

PELOTON TREAD (TR02) USER GUIDE

Safe setup, use and maintenance



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Introduction

This guide explains how to use the Peloton Tread (TR02), including safety, setup, controls, workout operation, maintenance, belt centring, belt tensioning, and troubleshooting.

Read this guide before using the Tread. Follow every safety warning and instruction to help operate the equipment correctly.

By the end of this guide, you'll know how to prepare the Tread, start and stop a workout, adjust speed and incline, read the class screen, complete routine maintenance, and find help when needed.

Important: Keep this guide available for reference and contact [Peloton Support](#) if you need assistance beyond the instructions provided here.

At a Glance

Specification	Details
Model	TR02
Tread dimensions	173 cm L × 89 cm W × 157 cm H / 68 in L × 35 in W × 62 in H
Product weight	131 kg / 290 lb
Maximum user weight	150 kg / 330 lb
Speed range	0.5–20 km/h / 0.5–12.5 mph
Incline range	0–12.5%
Safety equipment	Safety Key and Tread Lock

Before you begin: Make sure the Tread is fully assembled, positioned on a stable surface, connected to power, and placed where you can safely use it with the required clearance.

Safety

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- WARNING:** Read all instructions and warnings before using the Tread. Improper use may result in serious injury or property damage.
- Keep children and pets away from the Tread while it is in use and whenever the belt is moving.
 - Use the Tread only as described in this guide.
 - Do not use the Tread if it is damaged, wet, or not operating correctly.
 - Wear athletic shoes with a closed toe and a secure fit. Do not use the Tread barefoot or in socks.
 - Keep loose clothing, shoelaces, towels, and other objects away from the moving belt and rollers.
 - Keep hands, hair, and fingers away from moving parts.
 - Do not step onto or off the moving belt from the rear. Use the side rails when getting on and off the Tread.
 - Attach the Safety Key to your clothing before beginning a workout.
 - Stop using the Tread immediately if you feel unwell, lose your balance, or notice an unusual sound or movement.
 - Disconnect the Tread from power before cleaning, inspecting, or performing maintenance.

Location and Clearance

Place the Tread on a level, stable surface that can support the equipment and the user. Do not place it on a thick rug, uneven flooring, or a surface that may interfere with the moving belt.

Maintain at least 61 cm / 2 ft of clearance on each side of the Tread and at least 183 cm / 6 ft of clearance behind it. Keep adequate overhead clearance for the Tread and the user.

Position the Tread where the power cord can reach a suitable outlet without creating a trip hazard. Keep the area around the Tread clear before every workout.

Safety Key and Tread Lock

Safety Key

Insert the Safety Key into the designated slot before using the Tread. Attach the clip to a secure part of your clothing where it can pull free if you move away from the console.

If the Safety Key is removed while the belt is moving, the belt stops. To resume use, stop and reattach the Safety Key before starting again.

Store the Safety Key out of the reach of children when the Tread is not in use.

Tread Lock

Tread Lock helps prevent unauthorized use of the Tread. When Tread Lock is enabled, enter the required passcode on the screen before the belt can move.

Enable Tread Lock whenever the Tread is not in use. Keep your passcode private and do not allow children to operate the Tread.

If you cannot unlock the Tread, verify that the Tread is powered on and follow the on-screen instructions. Contact [Peloton Support](#) if you still cannot access the Tread.

Getting On

1. Stand on the side rails with both feet outside the moving belt.
2. Hold the handrails and attach the Safety Key to your clothing.
3. Start the belt at a slow speed.
4. When the belt is moving steadily, step onto the centre of the belt one foot at a time.
5. Keep your eyes forward, maintain a comfortable posture, and hold the handrails until you feel stable.

Starting and Stopping

Starting

1. Attach the Safety Key to your clothing and insert it into the console.
2. Select a class or choose the option to start a workout.
3. Stand on the side rails until the belt begins moving.
4. Use the speed controls to increase the speed gradually, then step onto the moving belt.
5. Adjust speed and incline in small increments as needed.

Stopping

1. Reduce the speed gradually until the belt is moving at a slow walking pace.
2. Press the stop control to stop the belt, or remove the Safety Key in an emergency.
3. Wait until the belt has stopped completely before stepping onto the side rails.
4. Hold the handrails and step off the belt one foot at a time.

Important: Do not jump onto or off the moving belt. Always reduce the speed and wait for the belt to stop before stepping off.

Joining a Class or Programming Your Own Workout

Joining a Class

1. Wake the Tread and enter the Tread Lock passcode if prompted.
2. Attach the Safety Key to your clothing and insert it into the console.
3. From the touchscreen, choose a class or select the option to start a workout. Follow the on-screen prompts to choose the class or workout that suits you.
4. Stand on the side rails while the belt begins moving, then use the controls to adjust speed and incline gradually.
5. Follow the instructor's cues, but adjust speed and incline to a level you can control safely. You can reduce the speed or incline at any time.
6. To finish, reduce speed gradually, stop the belt, and wait until it has stopped completely before stepping onto the side rails.

Programming Your Own Workout

A self-programmed workout can be planned in four parts: a warm-up, a main set, recovery intervals, and a cool-down. Choose speeds and incline levels that you can control comfortably.

- **Example — Warm-up:** 5 minutes of easy walking.
- **Main set:** 15–20 minutes alternating comfortable and brisk efforts, using the comfortable efforts as recovery intervals.
- **Cool-down:** 5 minutes of easy walking.

Use the right adjustment knob to control speed and the left adjustment knob to control incline. Make changes gradually in small increments, and reduce speed and incline gradually before stopping the belt.

Stop immediately: Stop using the Tread if you feel faint, dizzy, short of breath, have chest pain, lose your balance, or feel unwell.

Speed and Incline Controls

Use the right adjustment knob to control speed and the left adjustment knob to control incline. Turn a knob gradually to make a small adjustment, or use the corresponding jump controls for larger adjustments.

The speed is shown in km/h or mph, depending on your settings. Incline is shown as a percentage.

Increase speed and incline only when you are ready and have a stable position on the belt. Reduce both controls gradually before stopping.

Reading the Class Screen

The class screen displays the information you need while you work out. The exact layout may vary by class and software version.

Screen information	What it shows
Class progress	How much of the class has elapsed and how much remains.
Speed	Your current belt speed in km/h or mph.
Incline	Your current incline percentage.
Time	The elapsed time or remaining time for the workout.
Instructor and class information	The instructor, class title, and workout details.

Follow the instructor’s cues and adjust the controls at a pace that feels appropriate for you. You can change the display settings from the screen when available.

After Each Workout

1. Reduce the speed to a slow walking pace and stop the belt completely.
2. Step onto the side rails before stepping off the Tread.
3. Remove the Safety Key and store it safely.
4. Wipe the screen, handrails, and other contact surfaces with a soft, slightly damp cloth.
5. Keep the belt and surrounding floor clear of sweat, moisture, and objects.
6. Enable Tread Lock when the Tread is not in use.

Maintenance

Disconnect the Tread from power before cleaning, inspecting, centring the belt, or tensioning the belt. Do not use abrasive cleaners, solvents, or spray cleaner directly on the Tread.

Inspect the power cord, Safety Key, handrails, screen, side rails, belt, and surrounding area regularly. Stop using the Tread and contact [Peloton Support](#) if you find damage or the Tread does not operate normally.

Centring the Belt

The belt should run in the centre of the deck. If the belt moves to one side, stop using the Tread and adjust it as follows:

1. Turn off the Tread and unplug it.
2. Confirm that the belt is clean and that the Tread is on a level surface.
3. Plug in the Tread and start the belt at approximately 5 km/h / 3 mph. Stay clear of the moving belt.
4. If the belt moves to the left, use the rear roller adjustment bolt on the left side. Turn it clockwise by one-quarter turn.
5. If the belt moves to the right, use the rear roller adjustment bolt on the right side. Turn it clockwise by one-quarter turn.
6. Allow the belt to run for at least 30 seconds and check its position.
7. Repeat the adjustment in one-quarter-turn increments until the belt runs in the centre. Do not over-adjust the belt.

Tensioning the Belt

If the belt slips or pauses during use, it may need to be tensioned. Turn off and unplug the Tread before adjusting the rear roller bolts.

Turn both rear roller adjustment bolts clockwise by one-quarter turn, keeping the adjustments equal. Plug in the Tread and check the belt at a slow speed.

Repeat in one-quarter-turn increments only as needed. Do not over-tighten the belt. If the belt continues to slip, contact [Peloton Support](#) for assistance.

Troubleshooting

Use the table below for common issues. Stop using the Tread if an issue continues or if the equipment is damaged.

Problem	Solution
The Tread does not turn on.	Confirm that the power cord is connected to the Tread and the outlet. Check that the outlet is working and that the Safety Key is inserted.
The belt does not move.	Confirm that Tread Lock is unlocked, the Safety Key is inserted, and a workout or start option has been selected. Make sure the belt has stopped completely before trying again.
The belt moves to the left or right.	Stop the Tread and follow the belt-centring directions. Make adjustments only in one-quarter-turn increments.
The belt slips or pauses.	Stop using the Tread and follow the belt-tensioning directions. Do not over-tighten the belt.
The screen does not respond or connect.	Check the power connection and follow the on-screen instructions. Restart the Tread if prompted. Contact Peloton Support if the issue continues.
The Tread makes an unusual sound or movement.	Stop the workout immediately, remove the Safety Key, and disconnect the Tread from power. Do not use the Tread until the issue has been evaluated.

Need more help? Visit [Peloton Support](#) for additional troubleshooting and service information. Have the model number TR02 available when contacting support.