

Sportstech F10

Sportstech F10 Treadmill User Manual

Model: F10 | Brand: Sportstech

1. INTRODUCTION

Thank you for choosing the Sportstech F10 Treadmill. This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before using the treadmill to ensure proper function and to prevent injury.

2. SAFETY INSTRUCTIONS

- Always consult a physician before starting any new exercise program.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Wear appropriate athletic footwear and clothing.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Ensure the safety key is properly attached before beginning your workout.
- Do not exceed the maximum user weight of 120 kg.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

3. PACKAGE CONTENTS

Please check that all components are present in the package:

- Sportstech F10 Treadmill
- Assembly Tool Kit
- User Manual (DE, ENG, FR, ES, IT)

4. ASSEMBLY AND SETUP

The Sportstech F10 Treadmill features a quick-folding system and transport wheels for easy setup and storage. Refer to the included assembly manual for detailed step-by-step instructions.

Key Assembly Points:

- Unpack all components carefully and place them on a clear, flat surface.
- Attach the console and uprights as per the instructions, ensuring all bolts are securely tightened.
- Connect any necessary cables as indicated in the assembly guide.
- Before first use, ensure the running belt is centered and tensioned correctly.



Image: The Sportstech F10 treadmill features a quick-folding system and transport wheels for convenient storage.



Image: Consider using a floor protection mat to safeguard your flooring and reduce noise.

5. OPERATING INSTRUCTIONS

The F10 treadmill is designed for both walking and jogging, offering a speed range up to 10 km/h and 13 pre-set programs.

5.1 Console Functions

The LCD console displays key workout data:

- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Speed:** Current running speed (km/h).
- **Calories:** Estimated calories burned.
- **Pulse:** Heart rate monitoring (requires compatible heart rate sensor).

5.2 Starting a Workout

1. Plug the treadmill into a grounded power outlet.
2. Attach the safety key to the console and to your clothing.
3. Step onto the side rails of the treadmill.
4. Press the START button on the console. The belt will begin to move at a low speed.
5. Adjust the speed using the '+' and '-' buttons.

5.3 Program Selection

The F10 offers 12 pre-set training programs and 1 user-defined program. Consult the detailed manual for instructions on selecting and customizing programs.

5.4 Incline Adjustment

The treadmill features 3 levels of manual incline, adjustable up to 18 degrees. To adjust the incline, stop the treadmill, manually lift or lower the rear support, and secure it in the desired position. Ensure the treadmill is stable before resuming your workout.

5.5 App Connectivity (Kinomap, iFitShow)

The F10 console is compatible with fitness applications like Kinomap and iFitShow via Bluetooth. Download the respective app to your tablet or smartphone and follow the in-app instructions to connect. A tablet holder is integrated into the console for convenience.



Adapté pour la course et la marche

- AFFICHAGE DYNAMIQUE**
- COMPATIBLE AVEC LA CEINTURE CARDIO**
- BLUETOOTH**
- SYSTÈME D'AUTOLUBRIFICATION**

Silencieux
Technologie d'entraînement peu bruyante faible niveau sonore < 68 dB

Polyvalent
12 programmes de training et fonction d'inclinaison

Ceinture
mesure avec précision votre fréquence cardiaque

Image: Overview of the Sportstech F10 Treadmill highlighting its smooth operation, advanced running surface, and app compatibility.

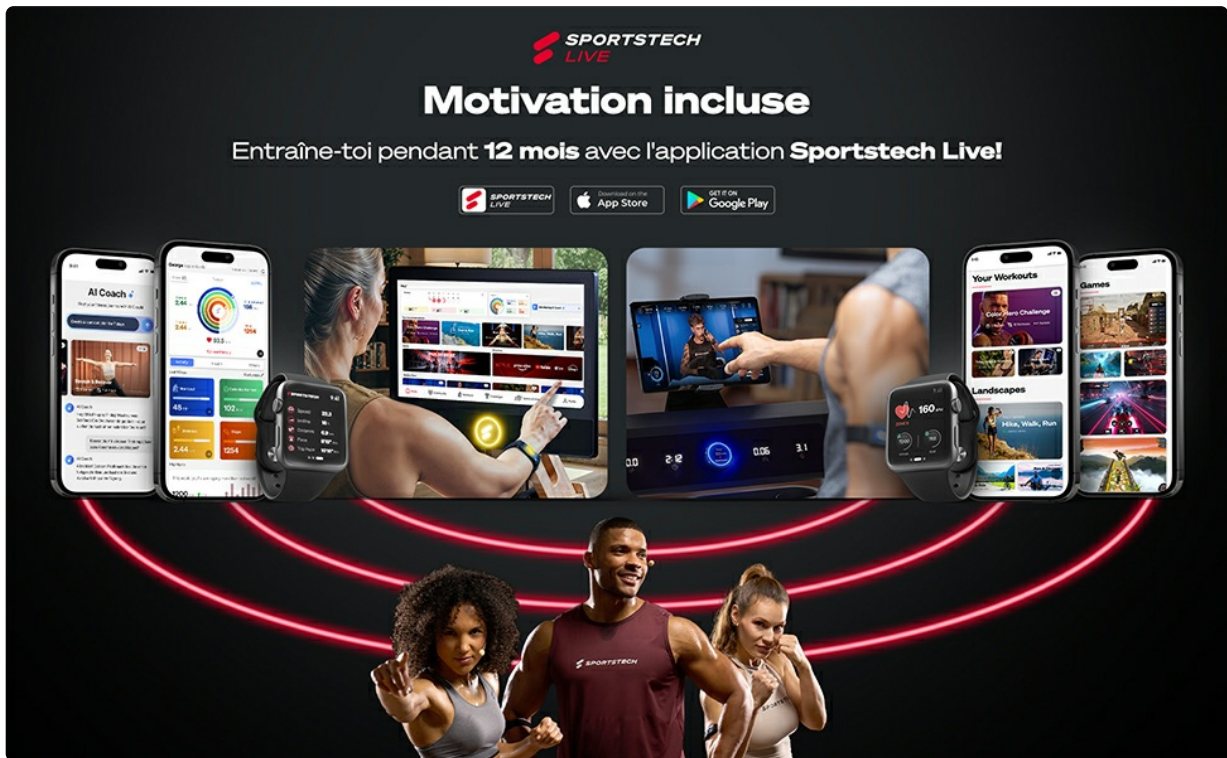


Image: The treadmill supports app connectivity with platforms like Kinomap and iFitShow for interactive training.



Image: The treadmill is compatible with heart rate monitoring devices for tracking your pulse during workouts.



Image: Utilize the integrated bottle holders to stay hydrated during your exercise.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your treadmill.

6.1 Lubrication System

The Sportstech F10 features an automatic lubrication system that evenly distributes silicone oil over the running belt, reducing the need for frequent manual lubrication. Check the oil level periodically and refill as

needed with approved treadmill lubricant.

6.2 Cleaning

- Wipe down the console and frame with a damp cloth after each use. Avoid abrasive cleaners.
- Periodically vacuum under the treadmill to prevent dust and debris from accumulating.

6.3 Running Belt Adjustment

If the running belt starts to slip or move off-center, refer to the detailed manual for instructions on how to adjust the belt tension and alignment using the provided tool.

7. TROUBLESHOOTING

This section addresses common issues you might encounter with your Sportstech F10 Treadmill.

| Problem | Possible Cause | Solution |
|---------------------------------|---|---|
| Treadmill does not power on | Power cord not plugged in; Safety key not in place; Circuit breaker tripped | Ensure power cord is securely plugged in; Insert safety key correctly; Check household circuit breaker. |
| Running belt slips or hesitates | Belt too loose; Insufficient lubrication; Motor overload | Adjust belt tension (refer to manual); Check lubrication system; Reduce user weight or speed. |
| Unusual noise during operation | Loose components; Belt friction; Motor issue | Check all bolts and connections; Ensure proper lubrication; Contact customer support if noise persists. |
| Console display not working | Loose cable connection; Console malfunction | Check console cable connections; Power cycle the treadmill; Contact customer support. |

For more complex issues or if troubleshooting steps do not resolve the problem, please contact Sportstech customer support.

8. SPECIFICATIONS

| Feature | Detail |
|------------------|---------------|
| Model Number | sp_f10_v_de |
| Brand | Sportstech |
| Color | Black/Grey |
| Motor Horsepower | 1 HP |
| Speed Range | Up to 10 km/h |
| Max User Weight | 120 kg |

| Feature | Detail |
|---------------------------------|--|
| Running Surface (L x W) | 1010 x 345 mm |
| Incline Levels | 3 (Manual, up to 18°) |
| Programs | 13 (12 pre-set + 1 user-defined) |
| Display Type | LCD (3.5 inches) |
| Display Metrics | Time, Distance, Speed, Calories, Pulse |
| Connectivity | Bluetooth (App compatible: Kinomap, iFitShow) |
| Special Features | Foldable design, Transport wheels, Automatic lubrication system, Tablet holder |
| Unfolded Dimensions (L x W x H) | 118 x 61 x 124 cm |
| Folded Dimensions (L x W x H) | 62 x 62 x 134 cm |
| Product Weight | 27 kg |
| Frame Material | Alloy Steel |
| Power Type | Electric Cable |

9. WARRANTY AND SUPPORT

For detailed warranty information and customer support, please refer to the specific warranty card included with your product or visit the official Sportstech website. The included manual provides information in German, English, French, Spanish, and Italian.