

Powerology
2-In-1 Foldable
Treadmill with Massage Pad

SKU: PWT520ABBK



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Product Overview

The Powerology 2-in-1 Foldable Treadmill with Massage Pad is a versatile fitness machine designed for both walking and relaxation. With a maximum speed of 10 km/h, it provides a smooth and effective workout. The treadmill includes a built-in massage pad for added comfort, helping to relieve fatigue after exercise. The convenient remote control allows easy adjustments, and the phone/tablet holder ensures you can stay entertained while working out. Its foldable design makes it compact and easy to store, saving space in your home. With a maximum load capacity of 150 kg, this treadmill is perfect for individuals seeking both fitness and comfort in one device.

Safety Notes

Danger: Always unplug the treadmill from the electrical outlet immediately after use and before cleaning.

1. Do not operate under a blanket or pillow to avoid risk of fire, electric shock, or injury.
2. Never leave the treadmill unattended while plugged in. Unplug when not in use and before putting on or removing parts.
3. Close supervision is necessary when the treadmill is used by children, elderly, or disabled persons.
4. Only use the treadmill as described in the manual. Do not use attachments not recommended by the manufacturer.
5. Do not operate if the treadmill has a damaged cord or plug. If it's not working properly or has been dropped or damaged, return it for examination and repair.
6. Do not carry the treadmill by its power cord or use it as a handle.
7. Keep the power cord away from heated surfaces to prevent damage.

- 8.** Do not operate with the air openings blocked. Keep the areas free of lint, hair, and debris.
- 9.** Never insert or drop objects into any opening.
- 10.** Do not use the treadmill outdoors.
- 11.** Do not use aerosol or spray products when using the treadmill, especially near oxygen.
- 12.** Unplug before servicing to reduce the risk of injury from moving parts.
- 13.** Keep children under the age of 13 away from the treadmill during use or servicing.
- 14.** Disconnect and remove the plug before cleaning or servicing.
- 15.** Ensure the treadmill is connected to a properly grounded outlet. See grounding instructions for more details.
- 16.** The maximum weight capacity for this treadmill is 330lbs/150 kg. Do not exceed this limit.

Grounding Instructions

- 1.** This product must be properly grounded. If it malfunctions or breaks down, grounding provides a path of least resistance for electric current, helping to reduce the risk of electric shock.
 - 2.** The plug must be inserted into an appropriate outlet that is properly installed and grounded, in accordance with local codes and ordinances.
- Danger:** Improper connection of the equipment-grounding conductor can result in a risk of electric shock. If you are unsure whether the product is properly grounded, consult a qualified electrician or serviceman.
- 3.** Do not modify the plug if it does not fit the outlet. Have a properly installed outlet by a qualified electrician.

FCC Statement

1. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference; and
- (2) This device must accept any interference received, including interference that may cause undesired operation.

2. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates and can radiate radio frequency energy, and if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

Reorient or relocate the receiving antenna.

Increase the separation between the equipment and receiver.

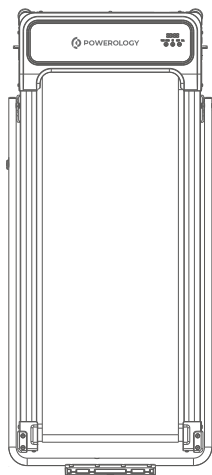
Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for assistance.

RF warning statement:

The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure conditions without restriction.

Product Contents



Treadmill × 1



Remote Controller × 1



Supporting Bracket × 2



Handrail Switch × 2



Battery Cell × 2



Hex Tool × 1



Safety Key × 1



Socket Head Cap
Screw M2 × 30×8



Plain Gasket × 2



Lubricating Oil × 1



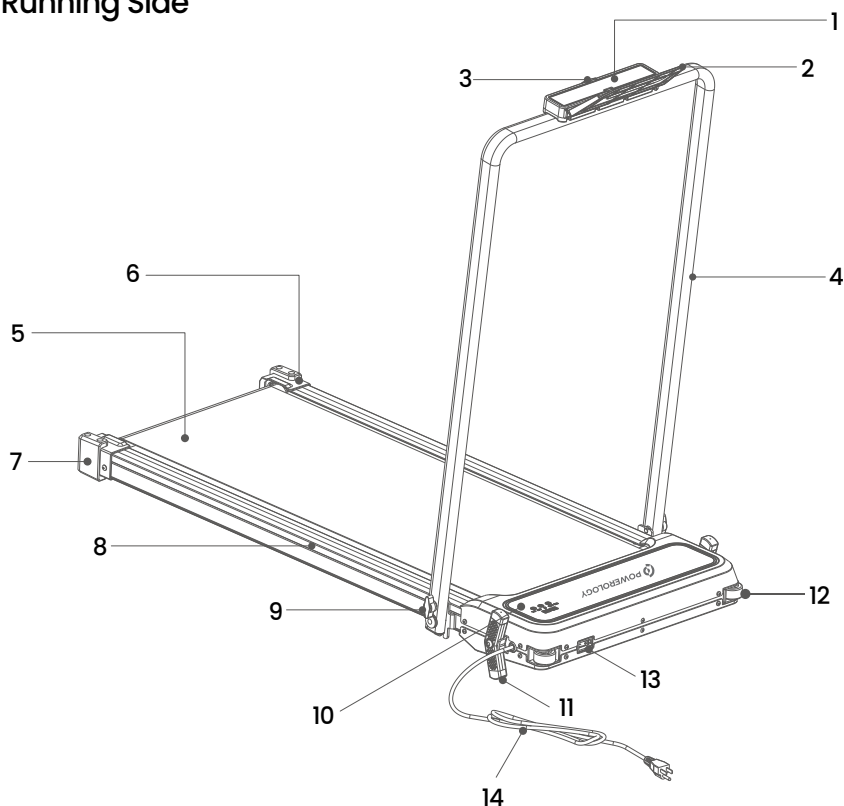
Tablet Mount × 1

Specifications

Model Number	PWT520AB
Rated Voltage	220-240V
Function	Running & Foot Massage
Running Mode Speed	1-10km/h
Massage Mode Speed	P1~P5
Belt Size	100 x 40 cm
Load Capacity	Up to 150KG
Product Net Weight	24KG
Product Size	55 x 107 x 120.5 cm (Unfolded) 13 x 55 x 126 cm (Folded)

Schematic View

A. Running Side



1. Console

2. Tablet Mount

3. Safety Key

4. Upright

5. Walk Belt

6. Rear Roller Guard (left)

7. Rear Roller Guard (Right)

8. Foot Rail

9. Handrail Switch

10. Display Panel

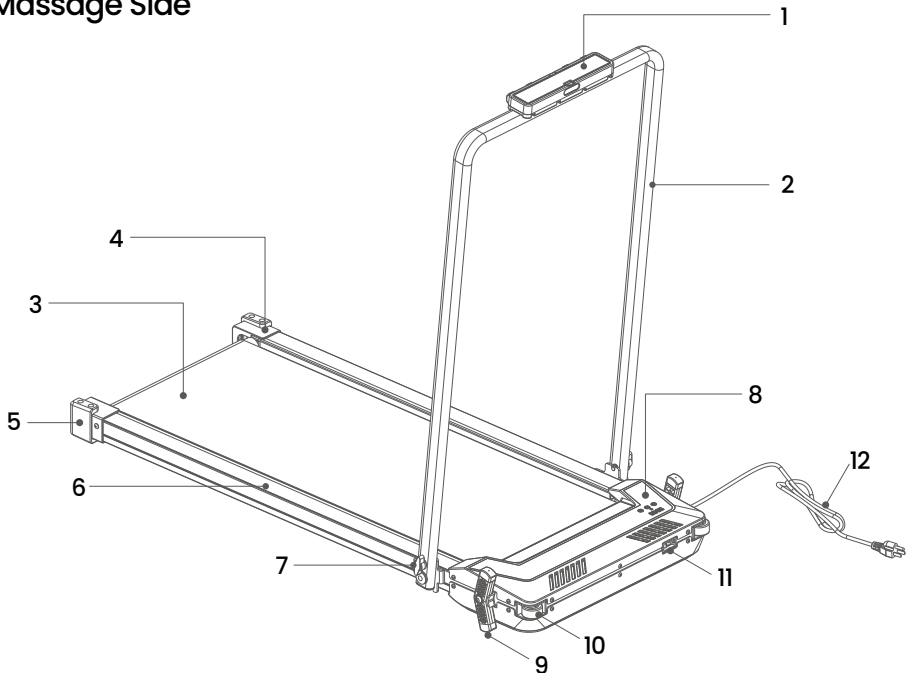
11. Supporting Bracket

12. Transport Wheel

13. Power Switch

14. Power Cord

B. Massage Side



1. Console

2. Upright

3. Walk Belt

4. Rear Roller Guard (left)

5. Rear Roller Guard (Right)

6. Foot Rail

7. Handrail Switch

8. Display Panel

9. Supporting Bracket

10. Transport Wheel

11. Power Switch

12. Power Cord

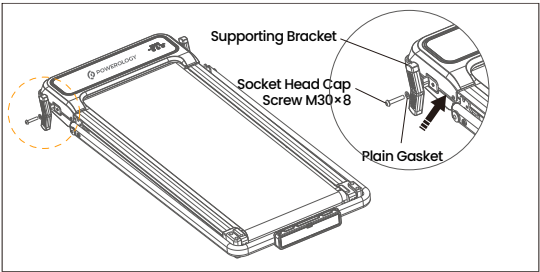
Operation Instructions

A. Running Side

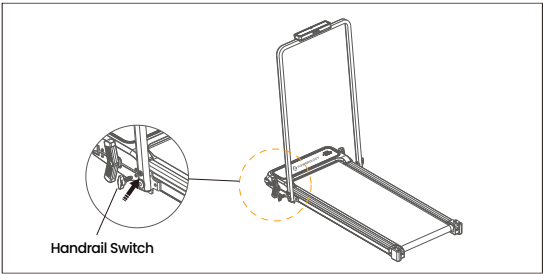
1. Unbox the treadmill along with the related accessories, and place it on a flat surface.

2. Remove the three parts from the tool kit. Assemble the support

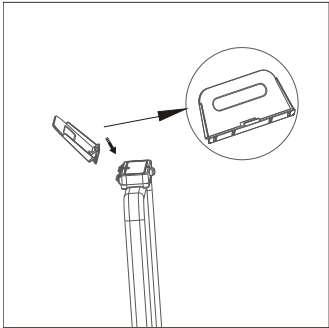
brackets as shown in the diagram, and tighten the screws using the provided Allen wrench. The procedure is the same on both sides.



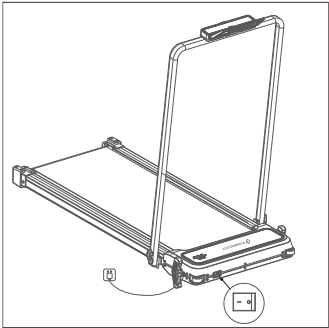
3. Lift the handrail, and align the lower end of the handrail's knob with the groove position on the metal piece. Tighten the knob as shown in the diagram. The operation is identical on both sides.



4. Insert the tablet mount according to the arrow sign.

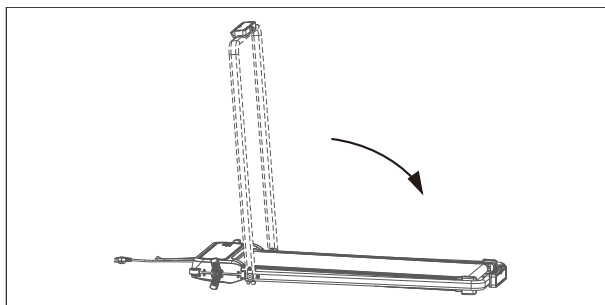


5. Power on and start to run.



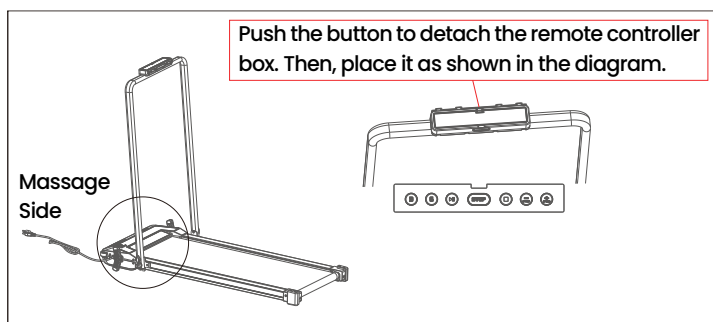
B. Massage Side

1. When using the B-side massage surface, follow the steps below:
2. As shown in the picture, remove the phone holder. Then, turn the knob downward, place it aside, and lower the handrail flat.



3. Flip the treadmill to the B side and tighten the knob to secure the handrail.

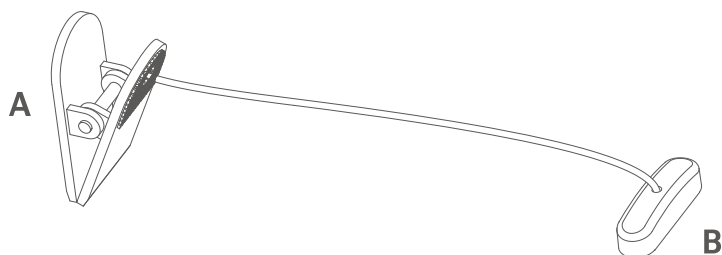
Note: When using the B-side, the handrail remote box must be removed and placed in reverse, as shown in the diagram.



Safety Key

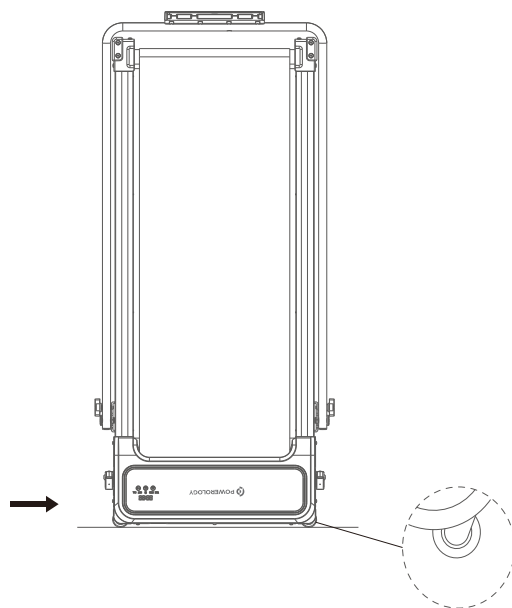
In case of an emergency, the treadmill will stop automatically and display "---" when the safety key is pulled out from the console.

Note: Attach the clip (A) to the waistband of your clothes, and place the magnetic key (B) under the console.



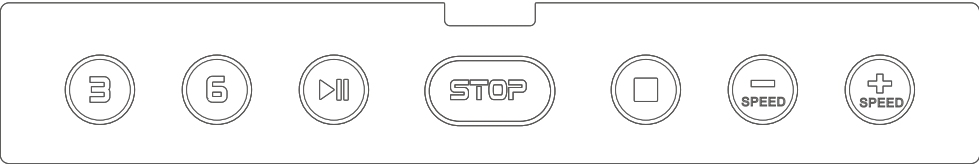
Transportation Instructions

1. For transportation, unplug the power cord and remove the tablet mount before lifting the treadmill.
2. To move the treadmill, lift it to a vertical position, as shown in the diagram. The moving wheels at the bottom allow it to be moved like a suitcase.



Console Operations

A. Running Side Console



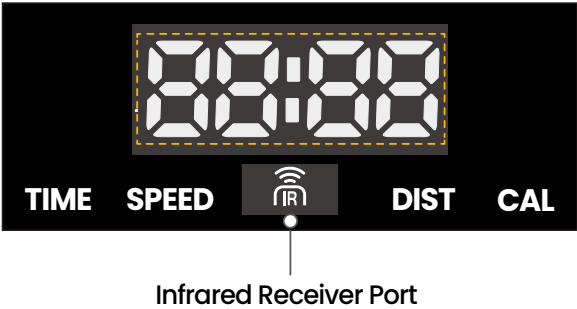
Button Functions

Button Shape	Control Button	Function
	Decelerate	Short touch or hold down this button, the speed setting will decrease by 0.5 km/h.
	3 km/h Button	Short touch this button, the speed will gradually increase until 3 km/h.
	Play/Pause Button	a. Starts the walking belt with the initial speed of 1 km/h. b. To stop walking belt for a short pause or break, re-touch this button to resume.
	Stop Walking Belt	Short touch this button to stop the walking belt when your workout is completed.
	6 km/h Button	Short touch this button, the speed will gradually change until 6 km/h.
	Accelerate	Short touch or hold down this button, the speed setting will increase by 0.5 km/h.

Standby Mode

If the pause time exceeds 10 minutes, the treadmill will automatically switch to Standby Mode. In this mode, not only is the console turned off, but all previous workout data will be erased. You can reactivate the console by pressing any button.

Screen Display Guide



As you walk or run on the treadmill, the display provides key workout information:







Name	Range	Display
Speed	1.0 - 10.0 km/h	Displays the speed of the walking belt.
Distance	00.00 - 99.99 km	Displays the distance you have walked or run.
Time	00 - 99 minutes	Displays the elapsed time.
Calories	0 - 9999 Kcal	Displays the approximate number of calories you have burned.
Infrared Receiver Port	-	Receives signals from the remote control when in use.

Note: The treadmill session is limited to 99 minutes. If your workout exceeds this time, you will need to restart the treadmill. Previous workout data will be erased and recalculated.

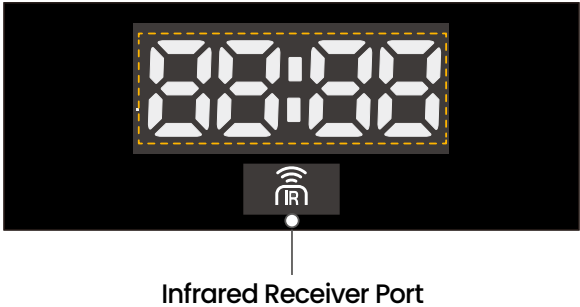
B. Massage Side Console



Button Functions

Button Shape	Control Button	FunctionFunction
	Decelerate	Short touch or hold down this button, the speed setting will change by P1.
	-	Invalid button.
	Play/Pause Button	Start walking belt and the initial speed setting is P1.
	Stop Button	Short touch this button to stop walking belt when your workout is completed.
	-	Invalid button.
	Accelerate	Accelerate: Short touch or hold down this button, the speed setting will change by P1.

Display Screen

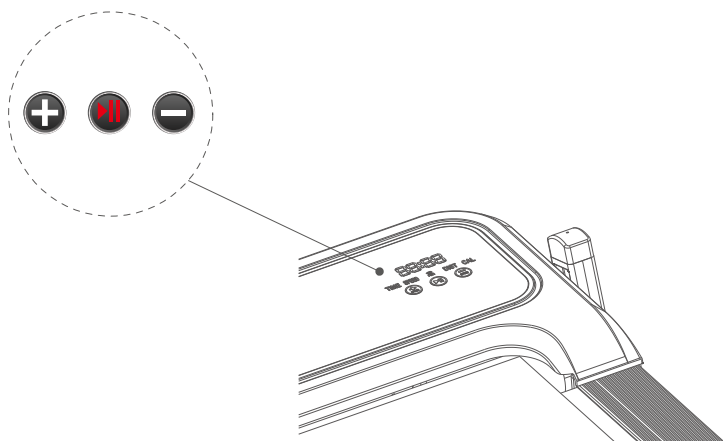


As you walk or run on the treadmill, the display will show the following workout information:

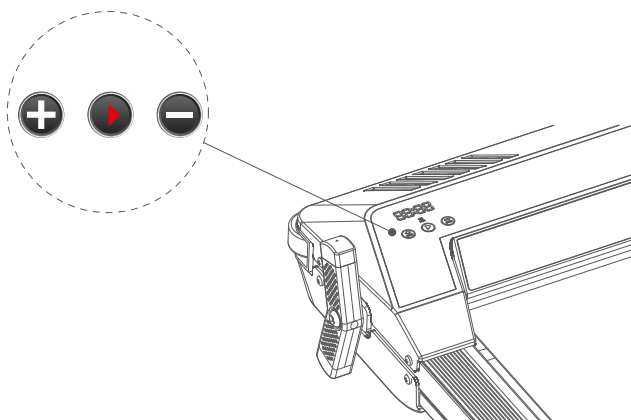
Name	Range	Display
Speed	P1 – P5	Displays the speed of the walking belt.
Time	10:00 – 00:00 minutes	Displays time left, counting down from 10 to 0 minutes.
Infrared Receiver Port	-	Receives signals from the remote control when in use.

Console Button Operation

A. Running Side



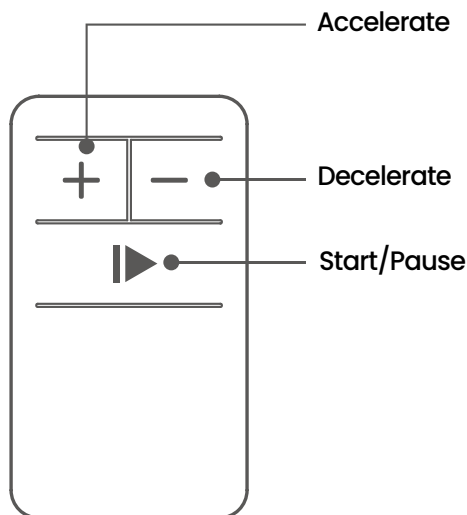
B. Massage Side



Note: The function of the console buttons is identical to that of the remote control.

Attention: Please step off the treadmill when you intend to control it using the console buttons.

Remote Control Operation



A. Running Side

- ▶** 1. Press the button to start the walking belt. The default initial speed setting is P1.
2. Press the button to pause the walking belt. To resume the workout, press the button again.

+ Accelerate: Press or hold the + button to accelerate the speed by P1.

- Decelerate: Press or hold the - button to decelerate the speed by P1.

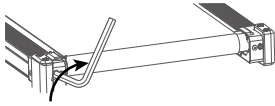
Care & Maintenance

A. Symptom: Walk Belt Off Centered or Slips

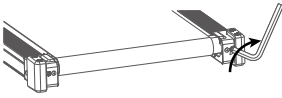
1. Power off the treadmill and unplug the power cord.

2. Manual Centering Process

2.1. If the walk belt has shifted to the left, use the "hex tool" to turn the left idler roller screw clockwise by 1/4 of a turn (refer to Figure 1).

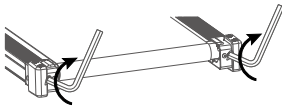


2.2. If the walk belt has shifted to the right, use the “hex tool” to turn the right idler roller screw clockwise by $1/4$ of a turn (refer to Figure 2).



3. Turn on the treadmill and let it run for 1-2 minutes. Repeat the manual centering process until the walk belt is centered.

Belt Slip Correcting Process:



1. Power off the treadmill before operation.

2. Using the “hex tool”, turn both idler roller screws clockwise by $1/2$ of a turn (refer to Figure 3).

3. After adjustment, attempt walking for 1-2 minutes under a 2-3 km/h speed setting. Repeat the process until the belt is properly tightened.

Note: The tread-belt should not be adjusted too tightly, or it will be damaged.

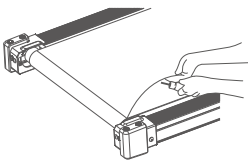
Attentions:

1. To prevent injury, do not place any debris around the treadmill during maintenance.

2. Always use the “hex tool” for adjustments.

3. Take care during the maintenance process and avoid pinching fingers.

B. Belt Lubrication Process



1. Power off the treadmill and unplug the power cord.

2. Using the hex tool, turn both idler roller screws counterclockwise until the belt loosens and lifts easily.

Tip: Mark down the number of turns used to loosen the belt, which will help with re-adjusting the belt tension after lubrication.

3. Lift the edges of the belt and spray lubrication oil at the center of the walk platform evenly. There's no need to apply lubrication oil on the entire platform.

4. Lubrication oil volume per maintenance: 5–10mL.

Attention: Applying too much oil can cause the belt to slip.

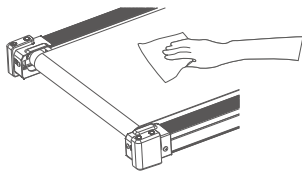
5. Using the hex tool, turn both idler screws clockwise the same number of turns as before to tighten the belt properly.

6. Power on the treadmill and run the belt for a few minutes to evenly distribute the lubrication over the surface.

Attention: Please hold the handrail when working out at a 4mph setting.

Lubrication frequency: It is highly recommended to lubricate every 100 miles.

C. Treadmill Cleaning



1. Power off the treadmill and unplug the power cord before cleaning.

2. Wipe and clean with a damp cloth. Do not use acidic or caustic detergents.

3. Do not clean the opposite side of the walk belt.

4. It is normal for a small amount of black powder residue to accumulate under the treadmill after prolonged use.

Error Code Guide

Error Code	Fault Analysis	Resolutions
E01	Communication interrupted between controller and numeric display.	Unscrew motor hood and verify the connection between the controller and numeric display. Please contact after-sales service if the E01 code persists. Notice: Always power off and unplug the power cord before processing.
E02	Flame protection	1. Unscrew motor hood and verify the connection between the controller and motor. 2. Power supply interrupt due to connector looseness—unscrew motor hood to check. 3. Please contact after-sales service if the problem cannot be solved.

E03	Motor backlash	Please contact after-sales customer service.
E04	Overcurrent protection	<ol style="list-style-type: none"> 1. User weight exceeds the 150 kg limit. 2. Check for foreign objects blocking moving parts (e.g., drive motor, idler roller, driver roller, walking belt). 3. The walking belt may be overtightened or lack lubrication. Check belt tension and lubrication process.
E07	Software bug	Replace the controller.
E10	Communication interrupted between signal cable and console.	<ol style="list-style-type: none"> 1. Unscrew the console box and verify the connection between the signal cable and console. 2. Unscrew the console box and verify internal cables for damage or piercing. 3. Replace the console's PCBA board.

IMPORTANT: If an error code appears, you must stop the workout immediately. Please contact after-sales service if the problem cannot be resolved after restarting.

Troubleshooting

Problem	Fault Analysis	Resolutions
No Working	<ol style="list-style-type: none"> 1. Power rock switch malfunction. 2. Power supply interrupted. 3. Power cord damaged. 	<ol style="list-style-type: none"> 1. Replace the power rock switch if it doesn't light up. 2. Ensure the power cord is plugged into a properly grounded outlet. 3. Replace the power cord.
Walking Belt Slips	Walking belt loosens.	Tighten the walking belt tension with the hex tool. (See details in Chapter 8-A).
Remote Control Does Not Work	<ol style="list-style-type: none"> 1. Incorrect use of default settings. 2. Battery power shortage. 3. Remote control malfunction. 	<ol style="list-style-type: none"> 1. Ensure the remote control is directly aimed at the receiver port when in use. 2. Replace the batteries. 3. Replace the remote control.
Friction Noise	Walking belt off center.	See details in Chapter 8-A for centering instructions.

Suggested Stretches

Perform the following stretches slowly and smoothly. Avoid bouncing.

1. Toe Touch Stretch

Stand with knees slightly bent and slowly bend forward from your hips, reaching toward your toes. Hold for 15 seconds, then relax. Repeat 3 times.

Targets: Hamstrings, lower back, and knees.

2. Hamstring Stretch

Sit with one leg extended and bring the opposite foot toward you. Reach toward your toes. Hold for 15 seconds, then relax. Repeat 3 times on each leg.

Targets: Hamstrings, lower back, and groin.

3. Calf/Achilles Stretch

Place one leg in front of the other, hands on a wall for support. Keep your back leg straight and your heel on the floor. Bend the front leg and lean forward. Hold for 15 seconds, then relax. Repeat 3 times for each leg.

Targets: Calves, Achilles tendons, and ankles.

4. Quadriceps Stretch

Hold a wall for balance, reach back, and grasp one foot with your hand. Bring your heel close to your buttocks. Hold for 15 seconds, then relax. Repeat 3 times on each leg.

Targets: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and knees bent outward. Pull your feet toward your body. Hold for 15 seconds, then relax. Repeat 3 times.

Targets: Inner thighs and hip muscles.

Disposal

This product must not be disposed of as unsorted household waste. It is

important to separate such waste for proper treatment and recycling, in compliance with local waste management regulations.

Warranty

Products that you buy directly from our **Powerology** website or shop come with a 24-month warranty.

The 24-month warranty applies to products purchased directly from our **Powerology** website or store. If **Powerology** products are bought from any of our verified retailers, then the product is eligible for only a 12-month warranty. To extend your product's warranty, visit our website **<https://www.powerology.me/warranty>** and fill in your details in the provided form along with an uploaded picture of the product to process your request. Once approved, you will receive a confirmation email of the extended product warranty. Upload the required information within 48 hours of purchase to be eligible for a 24-month warranty period.

For more info, please check:

<https://www.powerology.me/warranty>

Contact Us

If you have any questions about this Privacy Policy, please contact us at: **hey@powerology.me**

Website: **<https://www.powerology.me/>**

Instagram: **[powerology_official](#)**

Facebook: **[powerology.ME](#)**