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› 3G Cardio Pro Runner X Treadmill User Manual

3G Cardio Pro Runner

3G Cardio Pro Runner X Treadmill User Manual

Model: Pro Runner

Brand: 3G Cardio

1. INTRODUCTION AND OVERVIEW

The 3G Cardio Pro Runner X Treadmill is designed for home use, offering a high-quality running experience while conserving space. Its robust construction and advanced features cater to serious runners and fitness enthusiasts. This manual provides essential information for setup, operation, maintenance, and troubleshooting to ensure optimal performance and longevity of your treadmill.



Figure 1.1: The 3G Cardio Pro Runner X Treadmill in a home setting, demonstrating its compact design and user-friendly interface.

This treadmill combines professional-grade quality with a space-saving design, making it suitable for various home environments. It features a heavy-duty Ortho Flex suspension system, a powerful 3.0 HP motor, and a generous running belt size for comfortable and effective workouts.

2. SETUP AND ASSEMBLY

2.1 Unpacking and Placement

Carefully remove all components from the packaging. Ensure all parts listed in the packing list are present before

beginning assembly. Place the treadmill on a flat, stable surface with adequate clearance around it for safe operation and maintenance.

2.2 Assembly Steps

Assembly is required for this product. Refer to the included user manual (PDF) for detailed, step-by-step instructions. Key steps typically involve attaching the console, uprights, and securing the running deck. It is recommended to have two people for assembly due to the weight of some components.

- Attach the uprights to the base.
- Secure the console to the uprights.
- Connect all necessary cables.
- Ensure all bolts and screws are tightened securely.



Figure 2.1: Key features and dimensions of the Pro Runner X Treadmill, illustrating components relevant to assembly and usage.

2.3 Initial Power-On

Once assembled, plug the treadmill into a grounded electrical outlet. Ensure the safety key is properly inserted into the console. The display should illuminate, indicating the treadmill is ready for use.

3. OPERATING INSTRUCTIONS

3.1 Console Overview

The console features an LED/LCD display showing metrics such as distance, heart rate, and speed. It includes one-touch speed and incline controls, pre-programmed workouts, and options for custom workouts.

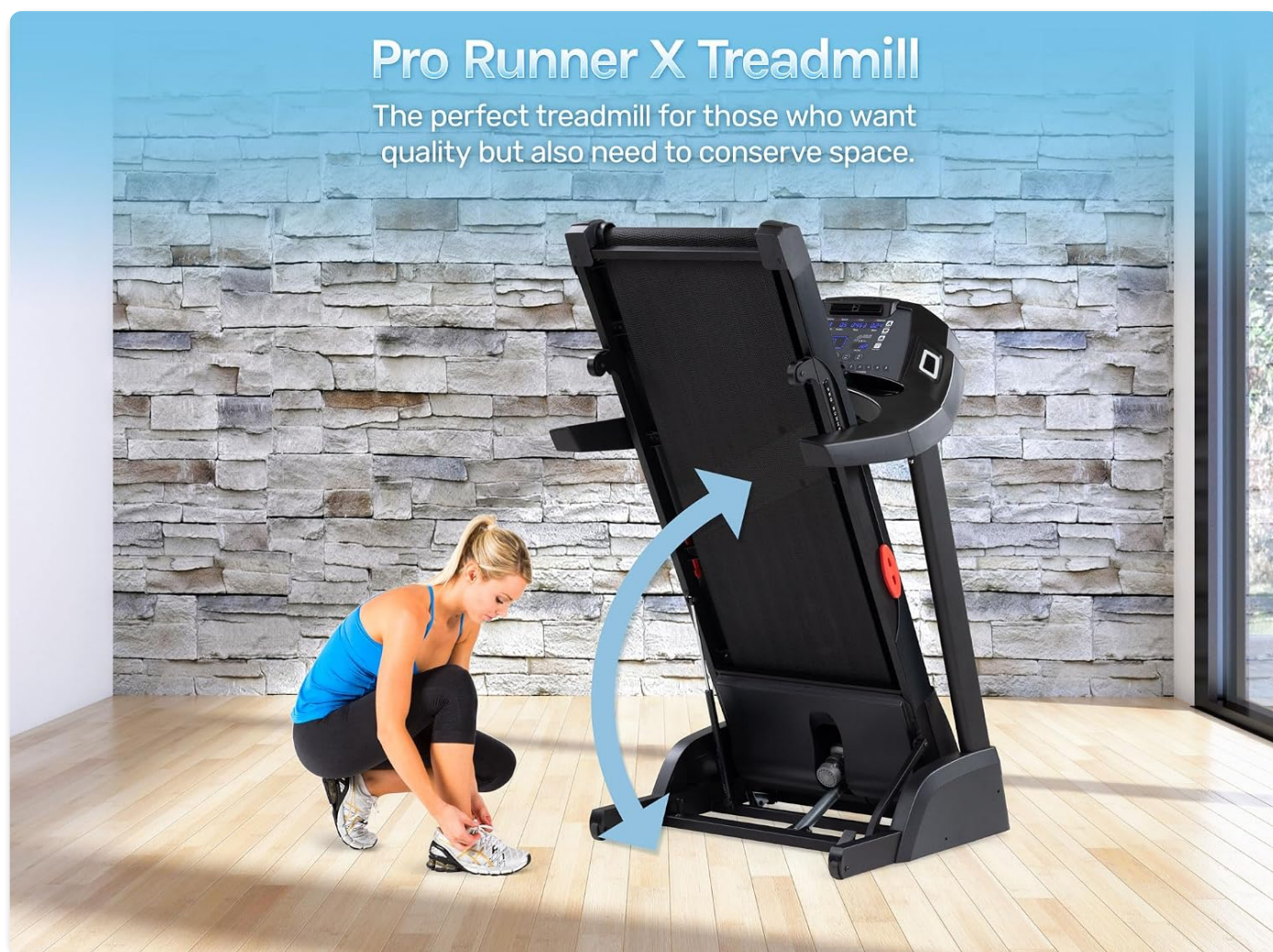


Figure 3.1: Detailed view of the treadmill's console, highlighting the display and control buttons for speed, incline, and program selection.

3.2 Starting a Workout

1. Ensure the safety key is in place.
2. Press the 'START' button for a quick start, or select a pre-programmed workout from the console.
3. Adjust speed using the '+' and '-' buttons or one-touch speed buttons (0.5 to 12 MPH).
4. Adjust incline using the 'INCLINE' buttons or one-touch incline levels (0-15).

3.3 Pre-Programmed Workouts

The treadmill includes 8 built-in pre-programmed courses and fitness tests (Gerkin, Cooper, BMI) to help evaluate your fitness level and performance. You can also custom create your workouts.

3.4 Heart Rate Monitoring

The treadmill features heart rate interactive pulse monitors on the handlebars. An optional wireless chest strap can also be used for continuous heart rate monitoring.

3.5 Folding and Storage

The Pro Runner X Treadmill features an easy fold-up design for space-saving storage. Simply lift the back of the treadmill until it locks into place. It also has wheels for easy movement.



Figure 3.2: Demonstrating the space-saving fold-up design of the treadmill, ideal for home environments.

Video 3.1: Official product video demonstrating the features and space-saving design of the 3G Cardio Pro Runner Treadmill. This video highlights the ease of folding and the overall build quality.

4. MAINTENANCE

4.1 General Cleaning

Regularly wipe down the treadmill with a damp cloth to remove dust and sweat. Avoid using abrasive cleaners or solvents that could damage the console or other surfaces.

4.2 Belt Lubrication

It is important to take good care of your treadmill, especially the walking surface or underneath the belt. Use 100% pure silicon lubrication to improve performance by reducing heat and friction during workouts. Refer to the user manual for specific lubrication intervals and procedures.

4.3 Belt Tension and Alignment

Periodically check the tension and alignment of the running belt. A properly tensioned and aligned belt ensures smooth operation and extends the life of the treadmill. Adjustments should be made according to the detailed instructions in the user manual.

5. TROUBLESHOOTING

This section addresses common issues you might encounter with your 3G Cardio Pro Runner X Treadmill. For more complex problems, please contact customer support.

5.1 Treadmill Not Starting

- **Check Power Connection:** Ensure the power cord is securely plugged into a grounded outlet and the treadmill.
- **Safety Key:** Verify the safety key is correctly inserted into the console. The treadmill will not operate without it.
- **Circuit Breaker:** Check if the circuit breaker on the treadmill (usually near the power cord) has tripped. Reset if necessary.

5.2 Unusual Noises During Operation

- **Belt Lubrication:** A squeaking or grinding noise might indicate the running belt needs lubrication. Refer to Section 4.2.
- **Loose Components:** Check for any loose bolts or screws, especially around the frame and motor cover. Tighten as needed.
- **Belt Alignment:** An off-center belt can cause rubbing noises. Adjust the belt alignment as per the user manual.

5.3 Inaccurate Heart Rate Readings

- **Hand Placement:** Ensure hands are firmly placed on both pulse sensors on the handlebars.
- **Clean Sensors:** Wipe the sensors clean of any sweat or residue.
- **Wireless Chest Belt:** If using an optional wireless chest belt, ensure it is properly worn and has a fresh battery.

6. SPECIFICATIONS

Feature	Detail
Brand	3G Cardio
Model Name	Pro Runner
Product Dimensions	74"D x 35"W x 58.8"H
Folded Size	40" L x 35" W x 65" H
Item Weight	216 Pounds
Maximum Weight Recommendation	350 Pounds
Maximum Horsepower	3 Horsepower
Maximum Speed	12 Miles per Hour
Maximum Incline Percentage	15
Deck Length	58 Inches

Deck Width	20.5 Inches
Connectivity Technology	Bluetooth
Included Components	User Manual, Safety Key, Lubricant, Tool Kit

7. WARRANTY AND SUPPORT

7.1 Warranty Information

The 3G Cardio Pro Runner X Treadmill comes with a comprehensive residential warranty: Lifetime warranty for drive motor & frame, 5 years for parts, and 1 year for in-home labor.

7.2 Customer Support

For any questions, technical assistance, or warranty claims, please contact 3G Cardio customer service. They are available 9 AM - 5 PM PST on weekdays.

You can also refer to the official [User Manual \(PDF\)](#) for additional details and support.