

PLAE

Owner's Manual | SLAT Treadmill





Owner's Manual p.2 | SLAT Treadmill

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TABLE OF CONTENTS

1. APPEARANCE INTRODUCTION

2. IMPORTANT SAFETY INFORMATION

- 2.1 Important Safety Instructions
- 2.2 Electrical Requirements
- 2.3 Grounding Instructions
- 2.4 Level Adjustment
- 2.5 Power Switch
- 2.6 Adjusting the Running Belt Tension
- 2.7 Moving the Machine
- 2.8 Assembly Instructions

3. ASSEMBLY INSTRUCTIONS

- 3.1 Assembly Parts List
- 3.2 Parts Package
- 3.3 Assembly Steps

4. USING THE WIRELESS INDUCTION CHARGER

- 4.1 Wireless Charger Declaration & Precautions
- 4.2 Console Wireless Charging Specifications

5. LED CONSOLE OPERATION INSTRUCTIONS

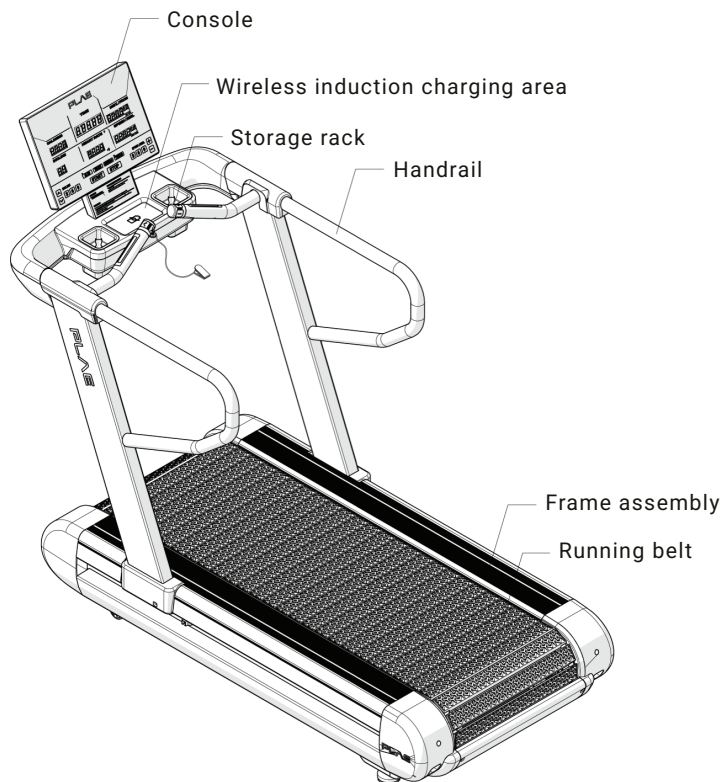
- 5.1 Console Display & Button Overview
- 5.2 Maintenance - Application of Grease to the Tooth Surface and Side of the CP Series Running Belt
- 5.3 Troubleshooting - Error Codes

6. WARRANTY INFORMATION



Owner's Manual p.3 | SLAT Treadmill

1. VISUAL INTRODUCTION



2. IMPORTANT SAFETY INFORMATION

- **User Education:** The purchaser of PLAE products bears full responsibility for educating all users, including end users and supervising staff, on the correct use of the equipment. It is strongly advised that all users of PLAE exercise equipment are made aware of the following information before use.
- **Proper Usage:** Use all equipment only in the manner intended by the manufacturer. Proper use of weight stack machines and other PLAE equipment is crucial to prevent injuries. Ensure hands and feet are kept clear of moving parts at all times. Keep unsupervised children away from this equipment. Avoid wearing loose or dangling clothing while using the equipment.
- **Check for Damaged Parts**
- Do not use equipment that shows signs of damage, wear, or has broken parts. Use only replacement parts supplied by PLAE.
- **Maintain Labels and Nameplates** for important safety information. If any label is unreadable or missing, contact PLAE for replacements.
- **Maintenance of All Equipment** is key to smooth operation and minimizing user liability. Regular inspections are necessary, and any defective components should be replaced immediately. Keep malfunctioning equipment out of use until repaired. Ensure anyone performing adjustments, maintenance, or repairs is qualified. Contact PLAE customer support for more information.

2.1 IMPORTANT SAFETY INSTRUCTIONS - READ AND SAVE THESE INSTRUCTIONS

- This Treadmill is designed for commercial use.
- To ensure user safety and protect the equipment, read all instructions before operation.



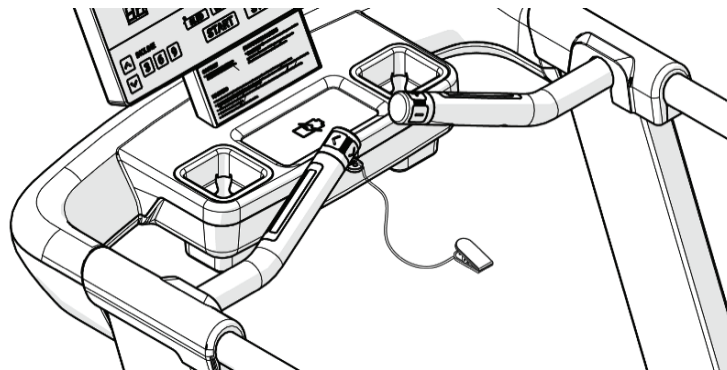
Owner's Manual p.4 | SLAT Treadmill

- When using electrical products, follow basic safety precautions:
- Do not remove labels as they contain vital safety information.
- To reduce the risk of electric shock:
 - DANGER: Always unplug the equipment from the electrical outlet before cleaning.
 - WARNING: To minimize the risk of burns, fire, electric shock, or injury:
- Never leave equipment unattended while plugged in. Unplug when not in use or before assembly/disassembly.
- To ensure safe and proper use of the SLAT treadmill, always adhere to the instructions provided in this Manual. Avoid using any accessories or components not explicitly recommended by PLAE to prevent accidents. Never insert objects into any openings to prevent electrical shock.
- Do not remove side covers; servicing should only be performed by authorized technicians.
- Keep air vents clear and clean from lint, hair, etc., and never operate the treadmill if air openings are blocked.
- If the power cord or plug is damaged, if it functions abnormally, or if water enters the machine, stop using it immediately. Contact PLAE to arrange for an inspection and repair.
- Do not use the power cord to carry or handle the appliance.
- Keep the power cord away from hot surfaces.
- Ensure hands and loose clothing are kept away from moving parts.
- Close supervision is required when the treadmill is used by or near children, those with mobility challenges, or disabled persons.
- SLAT treadmill is for indoor use only. Do not operate or use it outdoors.
- Avoid areas where aerosol sprays or oxygen is in use.
- To disconnect, turn all controls off before unplugging.
- Connect this treadmill to a properly grounded outlet only. See grounding instructions.
- CAUTION: If you experience chest pain, nausea, dizziness, or shortness of breath, stop exercising immediately and consult a physician before continuing.
- When preparing to use the treadmill, do not stand on the running belt. Before starting the treadmill, first turn on the power, grasp the side handrails, and position both feet on the protective strips on either side of the machine. Then press the start button, and only after the motor begins to operate at a low speed should you place both feet on the running platform to commence exercise.
- Do not attempt to start the treadmill at a fast running speed or jump onto the treadmill. In the event of an emergency, hold onto the front or side handrails and jump off the running platform to the protective strips on either side of the machine.
- If the power cord is damaged, it must be replaced by the manufacturer or an authorized technician to prevent injury.
- Regularly inspect the machine for any signs of damage or wear to ensure safe operation.
- Component Inspection: Regularly check components prone to wear for signs of damage to ensure safe operation.
- Weight: The treadmill's net weight is 220 kg (485 lbs).
- Dimensions: The treadmill measures 2070 mm × 940 mm × 1600 mm (L × W × H) or 81.5 in × 37 in × 63 in.
- Clearance Requirements: Maintain a free area at least 0.6 m (2 ft) larger than the training area in all access directions. Include a minimum of 2000 mm × 1000 mm (78.7 in × 39.4 in) of clear space at the rear for emergency dismount. When placing treadmills side by side, the free area may be shared.
- Noise Emission: Noise levels are higher under load. The A-weighted sound pressure level at the user's ear is approximately 69 dBA.



Owner's Manual p.4 | SLAT Treadmill

- In case of an emergency, you can use one of the following two emergency stop systems to halt the operation of the running belt.
 - (a) Safety pin and clip
 - When using the treadmill, attach the clip to your clothing at the waist. In an emergency, you can pull the safety pin out by tugging on the clip's cord, which will stop the running belt.
 - CAUTION: To return to standby mode, please push the safety pin back into the control box.
- Before using the Product, the user should stand on the pedals on both sides of the machine and start the treadmill. Do not start the machine if you are not standing on the front pedals of the machine.



2.2 ELECTRICAL REQUIREMENTS

- For your safety and optimal treadmill performance, SLAT treadmills require a dedicated 20 amp circuit. The ground on this circuit must be non-looped. Please refer to NEC articles 210-21 and 210-23. Your treadmill comes with a power cord and plug as listed below, requiring the corresponding outlet. Any alteration to this power cord could void all warranties for this product.
- 120V 20A Outlet: NEMA 5-20R
- Power requirements for Intl/Europe: 230VAC, 50/60Hz, 9A

2.3 GROUNDING INSTRUCTIONS

- The SLAT Treadmill must be grounded. Grounding provides a path of least resistance for electric current in the event of a malfunction or breakdown, reducing the risk of electric shock. The treadmill comes with a cord that includes an equipment-grounding conductor and a grounding plug. This plug must be inserted into an appropriate outlet that is correctly installed and grounded according to all local codes and ordinances. Failure to follow these grounding instructions could void the PLAE limited warranty.
- 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. Do not modify the plug provided with the product if it does not fit the outlet; instead, have a proper outlet installed by a qualified technician.
- 120V 20amp Plug: NEMA 5-20P
- 120V Units Designated for U.S. Markets:
 - The SLAT Treadmill is designed for use on a nominal 120-volt circuit with a non-looped grounding plug. Ensure that the 110V treadmill is connected to an outlet, NEMA 5-20R, matching the plug configuration. No adapter should be used with this product.

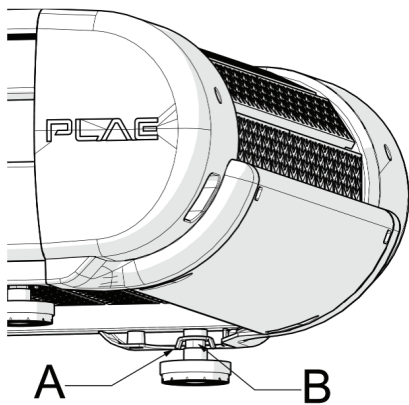


Owner's Manual p.5 | SLAT Treadmill

2.4 LEVEL ADJUSTMENT

Placing the treadmill on an uneven surface or unstable supports can cause it to wobble during use, and the incline adjustment may also be affected.

- The method for level adjustment is as follows:
- Rotate A counterclockwise to loosen it.
- Adjust B to the appropriate height.
- Rotate A clockwise to tighten it.
- The adjustment method is the same for both sides.



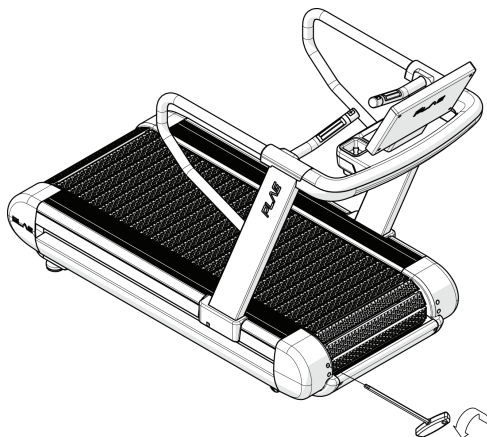
2.5 POWER SWITCH

The power switch is positioned on the left side of the treadmill, near the middle. The switch is labeled with "1" for ON and "0" for OFF.

2.6 ADJUSTING THE RUNNING BELT TENSION

If the running belt requires tension adjustment, follow these steps:

1. Preparation: Ensure the treadmill is fully assembled and stable. Check that the running belt operates normally.
2. Power Check: Verify that the power supply meets the required specifications. Plug in the power cord, press the Quick Start button (START), and increase the speed to 4.0 MPH (6.4 KPH).
3. Tightening the Belt: Turn both adjustment bolts clockwise by 1/4 turn to increase tension.
4. Loosening the Belt: Turn both adjustment bolts counterclockwise by 1/4 turn to reduce tension.
5. Monitor the belt's alignment and performance after making adjustments, repeating as necessary for optimal function.

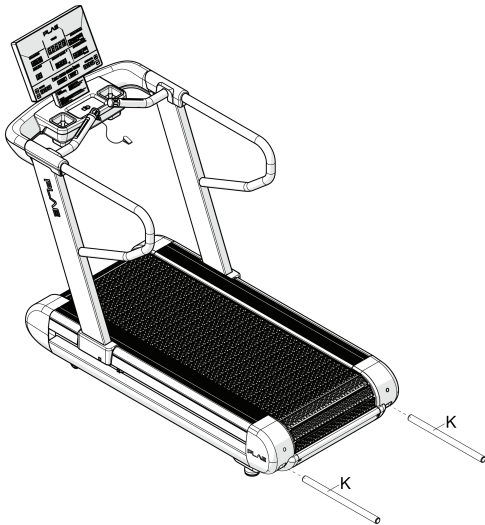




Owner's Manual p.6 | SLAT Treadmill

2.7 MOVING THE MACHINE

When moving the machine, you can insert the handling tube (K) into the hole of the rear adjustment box to facilitate the relocation of the machine.

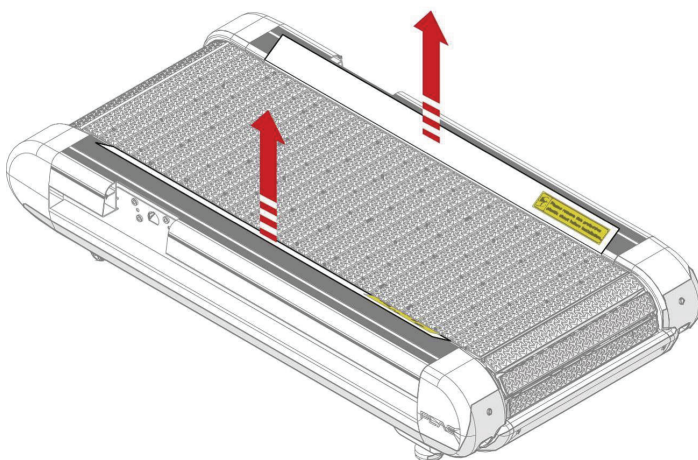


3. ASSEMBLY INSTRUCTIONS



Before installation, please remove the protective sheet.

Please remove this protective plastic sheet before installation.





Owner's Manual p.7 | SLAT Treadmill

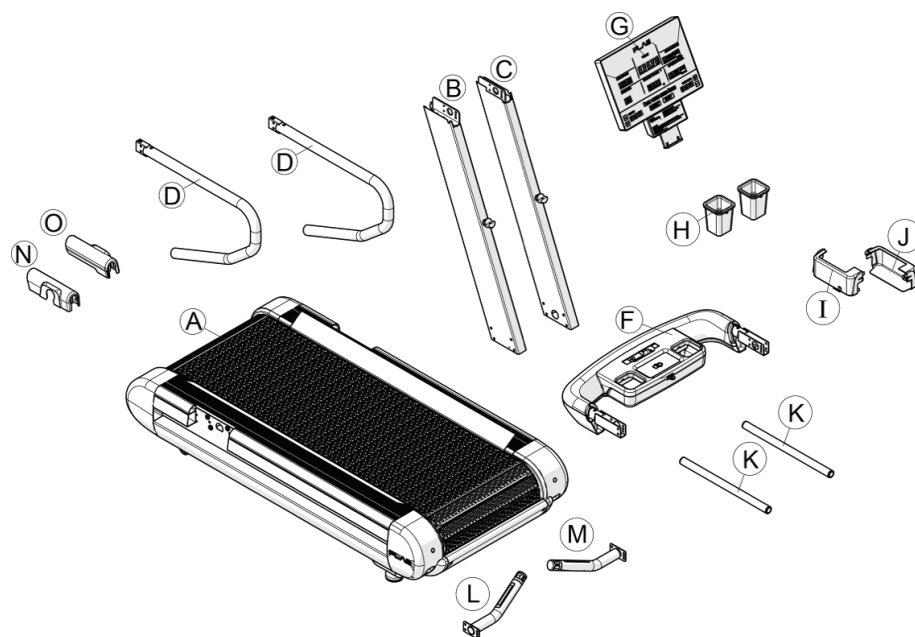
Carefully read the operating instructions prior to assembly, and then select a flat surface to begin the assembly process.

- Instructions for the use of optional accessories



This treadmill can also measure heart rate in other ways. While exercising, you may attach the heart rate monitor to your chest, allowing you to view your heart rate in the PULSE display window.

3.1 ASSEMBLY PARTS LIST

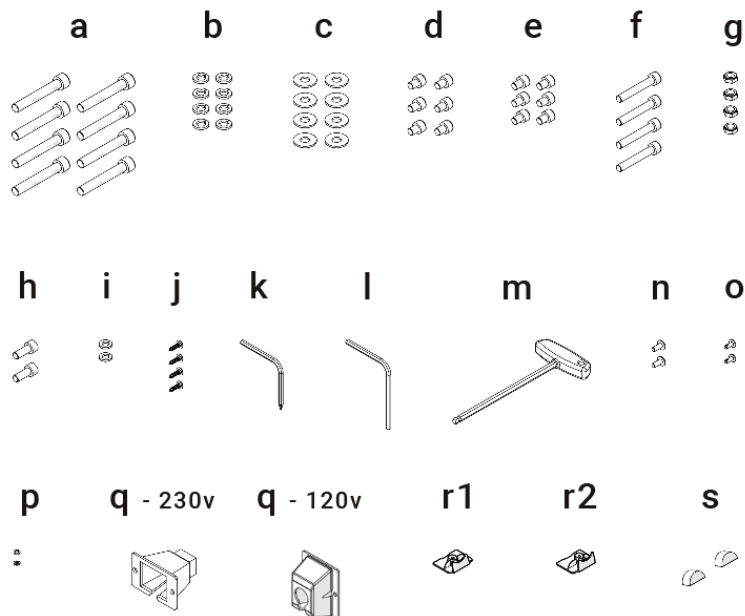


ITEM	DESCRIPTION	QTY
A	Frame assembly	1
B	Handlebar upright tube (left)	1
C	Handlebar upright tube (right)	1
D	Handrail assembly	2
F	Water cup holder assembly	1
G	Console assembly	1
H	Water cup	2
I	Upright tube cover (left)	1
J	Upright tube cover (right)	1
K	Handling tube	2
L	Handle tube (left)	1
M	Handle tube(right)	1
N	Handrail top cover (left)	1
O	Handrail top cover (right)	1



Owner's Manual p.8 | SLAT Treadmill

3.2. Parts Package



ITEM	DESCRIPTION	QTY
A	Hex socket head cap screw M10xP1.5x65	8
B	Spring washer M10	8
C	Flat washer - 10x 25x2.0t	8
D	Hex socket head cap screw M8xP1.25x15	6
E	Hex socket head cap screw M8xP1.25x10	6
F	Hex socket head cap screw M8xP1.25x50	4
G	Nylon cap - M8xP1.25x6t	4
H	Hex socket head cap screw M8xP1.25x20	2
I	Spring washer - M8	2
J	Umbrella head cross self-tapping screw - 4x16	4
K	L-shaped hex wrench + cross screwdriver - 5mm	1
L	L-shaped hex wrench - 6mm	1
M	T-shaped wrench - 8mm	1
N	Umbrella head cross screw - M5xP0.8x12	2
O	Umbrella head cross screw - cut tail - M4xP0.7x10	2
P	Spring washer - M4	2
Q	Power cord sheath	1
R1	Handrail bottom cover (left)	1
R2	Handrail bottom cover (right)	1
S	Handrail fixing block	2



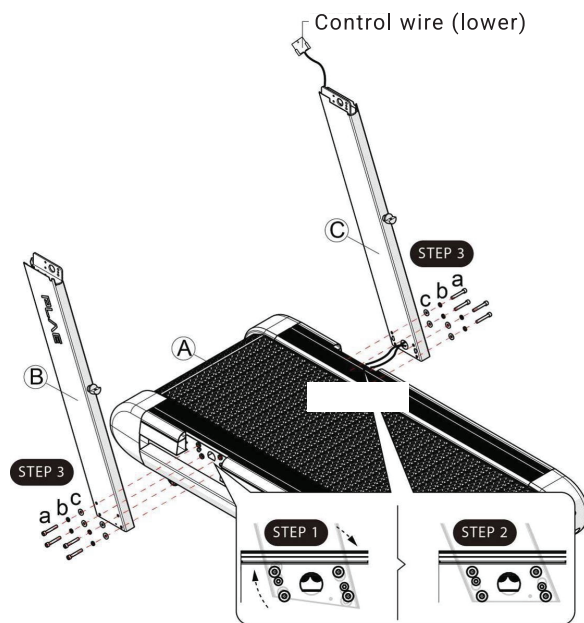
Owner's Manual p.9 | SLAT Treadmill

3.3. Assembly Steps



To avoid any potential hazards, the assembly of the machine must be carried out by two or more individuals; do not attempt to assemble it alone.

STEP 1



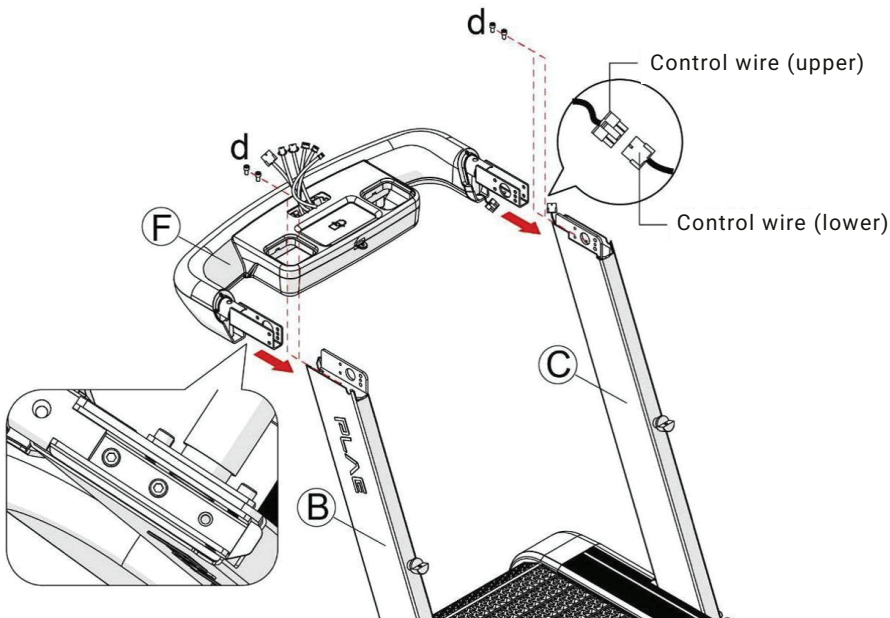
1. First, insert the left and right handlebar upright tubes (B, C) into the frame assembly (A) as shown in STEP 1. Then, rotate the left and right handlebar upright tubes to ensure they are securely locked into the hoist holes, as illustrated in STEP 2.
2. Use screws (a), spring washers (b), and washers (c) to secure the left and right handlebar upright tubes (B, C), but do not tighten them at this stage.

NOTE: During assembly, take care not to pinch any wires.



Owner's Manual p.10 | SLAT Treadmill

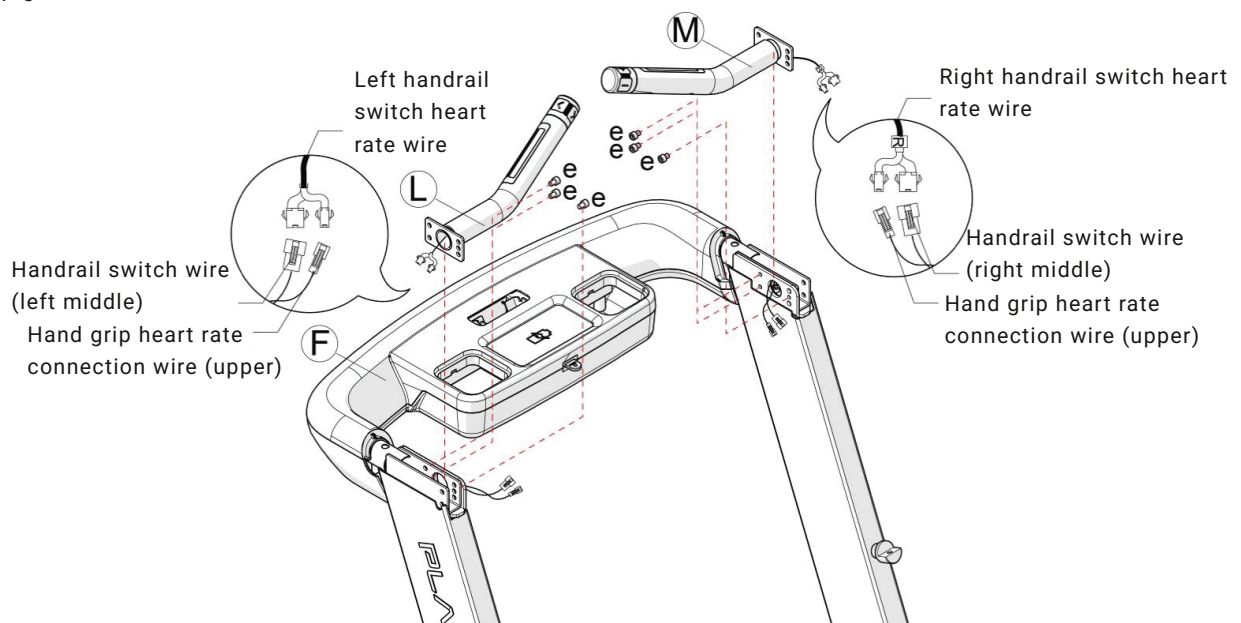
STEP 2



1. Connect the wiring of the water cup holder assembly (F) to the wiring of the right handrail tube assembly (C), then organize the wires and tuck them into the right handrail tube assembly (C).
2. Position the water cup holder assembly (F) on the left and right handlebar upright tubes, and secure it with screws (d) without tightening them at this stage. Ensure that the screws for the water cup holder assembly (F) can all be tightened simultaneously with the left and right handlebar upright tubes before using a tool to fully tighten all screws.

NOTE: During assembly, take care not to pinch any wires.

STEP 3

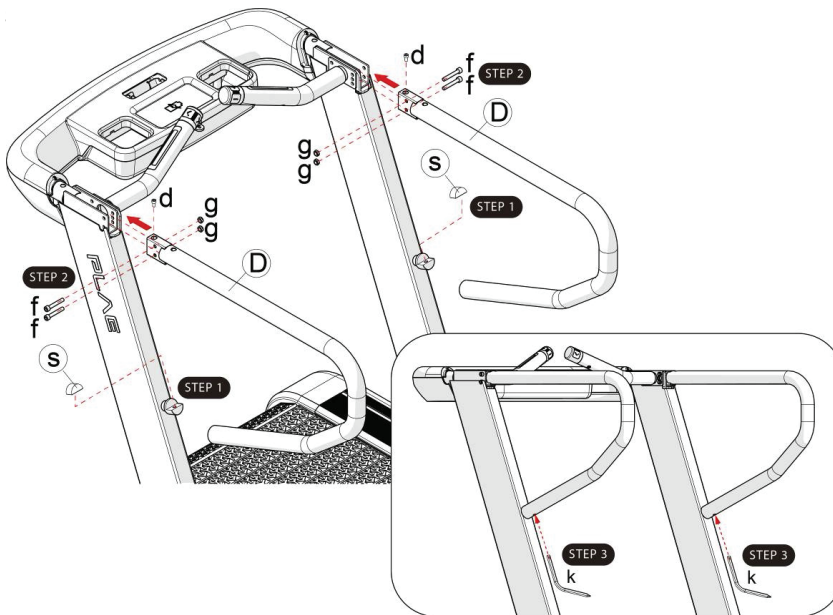




Owner's Manual p.11 | SLAT Treadmill

1. As illustrated, connect the wiring of the water cup holder assembly (F) to the wiring of the left and right hand grips (L, M).
2. Use screws (e) to securely fasten the left and right hand grips (L, M) to the left and right handlebar upright tubes as shown.

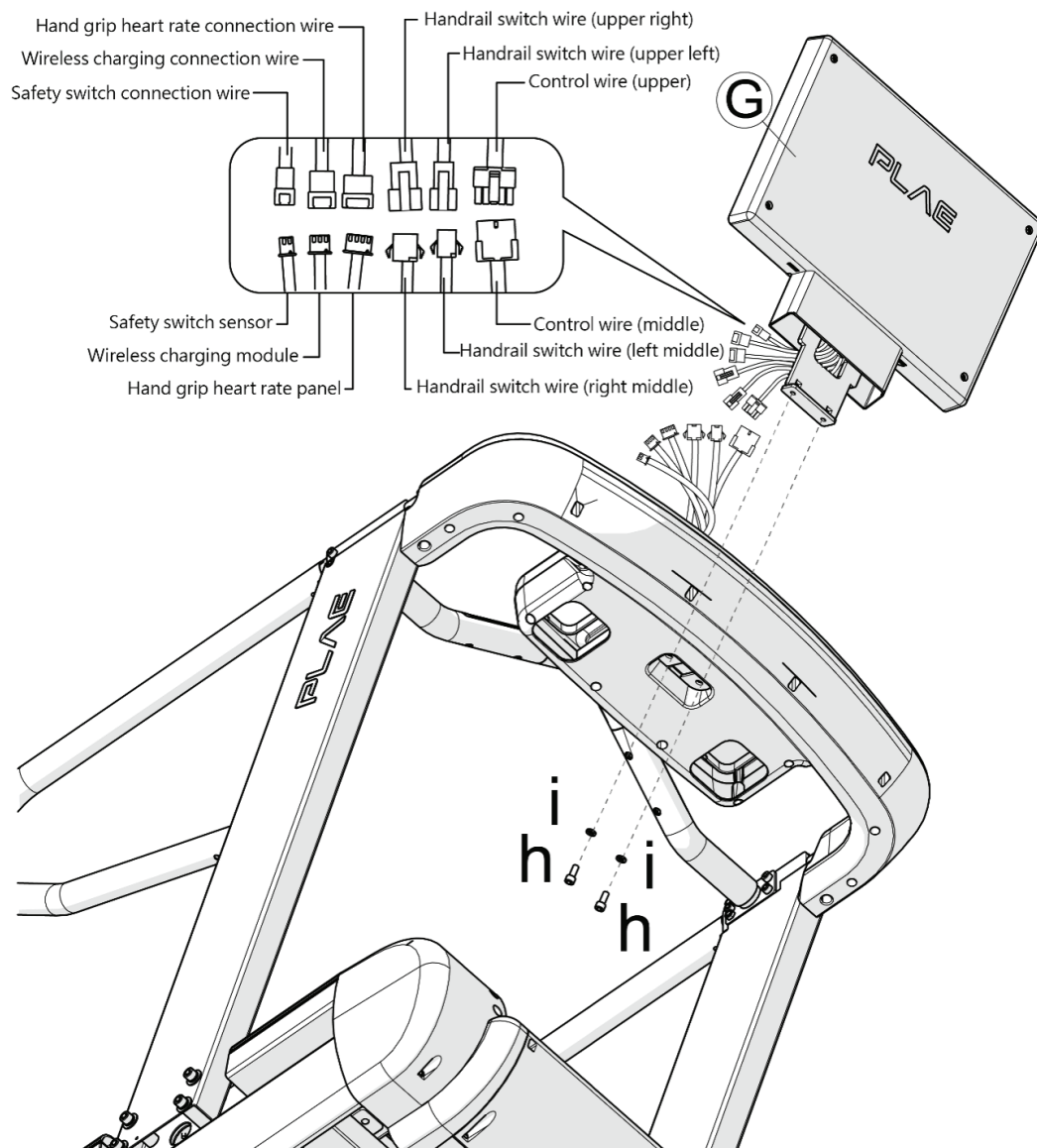
NOTE: During assembly, take care not to pinch any wires.



illustrated in STEP 2, place the handrail tubes (D) onto the left and right handlebar upright tubes, carefully sliding the handrail tubes into place. Tighten and secure using screws (f, d) and nylon caps (g). Finally, following the illustration in STEP 3, use the tool (k) to fully tighten the pre-installed screws on the left and right upright tube.



Owner's Manual p.12 | SLAT Treadmill

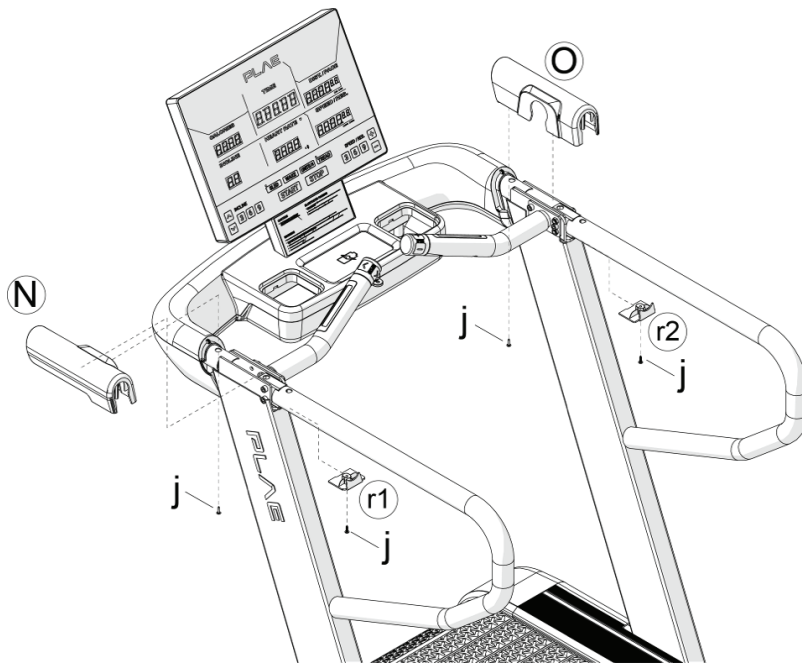


Place the console assembly (G) onto the previously assembled water cup holder assembly, then secure it with screws (h) and washers (i).



Owner's Manual p.13 | SLAT Treadmill

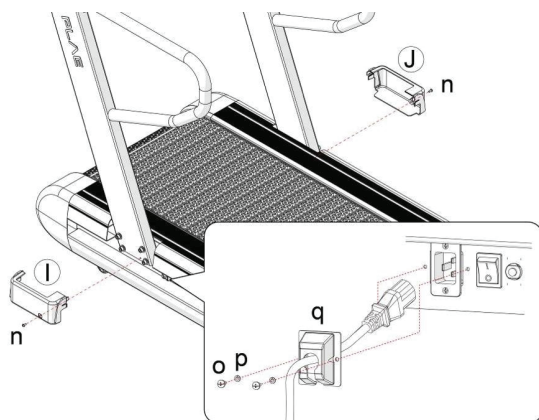
STEP 6



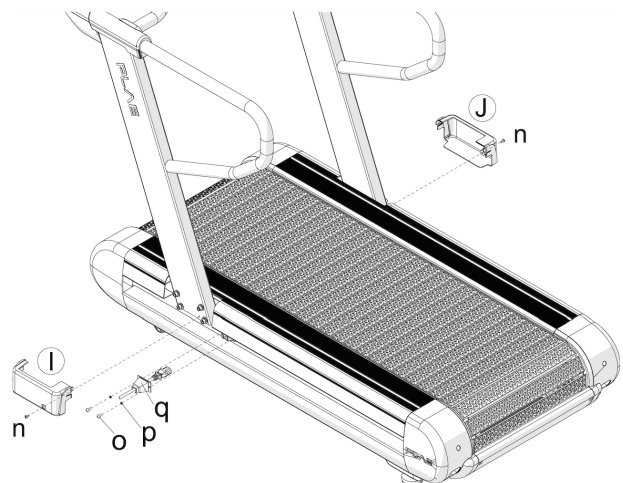
Cover the left and right handrail top covers (N, O) and the handrail bottom covers (r1, r2), securing them with screws (j).

STEP 7

120v



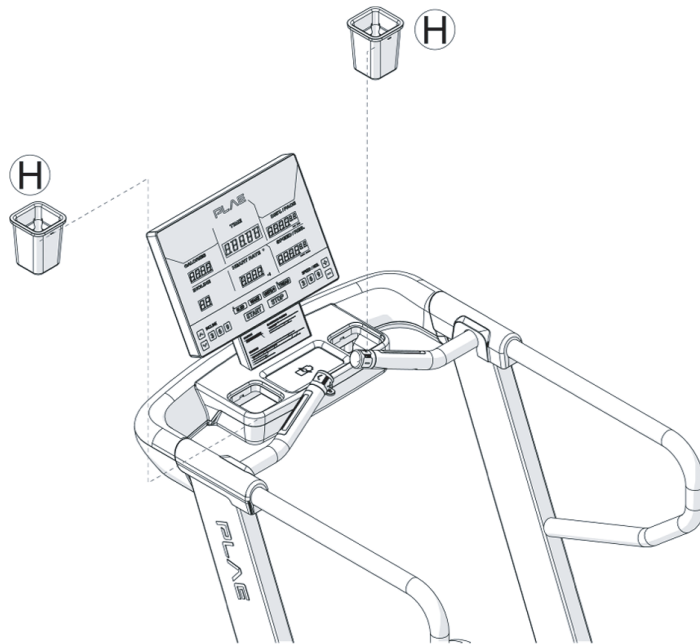
230v





Owner's Manual p.14 | SLAT Treadmill

STEP 8



Finally, place the water cup (H) into the storage rack assembly.

4. USING THE WIRELESS INDUCTION CHARGER

- **Positioning the Device:** Place your device horizontally on the designated charging area, marked with the charging symbol on the console.
- **Charging Confirmation:** If your device supports Qi wireless charging, a notification will appear on your screen to confirm that charging has started.
- **Important Cautions:** Refer to the console specifications for details on the Qi wireless induction charger's compatibility and requirements.
- If you experience issues with wireless charging, consult the troubleshooting section for guidance.

4.1 WIRELESS CHARGER DECLARATION & PRECAUTIONS

- **Device Compatibility:** Supports fast charging for Android and Apple devices. Designed for mobile phones only—compatibility with other devices (e.g., AirPods, smartwatches) is not guaranteed.
- **Avoid Interference:** Remove any metal objects, magnets, or conductive materials between the phone and the charger to prevent charging issues or overheating.
- Do not place credit cards, RFID cards (e.g., transit or access cards), or other sensitive items between the phone and its case when charging.
- Keep credit and RFID cards away from the charging area.
- **Charging Position & Phone Case Considerations:**
 - If charging does not start, adjust the position of your phone to align with the charger's coil.
 - Thick phone cases may interfere with charging—remove the case if necessary.
 - If using a wireless charging-compatible phone case, do not place the case alone on the charger, as this may cause overheating and pose a fire risk.
- **Charging Behavior & Limitations:**
 - Do not connect a wired charger to your phone while using wireless charging—this will disable the wireless function.
 - If using wired headphones, place the phone horizontally on the charger to ensure proper coil alignment.



Owner's Manual p.15 | SLAT Treadmill

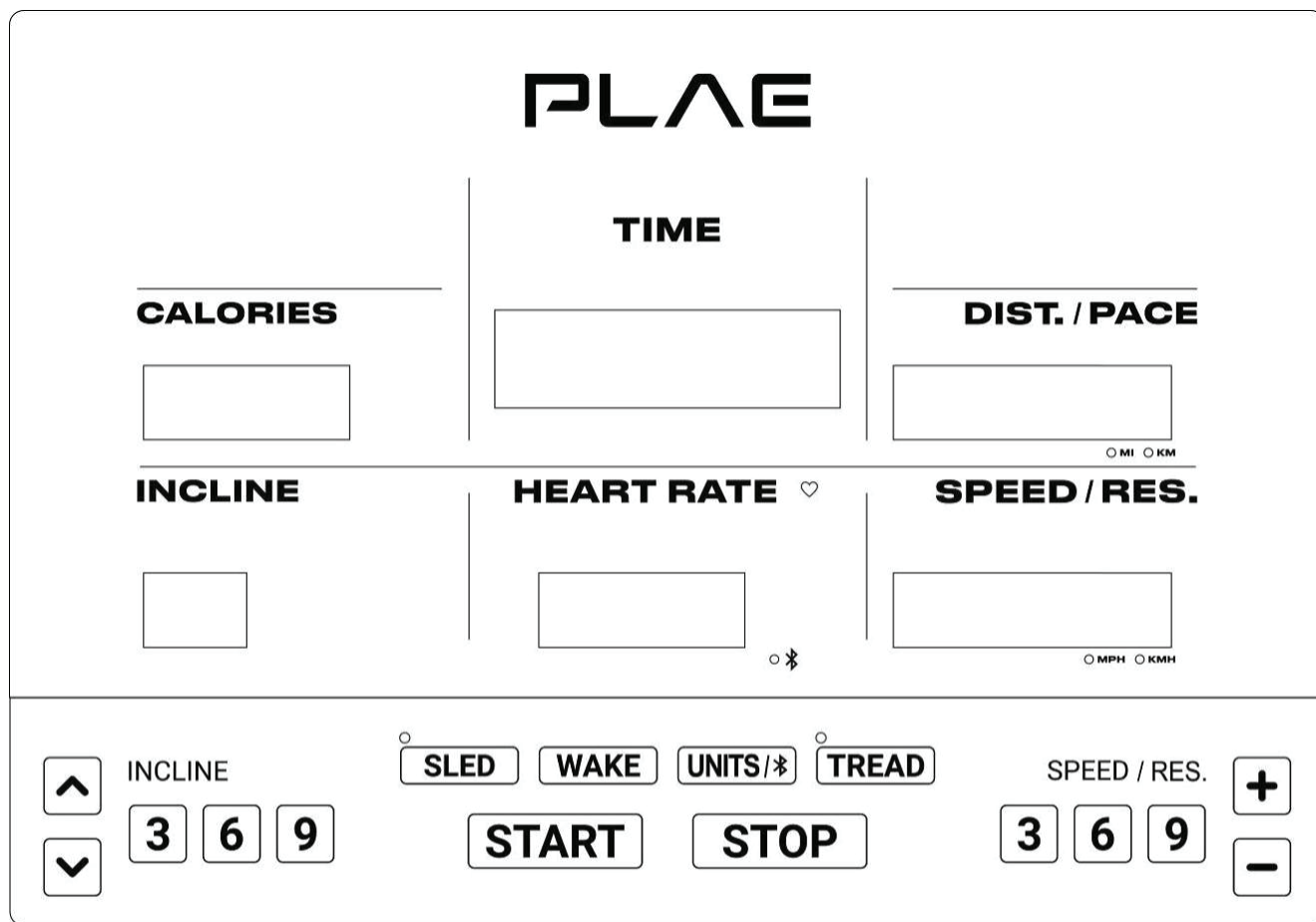
- The wireless charger does not have a power switch—it remains active when plugged in.

4.2 CONSOLE WIRELESS CHARGING SPECIFICATIONS

- Charging Type: Wireless (Qi fast charging)
- Charging Area: Approx. 50mm x 50mm (2 in x 2 in)
- Charging Response Time: <3 seconds
- Maximum Output Power: 15W 5.

LED CONSOLE OPERATION INSTRUCTIONS

This treadmill features an intuitive console, enabling users to get on and go.



CAUTION

- Risk of injury to persons - to avoid injury, use extreme caution when stepping onto or off a moving belt. Read owners manual before using.

BLUETOOTH PAIRING

1. Put on your Bluetooth heart rate strap securely.
2. Move close to the console while wearing the strap.
3. The console will detect your strap. A light near the heart rate indicator will blink to confirm the connection and heart rate data will appear.

WARNING

- Be sure the emergency stop lanyard is clipped to the user and in proper position on the treadmill before beginning any workout.
- Never mount or dismount the treadmill while the running belt is moving. Use the handrails whenever additional stability is required. In case of emergency, such as tripping, grasp the handrails and place feet on the side foot rails.
- **WARNING!** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.
- Keep children away from moving belt.
- Never wear dangling or loose clothing while on the machine.



Owner's Manual p.16 | SLAT Treadmill

5.1 CONSOLE DISPLAY & BUTTON OVERVIEW

LED Display	The LED Console displays essential workout data and guides program operations, including: Calories: 0–9999 Time: 0–9:59:59 (hrs/min/sec) Speed: 0.8–25.0 Incline: 0–20 Resistance: 0–15 Distance/Pace: 0–9,999.99 Heart Rate (BPM): 40–240
Remote Handrail Button Controls	- Increase Incline: Press to raise the incline by 1% per step, up to 20% max (15% for free operation). - Decrease Incline: Press to lower the incline by 1% per step, down to 0% min. - Increase Speed: Press to increase speed by 0.1 mph (0.1 km/h) per step, up to 15.6 mph (25 km/h) max. - Decrease Speed: Press to reduce speed by 0.1 mph (0.1 km/h) per step, down to 0.5 mph (0.8 km/h) min.
START	Press to automatically begin a Quick Start workout.
STOP / PAUSE	Press once during a workout to Pause. Press while in Pause to Stop workout.
Incline Quick Keys & Adjustments	Press the incline quick keys during exercise to instantly switch between 3%, 6%, and 9% incline levels. Use the up/down arrows for precise, incremental adjustments.
Speed/Resistance Quick Keys & Adjustments	Press the speed/resistance quick keys during exercise to instantly switch between 3, 6, and 9 speed/resistance levels. Use the +/- buttons for precise, incremental adjustments.
SLED MODE - Free Running	Press this button in standby mode to enable the SLED resistance operation function when the treadmill starts.
TREAD MODE	Press this button in standby mode to activate the treadmill function at startup.
WAKE	Energy-saving mode: If the treadmill remains idle for an extended period, it will enter energy-saving mode, turning off the console display. Press the WAKE button to reactivate the console. (Available only on the 220V model.)
Heart Rate display	The console shows the user's heart rate when using the contact heart rate sensors or a chest strap monitor. Switching Units: In standby mode, press and hold for 3 seconds to toggle between metric and imperial units. The unit LED light will illuminate.

Owner's Manual p.17 | SLAT Treadmill

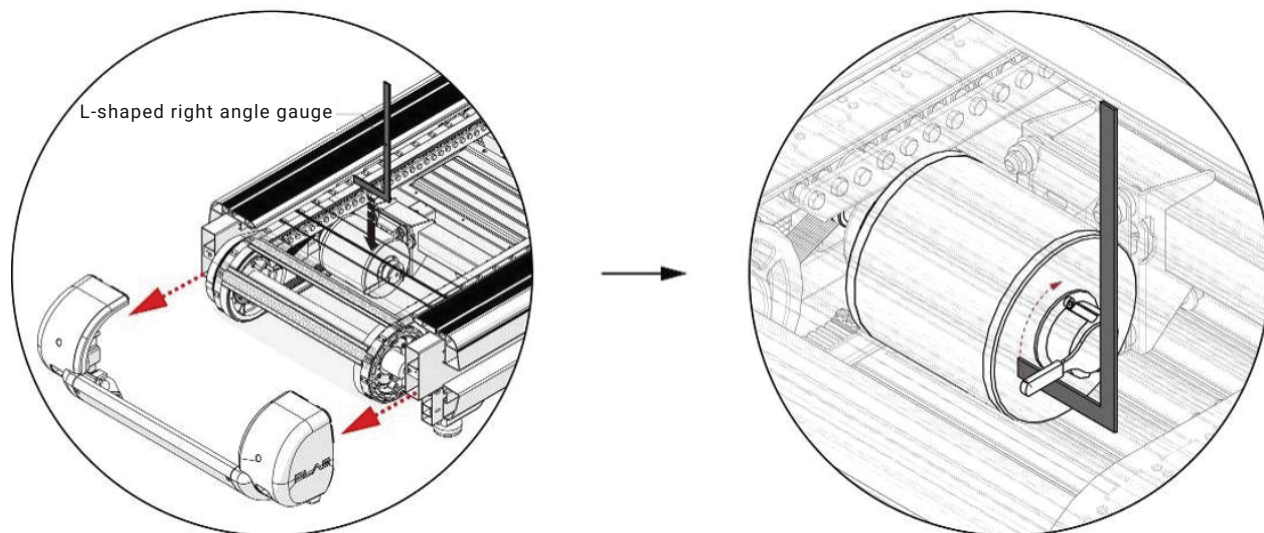
UNITS/Bluetooth	Bluetooth Connection: - In standby or exercise mode, press the button to activate Bluetooth pairing. The Bluetooth light will flash. - Use a mobile phone or tablet app to connect to the treadmill. - Once connected, the Bluetooth indicator will remain steady. - If no connection is established within one minute, the light will stop flashing.
Pairing Instructions for Wireless Bluetooth Heart Rate Monitor	Press the button again to retry. 1. Wear the Heart Rate Belt Securely. 2. Stand Near the Console while wearing the belt. 3. The console will automatically detect the belt. The LED light next to the heart rate display will blink to confirm the connection, and your heart rate data will appear on the screen.

5.2 MAINTENANCE - APPLICATION OF GREASE TO THE TOOTH SURFACE AND SIDE OF THE CP SERIES RUNNING BELT

When unusual noises are detected from the machine, first check whether the tooth surface of the drive belt is devoid of lubricating oil. If lubrication is required, please use the manufacturer-specified SL-41031 lubricating grease.

STEP 1

Remove the adjustment boxes from both front sides, and pull the red handle at the back of the motor upwards to loosen the running belt.



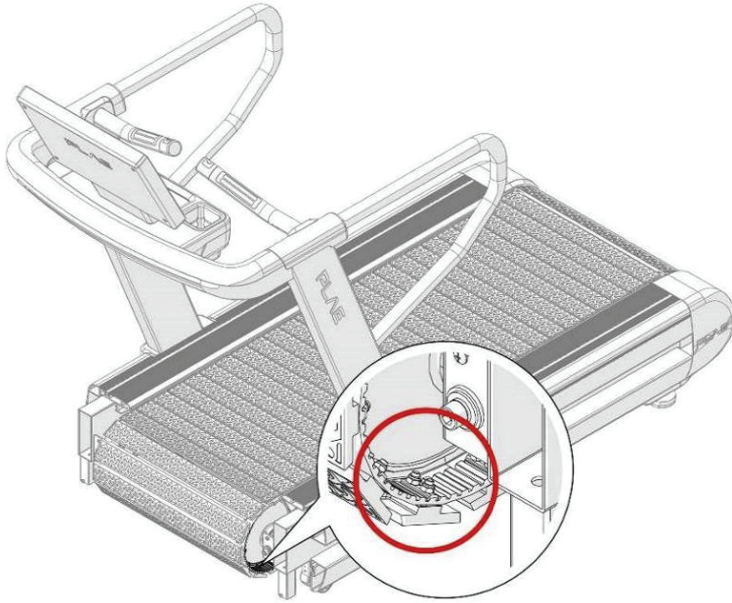
STEP 2

Slowly rotate the running belt by hand and inspect the tooth profile on the belt at the red circle to determine if there is any grease remaining.

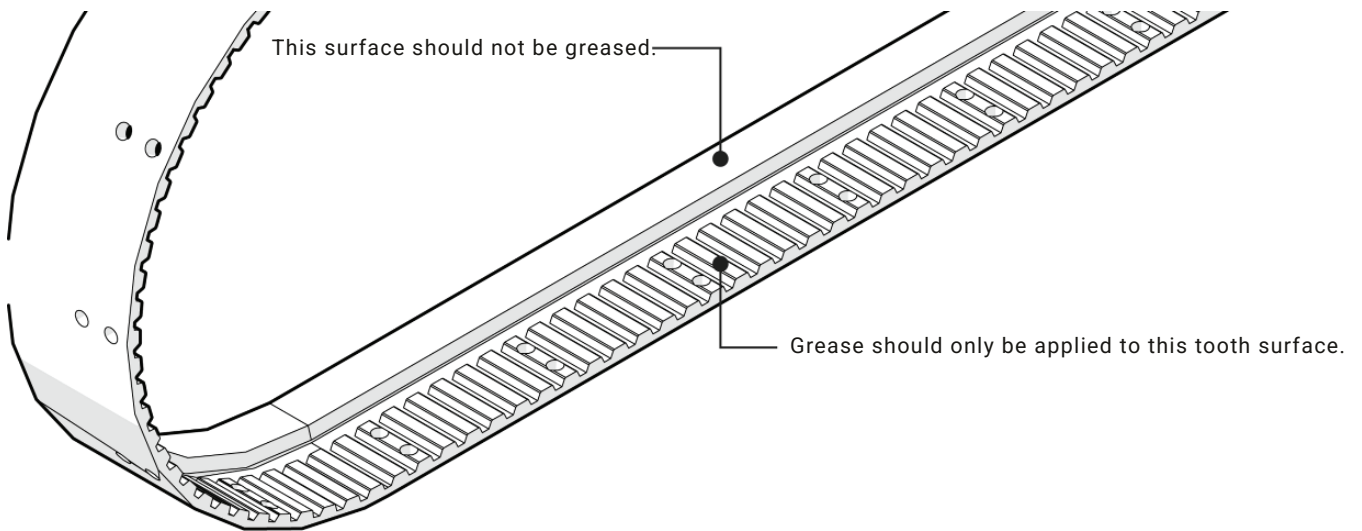
If there is no grease, please apply solid grease.



Owner's Manual p.18 | SLAT Treadmill

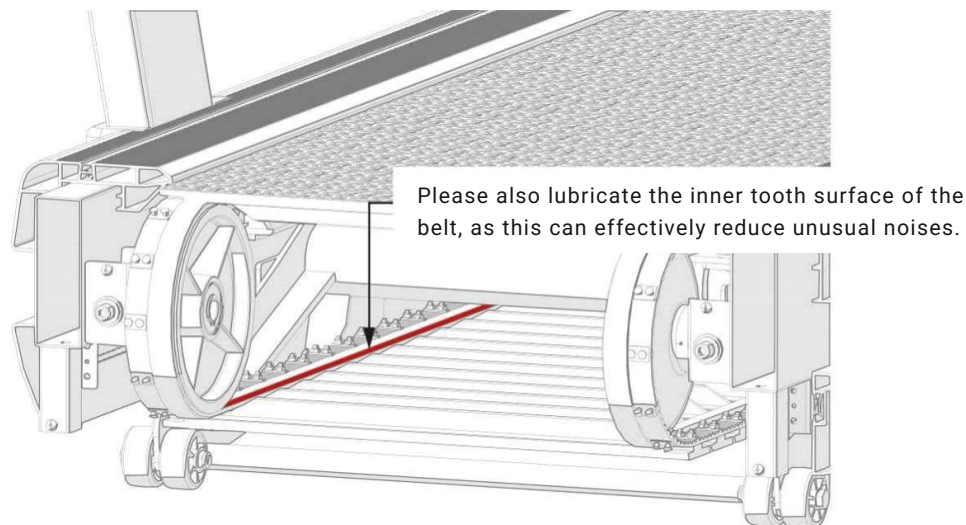


STEP 3



Owner's Manual p.19 | SLAT Treadmill

STEP 4



5.2 TROUBLESHOOTING - ERROR CODES

ERROR CODE	POSSIBLE CAUSES	CORRECTIVE MEASURES	REMARKS
No power supply for the console	1. Power switch turned off 2. Power switch indicator light not lit 3. No DC 12V power output from the inverter 4. Control wire malfunction 5. console malfunction 6. Energy-saving board malfunction (not available in the 110V model) 7. WAKE key malfunction (not available in the 110V model)	Turn on the power switch Check the socket with a voltmeter for power supply Replace the inverter Replace the control wire Replace the console Replace the energy-saving board. Replace the button panel or wiring.	Check if the mains voltage is (110/220V)
LE1	Low voltage from the inverter power supply	Replace the filter, large inductor, and inverter	Check if the mains voltage is (110/220V)



Owner's Manual p.20 | SLAT Treadmill

NTCF	Abnormal frequency inverter temperature sensor	Replace the inverter	
OC	Overcurrent output from the inverter	Add lubricating oil to the bearings, replace the inverter.	
OE	Overvoltage in the inverter	Replace the inverter braking resistor	
GF	Abnormal frequency inverter grounding	Replace the inverter	
OH	Overheating in the inverter	Add lubricating oil to the bearings, replace the inverter.	
OL	Abnormal frequency inverter motor overload	Replace the motor or inverter	
OL1	Abnormal frequency inverter overload	Add lubricating oil to the bearings, replace the inverter.	
OLO	Abnormal frequency inverter system overload	Replace the inverter	
LF	Motor disconnection detected by the inverter	Replace the motor or inverter	
DBUP	Brake malfunction detected by the inverter	Replace the inverter braking resistor	
EER	Inverter EEPROM malfunction	Replace the inverter	
LP	Low voltage warning displayed by the inverter	Replace the filter, large inductor, and inverter	
ESP	Emergency stop displayed by the inverter	Replace the inverter, control wires, and console	Check if the mains voltage is (110/220V)
HT	High temperature displayed by the inverter	Add lubricating oil to the bearings, replace the inverter.	
E1	Communication anomaly	Replace the inverter, control wires, and console	
	Abnormal key	Replace the membrane button, replace the console.	



Owner's Manual p.21 | SLAT Treadmill

6. WARRANTY INFORMATION

Please refer to SLAT Treadmill's warranty for full details on our website <https://plae.us/>