 Target Programmes

Users can choose from three different modes: time, distance and calories.

1. Press MODE repeatedly to switch between time, distance and calories.
2. To adjust the value (time, distance or calories), press +/-.
3. Press START to begin the workout.

ⓘ **NOTICE**
The equipment will start after 3 seconds.

4. To pause the workout, press STOP/PAUSE.

4.1. To end the workout, press STOP/PAUSE again.

5. To resume the workout, press START.

3.3.3 Preset Programmes

A total of 15 preset programmes are available. After starting the treadmill, users can adjust the running speed individually for each segment.

1. To select a preset programme, press PROGRAM repeatedly until one of the preset programmes (P1–P15) is displayed.
2. Press START to begin the workout.

ⓘ **NOTICE**
The equipment will start after 3 seconds.

3. To adjust the speed for each segment, press +/- or the quick-select buttons.
4. To pause the workout, press STOP/PAUSE.

4.1. To end the workout, press STOP/PAUSE again.

5. To resume the workout, press START.

3.3.4 User-Defined Programmes

Three user-defined programmes (U1–U3) are available. You can set the time and running speed individually.

1. To select a user-defined programme, press PROGRAM repeatedly until U1, U2 or U3 is displayed.
2. To adjust the time, press +/-.
3. Press MODE to confirm.
4. To adjust the speed, press +/- or the quick-select buttons.
5. Press START to begin the workout.

ⓘ **NOTICE**
The equipment will start after 3 seconds.

6. To pause the workout, press STOP/PAUSE.

6.1. To end the workout, press STOP/PAUSE again.

7. To resume the workout, press START.

3.4 Walking Pad Mode & Remote Control

When folded, the equipment operates in Walking Pad mode. In this mode, the pad is controlled using the remote control.

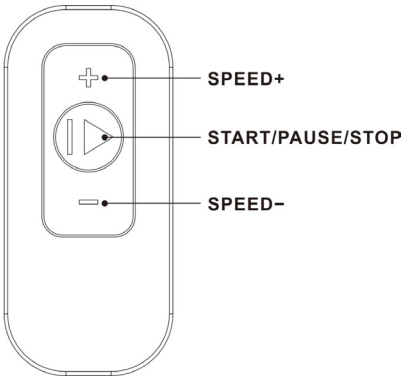
Button	Function
START/STOP/ PAUSE	+ Press this button to start, pause or stop the workout.
SPEED+	+ Increases the speed.
SPEED-	+ Decreases the speed.

3.4.1 Pairing the Remote Control

1. Ensure that the treadmill is switched off and fold the support arms down.
2. Press and hold the START button on the remote control while switching on the treadmill.
3. Continue holding the button until the buzzer emits a beep.

→ ***The remote control has been paired successfully.***

ⓘ **NOTICE**
Keep the remote control close to the treadmill, otherwise it may not function properly.



3.5 Programme Overview

	TIME		Set Time/20																			
	PROGRAMME		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
BEGINNER	P01	SPEED	2	3	3	3	4	5	3	5	4	5	5	5	4	3	3	5	5	4	4	4
	P02	SPEED	2	4	4	5	6	6	4	6	6	6	6	6	4	5	5	6	6	4	4	4
	P03	SPEED	2	4	4	6	6	6	4	4	7	7	7	7	4	4	7	7	7	4	4	4
	P04	SPEED	3	5	5	6	6	7	6	7	7	7	7	7	7	8	8	5	5	8	5	5
	P05	SPEED	2	4	4	5	6	6	7	7	5	5	5	6	7	7	8	8	8	5	4	4
INTERMEDIATE	P06	SPEED	2	4	4	4	4	5	6	6	8	8	8	6	7	7	8	8	8	6	4	4
	P07	SPEED	2	3	3	3	3	4	5	5	3	3	4	5	3	4	4	5	5	5	3	3
	P08	SPEED	2	3	3	6	6	7	7	7	4	6	6	7	4	4	6	7	7	4	4	4
	P09	SPEED	2	4	4	7	7	7	4	4	8	8	8	4	4	8	8	8	8	4	4	4
	P10	SPEED	2	4	5	6	7	5	5	5	4	6	6	8	8	8	6	6	6	5	5	5
ADVANCED	P11	SPEED	2	5	8	8	8	7	7	7	8	8	8	7	7	7	8	8	8	5	5	8
	P12	SPEED	3	4	8	8	8	5	5	8	5	8	8	5	8	8	7	7	5	7	7	7
	P13	SPEED	3	6	7	5	5	8	8	8	7	5	5	5	7	8	8	5	5	8	8	5
	P14	SPEED	2	4	4	5	5	6	5	4	3	3	2	2	1	1	2	3	3	3	4	5
	P15	SPEED	2	4	6	8	6	6	6	6	4	4	4	2	2	2	2	4	4	6	6	8

4.1 General Instructions

When training, it is important to perform the exercises correctly in order to avoid injuries and achieve the desired training effect. Make sure you use the correct technique and train at an appropriate intensity level. Always consult an expert such as a trainer or doctor if you are unsure or have health problems. Always start your training with a low load and increase it evenly and gently.
End your training with a cool-down phase. If you have any questions or uncertainties, contact your doctor.

4.1.1 Training clothes

During training, wear appropriate sports clothing that is comfortable and breathable. Avoid clothing that restricts you or is uncomfortable. Make sure that your shoes are suitable and offer you sufficient support. In addition, always carry a towel with you to wipe away sweat and keep the equipment clean.

4.1.2 Warming up and stretching

It is important to warm up and stretch properly before training to avoid injury and improve performance. Stretching helps to loosen muscles and improve flexibility. Be sure to incorporate a short stretching routine before each workout.

Warm-up exercise:

1. Stand upright with your feet about shoulder-width apart.
2. Start with gentle arm circles by slowly moving your arms forwards in small circles in a controlled manner.
3. Perform arm circles backwards to loosen your shoulders and arms.
4. Do squats by slowly squatting down and then straightening up again. Make sure that your knees do not extend beyond your toes.

⚠ **CAUTION**
Do not exercise with sore muscles or take it easy on the affected muscles, as this can lead to injuries.



4.1.3 Medication

If you regularly take medication and want to exercise, it is important to be aware of possible side effects. Ask your doctor whether your medication affects your workout.

4.1.4 Used muscle groups

This training uses the following muscle groups:

+ Gluteal muscle
+ Leg muscles

Make sure you keep your back straight during training. Do not hunch over and do not arch your back.

4.1.5 Exercise frequency

Regular exercise is crucial to making progress and staying healthy in the long term. Continuous exercise can strengthen muscles, improve endurance and enhance overall well-being. Remember that even small workouts can be done regularly to achieve long-term results.

Training with heart rate orientation
Heart rate orientation guarantees an extremely effective and healthy training. Through your age and the following table, you can quickly and easily read and determine the optimal pulse for your training. An acoustic alarm will sound if your heart rate exceeds the set target heart rate. Which target heart rate is important for which training goal can be found out in the following.

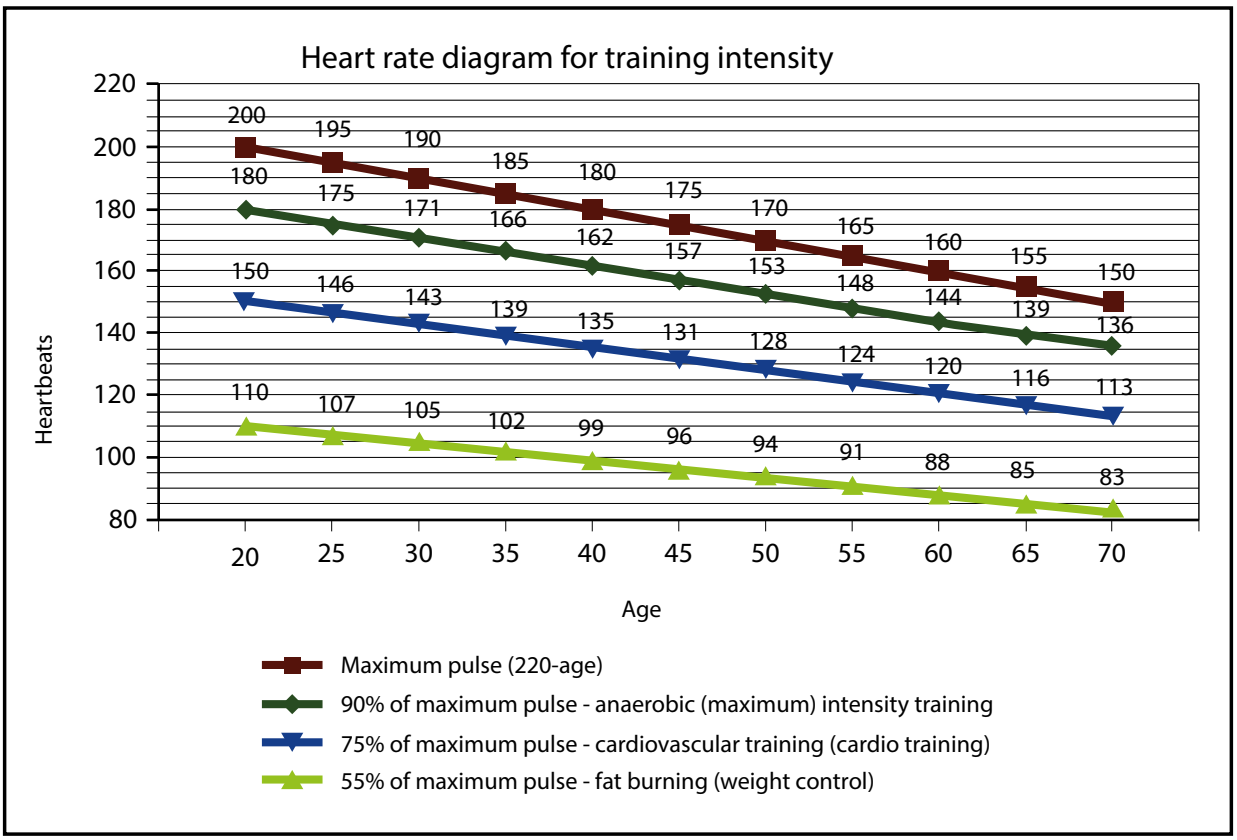
Fat burning (weight management): The main goal here is to burn deposits of fat. In order to achieve this training goal, a low training intensity (approximately 55% of the maximum heart rate) and a longer training period are required.

Cardiovascular training (cardio training): The primary goal is to increase stamina and fitness through an improved provision of oxygen through the cardiovascular system. In order to achieve this training goal, medium intensity (approximately 75% of the maximum heart rate) with a medium training period is required.

Anaerobic (maximum) load training: The main goal of maximum load training is to improve recovery after short, intense loads in order to be able to quickly return to the aerobic zone. In order to achieve this training goal, a high intensity (approximately 90% of the maximum heart rate) with short, intense load is required, which is followed by a recovery phase in order to prevent muscle fatigue.

Example:
For a 45-year-old man, the maximum heart rate is 175 (220 - 45 = 175).

+ The fat burning target zone (55%) is at approximately 96 beats/min. = (220 - age) x 0.55.
+ The cardio target zone (75%) is at approximately 131 beats/min. = (220 - age) x 0.75.
+ The maximum heart rate for an anaerobic load training (90%) is at approximately 157 beats/min. = (220 - age) x 0.9.



4.2 Workout journal

(Copy template)

Date | Distance | Time (min.) | Resistance level | Training weight | Ø Pulse | Calories burnt | I feel ... | Body weight

5.1 General Instructions

⚠ **WARNING**

+ The storage location should be chosen so that improper use by third parties or children can be prevented.
+ If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.

► **ATTENTION**

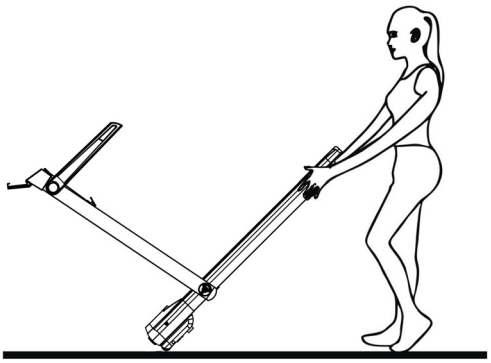
+ Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 10°C and 35°C.

5.2 Transportation Wheels

► **ATTENTION**

If you want to transport your equipment over particularly sensitive and soft floor coverings, such as parquet, planks or laminate, lay out the transport route with cardboard or similar to avoid possible floor damage.

1. Stand behind the equipment and lift it until the weight is transferred to the transportation wheels. After that, you easily can move the equipment to a new position. For long transport distances the equipment should be disassembled and safely packed.
2. Select the new location by following the instructions in the section 1.5 of this manual.



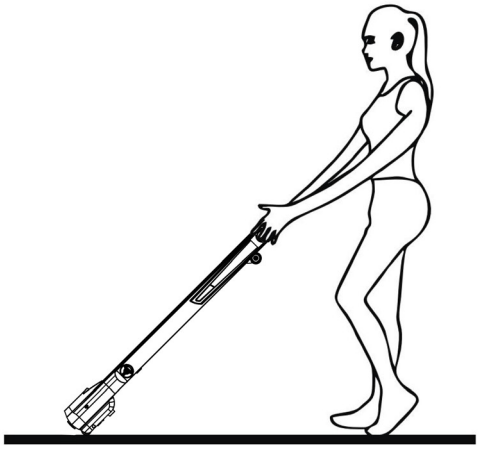
5.3 Folding Mechanism

⚠ **WARNING**

+ Do not lift the treadmill by the running mat or the rear transporting wheels. These parts do not lock and are difficult to grab.

ⓘ **NOTICE**

The treadmill is foldable and thus saves space when it is stored. It also makes it easier to transport.



6.1 General Instructions

⚠ **WARNING**

+ Do not make any improper changes to the equipment.

⚠ **CAUTION**

+ Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.

► **ATTENTION**

+ In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

6.2 Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

Fault	Cause	Solution
Console is not responding	Safety key missing or not inserted correctly	Check whether Safety Key is inserted and insert if necessary
Running mat slanting	Running mat not centered	Adjust the running mat according to the instructions
Grinding noises		
Running mat slips through/stops	Tape tension/lubrication not correct	Check belt tension/lubrication according to instructions
Display is blank/is not working	+ Interrupted power connection + Loose cabel connections	+ Power switch to on + Check whether Safety Key is plugged in + Check cable connections

6.3 Error Codes and Troubleshooting

The electronics of the equipment continuously carries out tests. In case of deviations, an error code appears on the display and normal operation is stopped for your safety.

+ E1: Motor Driver Error
+ E3: Overvoltage
+ E4: Overcurrent
+ E5: Overload
+ E6: Motor Circuit Disconnected
+ E7: Motor Controller Communication Error
+ E13: IGBT Short Circuit
+ E14: Load Circuit Short Circuit

Please contact the contract partner for technical support.

6.4 Care and Maintenance

The most important maintenance measure is the care of the running mat. This includes adjustment, re tensioning and lubrication of the running mat. Damage resulting from insufficient or neglected care is not covered by the warranty. You should therefore carry out maintenance checks at regular intervals. Be very careful when adjusting and tightening the running mat, as a strong over voltage or under voltage can cause damage to the equipment. The running mat is adjusted at the factory according to the regulations before delivery. However, it may happen that the running mat slips during transport.

By scanning the QR-code with the camera function or QR-code scanner app of your smartphone/tablet, a video on general maintenance of a treadmill opens on YouTube. The video serves to illustrate the maintenance points described in this manual.

Please note that the video may not be available in your language or with appropriate subtitles.

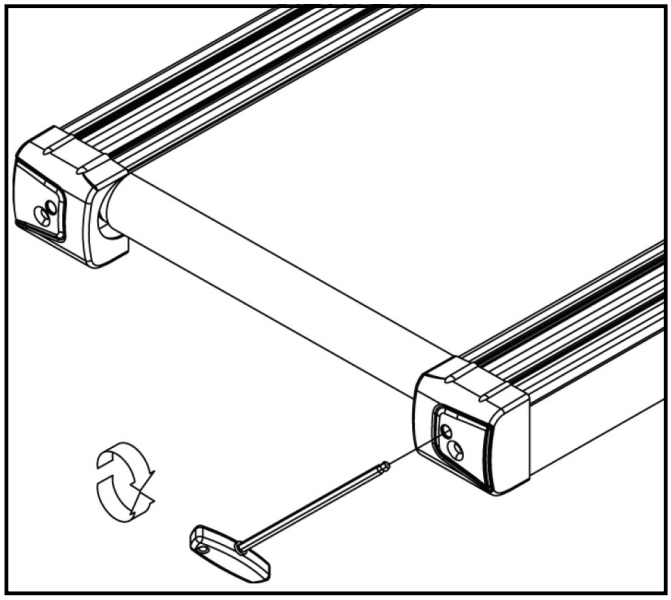
If you cannot scan QR-codes, you can access all Fitshop videos on YouTube by first opening YouTube and entering "Fitshop" in the search field.

6.4.1 Adjusting the Running Mat

During training, the running mat should run as centrally and straight as possible. The alignment of the running mat can change depending on the stress and load. Another reason can be the positioning of the equipment on an uneven surface.

⚠ **CAUTION**
During the following maintenance nobody must be on the treadmill!

1. Let the treadmill run at a speed of 5 km/h.
2. If the running mat deviates to the left, turn the left adjusting screw at the rear end of the device max. one ¼ turn clockwise and the right adjusting screw max. one ¼ turn anticlockwise.
3. If the running mat deviates to the right, turn the right adjusting screw at the rear end of the device max. ¼ turn clockwise and the left adjusting screw max. ¼ turn anticlockwise.
4. Then observe the mat for about 30 seconds, as the change is not immediately visible.
5. Repeat this procedure until the running mat is straight again. If the running mat cannot be adjusted, please contact your contract partner.



6.4.2 Re-tensioning the Running Mat

If the running mat slips over the rollers during operation (if this is the case, there is a noticeable jerk during running), the running mat must be re tightened.

In most cases, the slipping is caused by stretching of the mat through use. This is perfectly normal.

ⓘ **NOTICE**
Re-tensioning is carried out using the same adjusting screws that are used for adjustment.

1. Let the treadmill run at a speed of 5km/h.
2. Turn the left and right adjusting screws directly one after the other, max. one ¼ turn clockwise.
3. Then check whether the running mat continues to slip. If this is the case, you must perform the described procedure again.

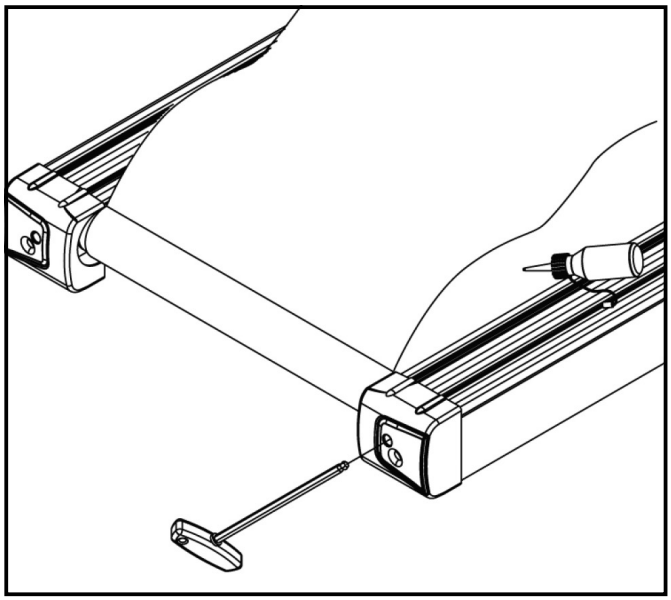
6.4.3 Lubricating the Running Mat

If the running mat is not sufficiently lubricated, friction increases significantly and this leads to heavy wear of the endless belt, running plate, motor and circuit board. If you feel an increased friction of the running mat, this is an indication that you should lubricate the mat. However, lubrication should be carried out at least every 3 months or every 50 operating hours. Whichever case comes first.

ⓘ **NOTICE**
If your treadmill is equipped with a folding mechanism, you can also lubricate it when it is folded.

1. Raise the running mat slightly.
2. Apply some silicone oil or silicone spray to the entire deck and distribute evenly.
3. Continue turning the belt by hand so that the entire surface between the endless belt and the running plate is lubricated.
4. Wipe off the excess silicone oil or silicone spray.

ⓘ **NOTICE**
This maintenance must also be carried out after prolonged non-use of the equipment.



6.5 Maintenance and Inspection Calendar

To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

The following routine tasks must be performed at the specified intervals:

Part	Weekly	Monthly	Quarterly
Display console	C	I	
Tension of the running mat			I
Lubrication of the running mat			I
Plastic covers	C	I	
Screws and cable connections			I
Legend: C = clean; I = inspect			

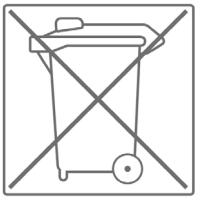
By scanning the QR-code with the camera function or QR-code scanner app of your smartphone/tablet, a video on general maintenance of a treadmill opens on YouTube. The video serves to illustrate the maintenance points described in this manual.

Please note that the video may not be available in your language or with appropriate subtitles.

If you cannot scan QR-codes, you can access all Fitshop videos on YouTube by first opening YouTube and entering "Fitshop" in the search field.

7 DISPOSAL

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an electricals recycling centre. Further information can be obtained from your local authority's recycling service.



The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

8 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For elliptical cross trainers this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat or **silicone spray** to keep moving parts in good shape.

If you have purchased a fitness machine with pulse training and want to train your heart rate, we strongly recommend that you use a compatible **chest strap**, as this ensures optimum transmission of the heart rate.

Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!



chest strap



floor mat



silicone spray

9.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 11 of this operating manual.

ⓘ **NOTICE**
The serial number of your equipment is unique. It's located on a white sticker.

Enter the serial number in the appropriate field.

Serial number:

Brand / Category:

Kettler / walking pad

Model Name:

Alpha Walk 200

Article Number:

K-TM2027-100

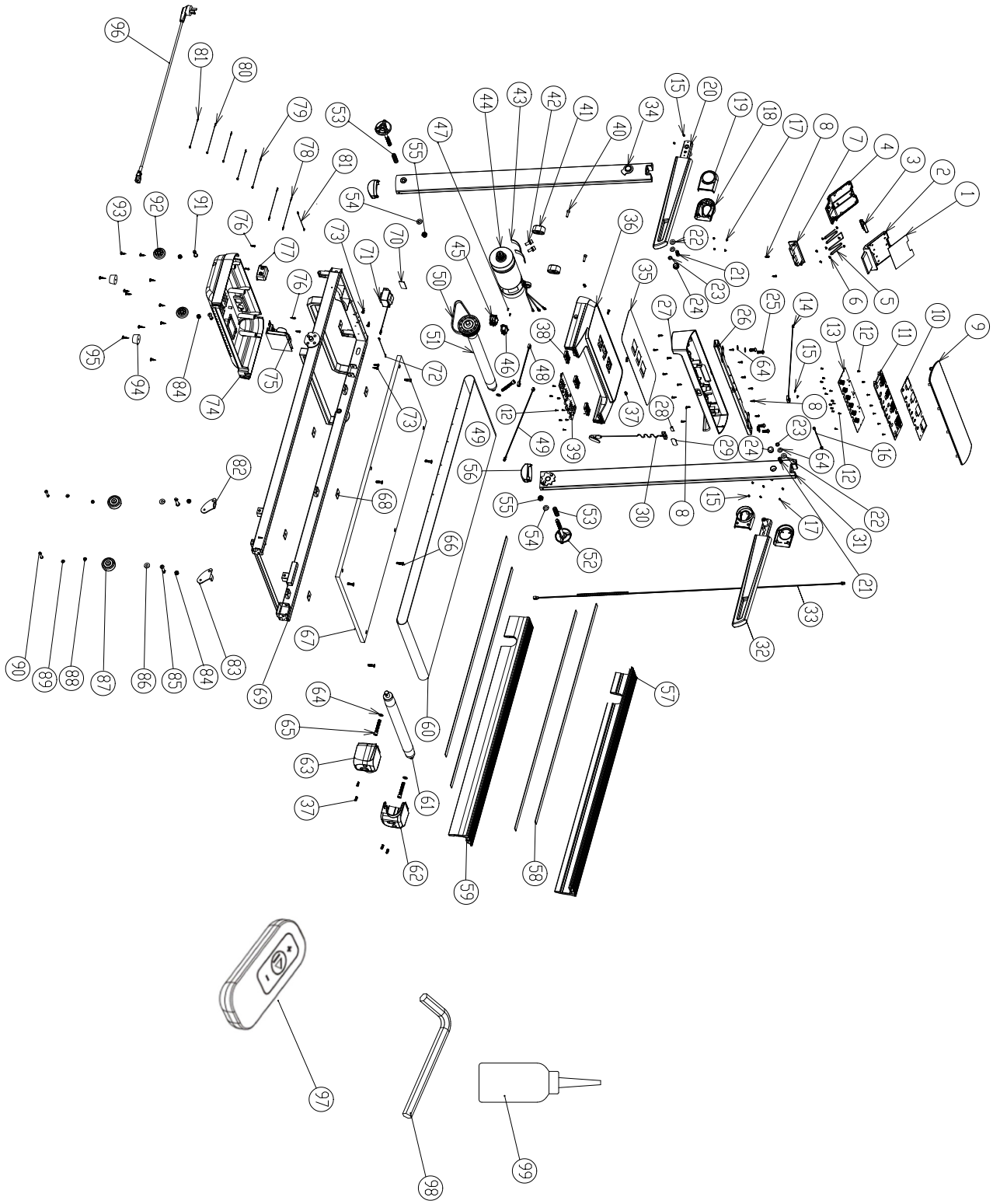
9.2 Parts List

No.	Name	Qty.
1	Rubber pad for mobile phone stand	1
2	the upper cover of the mobile phone stand	1
3	mobile phone holder clip plate	1
4	the lower cover of the mobile phone stand	1
5	resistance band	1
6	Cross-groove countersunk head self-tapping screws ST2.5*8	8
7	mobile phone stand	1
8	Cross-groove disc head self-tapping screw ST4*12	16
9	Panel upper cover	1
10	button label	1
11	panel display fram	1
12	Cross-groove disc head self-tapping screw ST3*8	19
13	button plate component	1
14	Reed switch component	1
15	Cross-groove flat head self-tapping screw ST3*10	6
16	Four-core sheathed round wire	1
17	Cross-groove disc head self-tapping screw ST3*10	8
18	handrail inner trim cover	2
19	handrail outer trim cover	2
20	left armrest	1
21	Cylindrical head hexagon socket bolt M8*20	2
22	plastic washer	2
23	spring washer Φ8	2
24	round tube plug	2
25	Semi-round head hexagon socket bolt M8*25	4
26	display weldment	1
27	panel lower cover	1
28	safety lock adhesive patch	1
29	safety lock label	1
30	Safety lock component	1
31	right upright weldment	1
32	right armrest	1

33	four-core signal cable	1
34	left upright weldment	1
35	motor cover surface sticker	1
36	motor upper cover	1
37	Cross-groove large flat head screw M4*12	9
38	display window frame	3
39	display fram component	1
40	Semi-round head hexagon socket bolt M6*20	2
41	main frame support foot pad	2
42	Cylindrical head hexagon socket combination bolts M8*12	2
43	EVA single-sided tape	2
44	motor	1
45	switch	1
46	AC power pin socket	1
47	Cross-groove countersunk head self-tapping screws ST3*10	2
48	Five-core sheathed connection wire	1
49	Four-core sheathed round wire	1
50	belt	1
51	front roller assembly	1
52	Lock knob	2
53	compression spring	2
54	flat washer Φ10	2
55	luck nut M10	2
56	upright end cap	2
57	right edge trim	1
58	EVA double-sided tape	4
59	left edge trim	1
60	running belt	1
61	rear roller assembly	1
62	right tail end cover	1
63	Left tail end cover	1
64	flat washer	7
65	hexagon socket cap screws M8*55	3
66	Countersunk hexagon socket bolt M6*25	6
67	running board	1

68	EVA gasket	6
69	main frame weldment	1
70	EVA double-sided tape	2
71	reactor	1
72	two-color ground wire	1
73	Cross-groove flat head self-tapping and self-drilling screws ST4.2*16	2
74	motor lower cover	1
75	lower controller board	1
76	Cross-groove flat head self-tapping screw ST4*12	4
77	filter	1
78	single-core blue wire	2
79	red power terminal wire	3
80	two-color ground terminal wire	1
81	two-color ground wire	1
82	left roller seat	1
83	right roller seat	1
84	luck nut M8	4
85	Semi-round head hexagon socket bolt M8*40	2
86	plastic washer	2
87	rubber coated roller	2
88	Cylindrical head hexagon socket bolt M6*35	2
89	luck nut M6	2
90	flat washer	2
91	Cylindrical head hexagon socket bolt M8*30	2
92	caster wheel	2
93	Cross-groove flat head self-tapping and self-drilling screws ST4.2*13	9
94	front foot pad	2
95	Cross-groove disc head self-tapping and self-drilling screw with pad ST4.2*25	2
96	Power cord	1
97	Remote controller	1
98	Hex wrench	1
99	Silicone oil bottle	1

9.3 Exploded Drawing



10 WARRANTY

Products from Kettler® are subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

Error Descriptions
Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every fitness equipment purchased from us according to the following provisions.

Your statutory rights are not affected.

Warrantee
The warrantee is the first/original buyer and/or any person who received a newly purchased product as a gift from the original buyer.

Warranty period
The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

Repair Costs
According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warrantee personally and are not a part of repair. After the expiration of the warranty period, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

The terms of use are defined as follows:

+ Home use: solely for private use in private households up to 3 hours per day
+ Semi-professional use: up to 6 hours per day (e. g. rehabilitation centres, hotels, clubs, company gyms)
+ Professional use: more than 6 hours per day (e. g. commercial gyms)

Warranty Service
Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

Warranty Conditions
For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

Warranty claims are invalid in case of damage resulting from:

+ misuse or improper handling
+ environmental influences (moisture, heat, electrical surge, dust, etc.)
+ failure to follow the current safety measures for the equipment
+ failure to follow the operating instructions
+ use of force (e. g. hitting, kicking, falling)
+ interventions which were not carried out by one of our authorized service centres
+ unauthorised repair attempts

Proof of Purchase and Serial Number
Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly.

If you cannot find the serial number on your fitness equipment, our service team is at your disposal to offer further information.

Service outside of the Warranty Period
We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

Communication
Many problems can be solved just by speaking to us as your specialist supplier. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

11 CONTACT

DE

TECHNIK

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+49 4621 4210-698
technik@fitshop.de
Öffnungszeiten entnehmen Sie unserer Homepage.

SERVICE

0800 20 20277 (kostenlos)
04621 4210 - 0
info@fitshop.de
Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statita

DK

TEKNIK OG SERVICE

80 90 16 50
+49 4621 4210-945
info@fitshop.dk
Åbningstider kan findes på hjemmesiden: https://stg.fit/statit7

EN

CUSTOMER SUPPORT

00800 2020 2772
+494621 4210 944
service@fitshop.com
You can find the opening hours on our homepage: https://fsg.fit/en

FR

TECHNIQUE & SERVICE

+33 (0) 189 530984
+49 4621 42 10 933
info@fitshop.fr
Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit4

BE

TECHNIQUE & SERVICE

02 732 46 77
+49 4621 4210 933
info@fitshop.be
Vous trouverez les heures d'ouverture sur notre site Internet: https://stg.fit/statit8

ES

TECNOLOGÍA Y SERVICIOS

+34 (0) 93 88 05 790
info@fitshop.es
Consulta nuestro horario de apertura en la página web: https://stg.fit/statit5

NL

TECHNISCHE DIENST & SERVICE

+31 172 619961
service@fitshop.nl
De openingstijden vindt u op onze homepage: https://stg.fit/statit3

INT

TECHNICAL SUPPORT & SERVICE

+49 4621 4210-944
service-int@fitshop.de
You can find the opening hours on our homepage: https://stg.fit/statita

PL

DZIAŁ TECHNICZNY I SERWIS

22 307 43 21
+49 4621 42 10-948
info@fitshop.pl
Godziny otwarcia można znaleźć na stronie głównej: https://stg.fit/statit6

AT

TECHNIK & SERVICE

0800 20 20277 (Freecall)
+49 4621 42 10-0
info@fitshop.at
Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statitb

CH

TECHNIK & SERVICE

0800 202 027
+49 4621 42 10-0
info@fitshop.ch
Öffnungszeiten entnehmen Sie unserer Homepage: https://stg.fit/statit9

Please find a detailed overview including address and opening hours for all stores of the Fitshop Group in Germany and abroad on the following website:

www.fitshop.com/en/stores

KETTLER

WEBSHOP AND SOCIAL MEDIA

Since 2024 Kettler sports equipment is part of the Fitshop brand family, Europe's largest specialist retailer for home fitness equipment. Kettler equipment such as treadmills, cross trainers, and rowing machines have always played an important role in Fitshop's more than 40-year history. Kettler stands for the highest product quality, reliability, and tradition. Kettler sports equipment helps you lead an active and healthy life. They make exercise fun for young and old. As part of the Fitshop Group, Kettler Sport remains true to these values.

Visit us also on our social media platforms or our online shop!

FIT SHOP	www.fitshop.com/kettler www.kettlersport.com
	www.facebook.com/fitshopgroup/
	www.instagram.com/fitshopgroup/
in	www.linkedin.com/company/fitshop-gmbh
	www.stg.fit/YouTube_DE

Kettler is part of the Fitshop Group.

KETTLER

ALPHA WALK 200