



Product name: Conquer Under Desk Treadmill  
SKU: 330-UDTM  
EMAIL: [priority@conquerequipment.com](mailto:priority@conquerequipment.com)  
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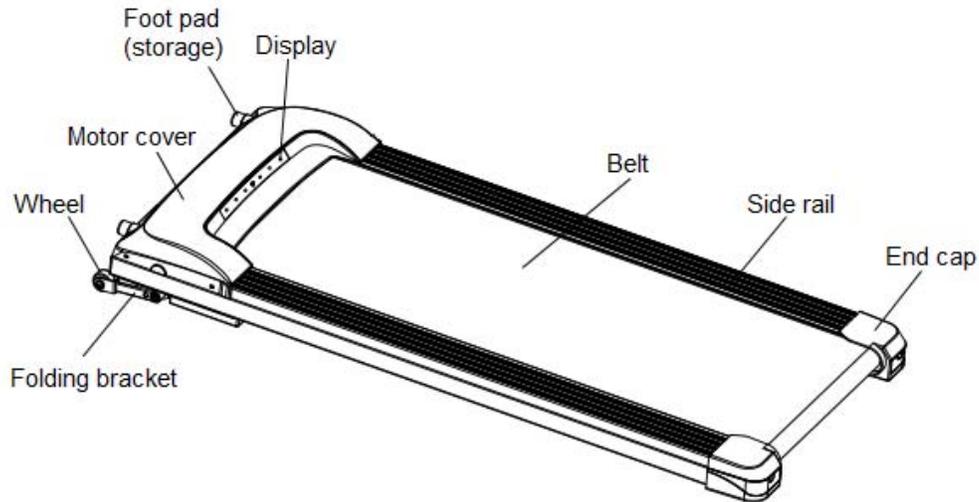


Please call **855-349-4327** (Monday through Friday, 9 AM – 5 PM EST) or email us anytime. Reaching out via product review, marketplace email, social media or leaving seller feedback may cause a delay in response. If you have questions about this product or need anything, reach out to Conquer directly. You are our priority!



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## Conquer Under Desk Treadmill



**Please read all instructions carefully before using this product. Keep the manual for future reference.**

### IMPORTANT SAFETY INFORMATION

- It is important to read this entire manual before assembling and using the treadmill. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly.
- Please ensure that all users of this treadmill are informed of all warnings and precautions.
- Before using the treadmill, please consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using exercise equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- Be aware of your body's signals when using this machine. Incorrect or excessive exercise can harm your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of



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breath, (continued) feeling light headed, dizzy or nauseous. If you do experience any of these symptoms consult your doctor before continuing with your exercise program.

- When using the treadmill, wear suitable athletic shoes and no loose clothing or jewelry.
- Have someone help with lifting, moving and/or assembling the treadmill.
- Keep hands away from moving parts.



## WARNINGS

- Keep children and pets away from the treadmill. The machine is designed for adults only.
- Keep the equipment in an enclosed area, away from dust or humidity. Do not store it in a garage, outdoor patio or near water.
- Place treadmill on a hard, flat surface. If the surface is uneven, proper function of the unit could be affected. Consider using an exercise equipment mat under the unit to protect floor.
- Do not operate treadmill on deeply padded, plush or shag carpet.
- Be sure the treadmill is set up where there is enough room to walk. Clearance from walls, doorways, low ceilings should be adequate.
- Do not block the rear of the treadmill.
- Plug into a grounded outlet only. Make sure the cord and plug are in good condition with no cuts or wear, and never tangle or tie the power cord.
- NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill.
- Do not plug in or position the treadmill anywhere near a heat source.
- Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.
- Be sure all the hardware, screws, nuts, bolts are tight. Due to vibration from normal use of the treadmill, fastenings may loosen over time and should be checked before every session.
- Be sure the treadmill belt is properly aligned and tightened as the belt may shift over time.
- Proper maintenance and periodic cleaning of the treadmill should be performed so dirt and sweat cannot accumulate on the unit. Unplug, and then use a damp cloth to wipe treadmill after each session.
- Maintenance of the treadmill includes lubricating, aligning its belt and maintaining the belt's tension.
- Treadmill arrives pre-lubed from supplier, however during shipping the lube may displace from under the belt to the surface of the belt. If this happens, wipe with mild soap applied to a damp cloth, then dry. Lubricate with silicone before first use and periodically after, depending on use. Avoid putting silicone on the top surface of belt.
- Before using treadmill, check the highest speed setting it can reach.
- Be careful when starting. Do not start treadmill while standing on the belt. Straddle unit by placing feet on the side rails/edges, turn treadmill on to its lowest setting, then



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carefully step onto belt and begin walking. Or, turn treadmill on to lowest setting, then carefully step on and walk.

- Raise the speed of the belt gradually, never suddenly.
- Never leave the treadmill unattended while it is powered on and the belt moving.
- Unplug treadmill before moving or cleaning.
- This treadmill is intended for indoor, home (non-commercial) use only.
- Keep original packaging, invoice and manual available in case you have questions.

SPECIFICATIONS	
Input Voltage	220V±10%
Frequency	50/60 HZ
Running area	1150X410mm
Function	Time, speed, remote controller, easy lubrication
Speed Range	1.0-6.0KM/H (=0.6-3.7MPH)
Max user weight	90 kgs/198 lbs
Power	1.5CHP (continuous horsepower)
Running time	90 minutes continuously
Display	Rate of Speed in KM/hour, D (distance) in KM, C (Calories), T (Time) amount of operating time
PARTS	
	Qty
remote controller	1
Silicone oil 	1
5mm wrench 	1
6mm wrench 	1
Multi- wrench 	1



Remote control for LED display requires 3 AAA batteries to operate (not included). Point remote toward LED display to operate.

**RED** button: power on/off switch

**-** button: reduces speed by .5/mph

**+** button: increases speed by .5/mph



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## Assembly:

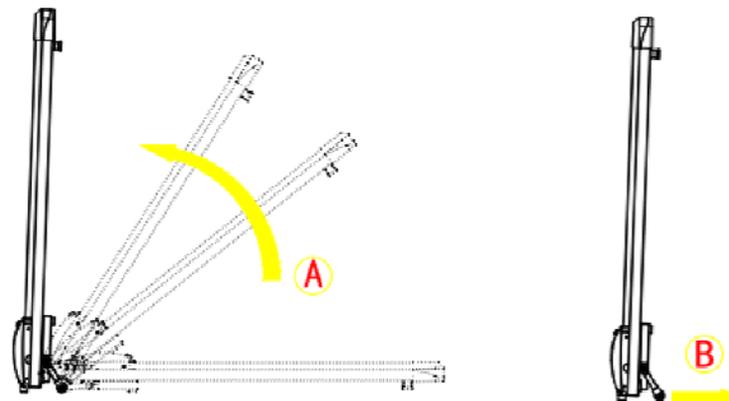
### Step 1

1. With a helper, place box containing the treadmill on the floor. Carefully unbox and take care to find all enclosed parts. Keep packaging.
2. Plug the treadmill in, turn it on (button on right front of machine), and familiarize yourself with its use, the remote (requires 3 AAA batteries, not included) and top speed. The treadmill ships with a protective film covering the LED display, making it appear “cloudy”. You may remove this film for a brighter, clearer display or keep it intact.
3. The treadmill belt has a diagonal seam that may have a slightly different color strip where the belt attaches to itself in order to run in a continuous loop while in use. This is normal.



### Step 2

1. When treadmill is not in use, it may be folded. Lift treadmill to engage stand. See below.

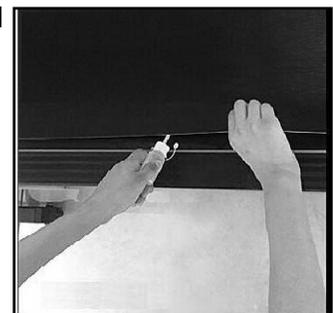


## Maintenance:

1. Tighten screws and nuts regularly, as the vibration caused by repeated use may loosen hardware.
2. Treadmill is lubed at manufacturer, however you may lubricate before first use, and use chart below (left) for how frequently to lube thereafter. To lubricate (fig. 1) unplug treadmill, pull up the belt on one side, and spread or spray silicone onto platform. Repeat on other side. Plug treadmill in, use button on remote to power it on, and then let it run for a few minutes to distribute silicone. Never put silicone lubricant on the top surface of the belt.

< 3 hours/week	2 months
4 – 7 hours/week	1 month
> 8 hours/week	15 days

Fig. 1





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- How to align the treadmill's belt: Over time and repeated use, the belt may move off center and will need to be realigned. If the belt has moved to the left, start treadmill and increase the speed to 3/mph. Use 5mm wrench to turn the fixed left bolt clockwise or turn the fixed right bolt counterclockwise. If belt moves to the right, then adjust the screw on the right side clockwise or the screw on the left side counterclockwise. Don't tighten the belt too much. Repeat this procedure until the belt is properly aligned. See fig. 2 and 3.

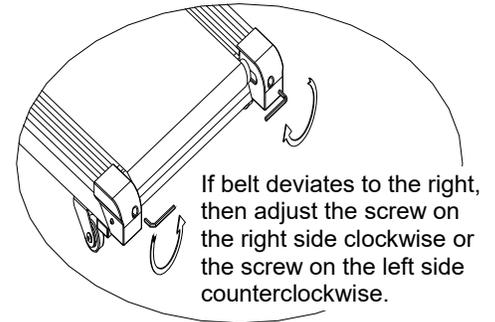
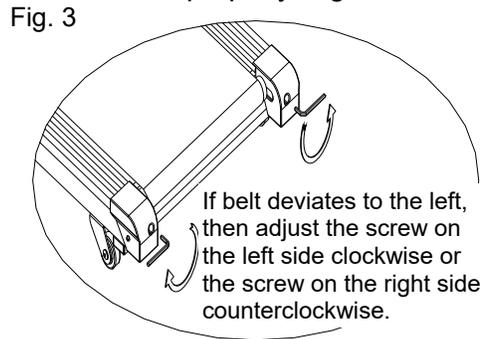
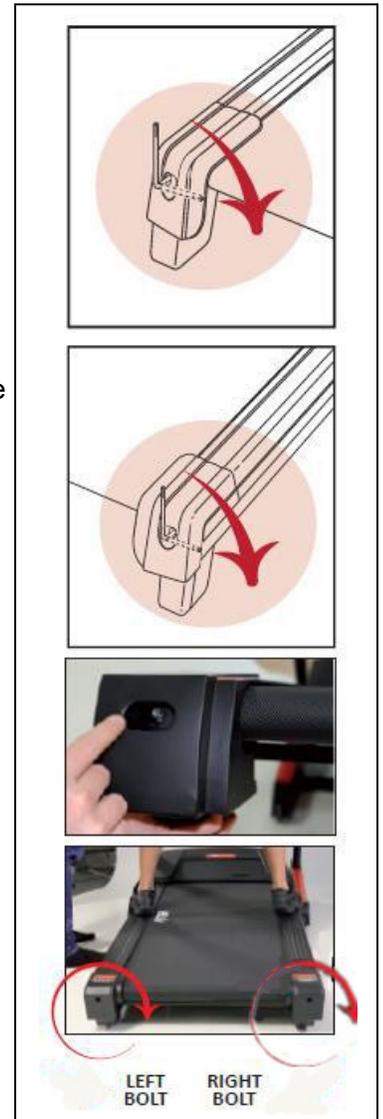
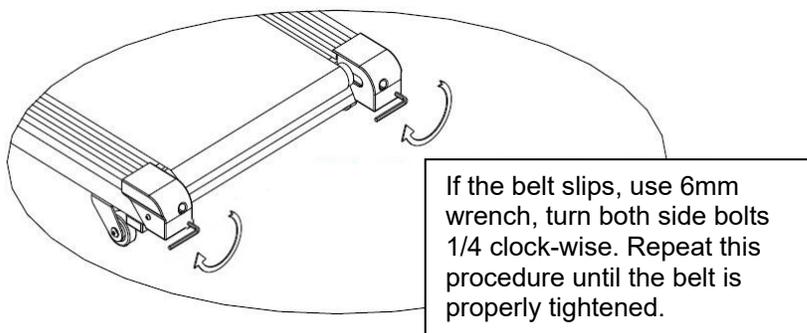


Fig. 4



- Tighten the treadmill's belt (if the belt slips on the treadmill when walking). Start treadmill and increase the speed to 3/mph. Using the 5mm Wrench, turn both bolts 1/4 clockwise (Fig. 4, 5). To see if the belt is properly tight to walk, you should be able to pull up each side of the belt 5 or 7 cm off the platform. Be careful and keep the belt aligned. Repeat this procedure until the belt is properly tightened.

Fig. 5





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## Maintenance, continued

5. Over time and use of the treadmill, the drive belt may become loose and require tightening. To tighten the treadmill's drive belt (fig. 6):
  - Open motor cover.
  - Use the 5mm wrench to turn the adjusting bolt clockwise.
  - Repeat this procedure as necessary.

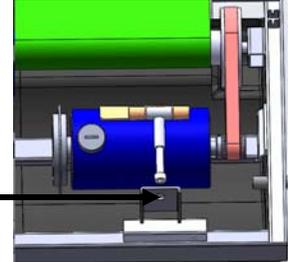


Fig. 6, adjusting bolt

6. To clean treadmill, use a damp cloth and mild soap, dry immediately. Do not use abrasive cleaning products on the unit.



Check out [help.conquerequipment.com](http://help.conquerequipment.com) for warranty information, videos and assembly help. Thank you for purchasing our product.

We appreciate your feedback! We hope this item exceeded your expectations. If you enjoyed our product, feel free to leave us a review. If you need help or have questions, please email us at [customer care@conquerequipment.com](mailto:customer care@conquerequipment.com) and we will do everything in our power to be sure you are happy.