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› Sportstech F10 Folding Treadmill: 1HP Professional Treadmill with 3 Incline Levels and LCD Console - User Manual

Sportstech F10

Sportstech F10 Folding Treadmill User Manual

Model: F10

1. INTRODUCTION

Thank you for choosing the Sportstech F10 Folding Treadmill. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read it thoroughly before assembly and operation, and keep it for future reference.

The Sportstech F10 is an ideal treadmill for beginners or non-professional athletes, designed for simple walking or jogging workouts. It offers various functions suitable for diverse training needs.

- **Powerful Treadmill:** Equipped with a robust 1HP DC motor, the F10 provides a smooth and consistent workout experience with low noise levels (below 68 dB).
- **Extensive Workout Options:** Enhance your fitness with 12 pre-set programs and 3 manual incline levels up to 18°, reaching a maximum speed of 10 km/h.
- **Joint-Friendly Experience:** The treadmill features a multi-layer running surface and an 8-zone cushioning system, ensuring noise reduction and a gentle impact on your joints.
- **Smart Functions:** Includes a heart rate monitor, tablet holder, and an LCD console displaying distance, speed, pulse, and calories burned. Compatible with the Sportstech Live App for enhanced training.
- **Compact and Foldable:** Designed for home use, the F10 features a quick folding system and integrated transport wheels for easy storage and portability.

2. SAFETY INFORMATION

Before using the treadmill, please observe the following safety precautions:

- 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.
- Ensure the safety key is properly attached to your clothing before starting a workout.

- Do not operate the treadmill if it is damaged or malfunctioning.
- Wear appropriate athletic footwear and clothing.
- Do not step on or off the treadmill while the belt is moving.
- The maximum user weight for this treadmill is 120 kg.

3. SETUP AND ASSEMBLY

The Sportstech F10 treadmill requires assembly. Tools for assembly are included in the package. Please follow the detailed instructions provided in the separate assembly guide for proper setup. Ensure all parts are securely fastened before first use.



Image: Woman demonstrating the easy-folding system of the Sportstech F10 treadmill for compact storage.

4. OPERATING INSTRUCTIONS

4.1 Console Overview

The F10 features an intuitive LCD console with blue backlighting. It displays key workout metrics:

- Time
- Distance
- Speed
- Calories Burned
- Pulse (Heart Rate)

The console also includes a built-in tablet holder and two water bottle holders for convenience during your workout.

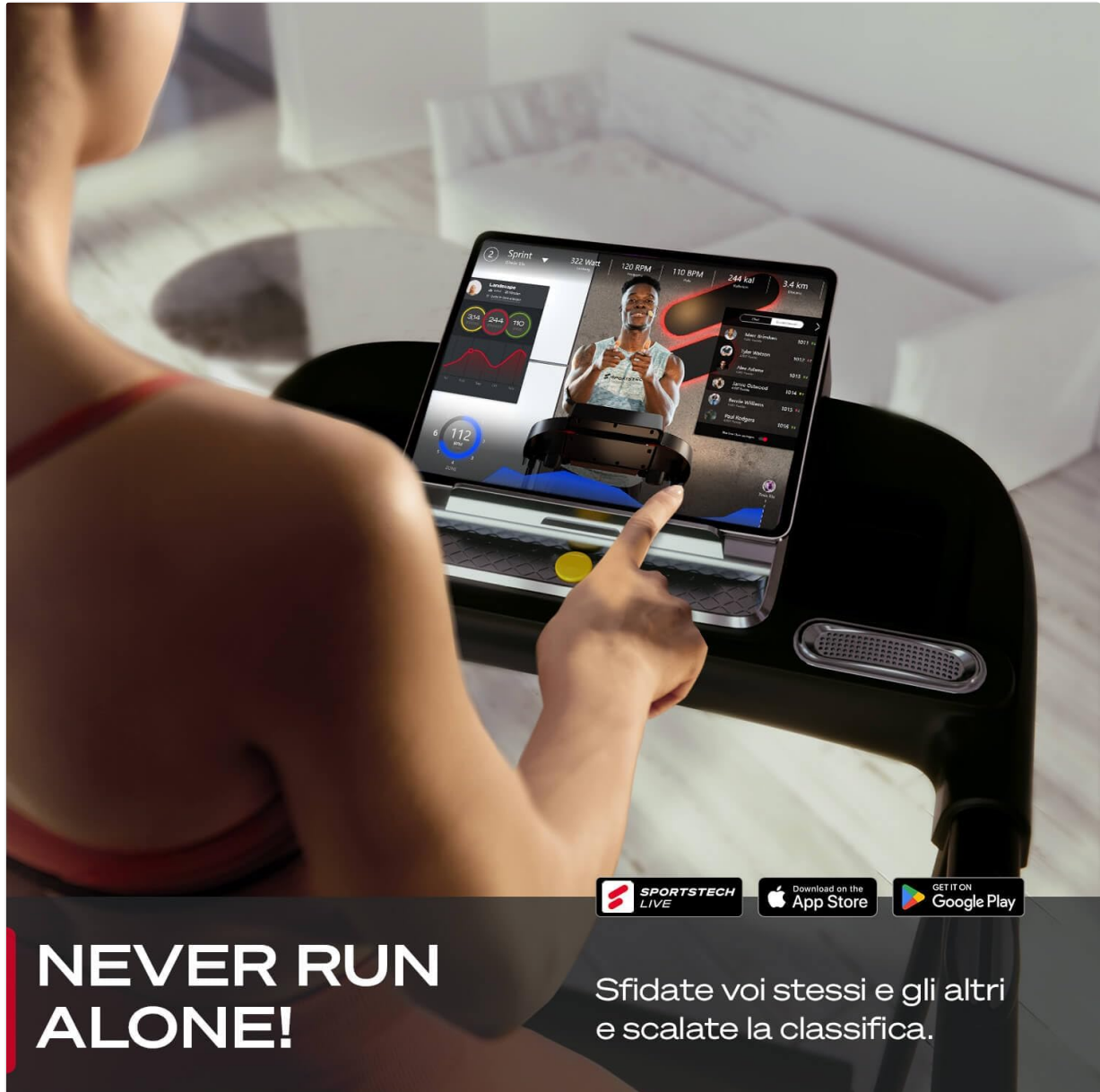


Image: User interacting with a tablet placed on the Sportstech F10 treadmill console, demonstrating app connectivity.

4.2 Starting a Workout

1. Ensure the treadmill is plugged into a grounded outlet.
2. Step onto the treadmill belt, placing your feet on the side rails.
3. Attach the safety key clip to your clothing.
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 or the quick-speed buttons.
6. Adjust the incline manually to one of the 3 available levels as desired.
7. To stop, press the 'STOP' button or pull the safety key.

4.3 Pre-set Programs

The F10 offers 12 pre-set training programs and 1 customizable program. Refer to the console display for program selection and details. These programs automatically adjust speed and incline to provide varied workouts.

4.4 App Connectivity

Enhance your training experience by connecting your tablet or smartphone to the treadmill via Bluetooth. The F10 is compatible with the Sportstech Live App and other fitness applications like Kinomap. This allows for interactive workouts, tracking, and virtual routes.



Image: Woman exercising on the Sportstech F10 treadmill, connected to a tablet and TV for interactive training.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Sportstech F10 treadmill.

- **Cleaning:** Wipe down the treadmill after each use with a damp cloth to remove sweat and dust. Do not use abrasive cleaners.

- **Lubrication:** The F10 features an innovative self-lubricating system. Check the lubrication levels periodically as indicated in the full manual and refill if necessary to ensure smooth belt operation and prevent wear.
- **Belt Tension and Alignment:** Periodically check the running belt for proper tension and alignment. Adjust as needed according to the detailed instructions in the complete user manual.
- **Storage:** When not in use, utilize the quick folding system and transport wheels to store the treadmill in a safe, dry place.

LE NOSTRE CARATTERISTICHE

| | | | | | |
|-----------------------------|--------------------|---|---------------------|--|--------------------------|
| POTENZA NOMINALE DEL MOTORE | VELOCITÀ | CONNESSIONE SENZA FILI | PESO MASSIMO UTENTE | COLLEGAMENTO SMARTPHONE | PROGRAMMI DI ALLENAMENTO |
| 1 PS MAX | 10 KM/H MAX |  | 120 KG |  APP | 12+1 |





SISTEMA DI LUBRIFICAZIONE



PENDENZA MANUALE



CARDIO-FREQUENZIMETRO



MENO RUMORE MOTORE DC



STOCCAGGIO COMPATTO



SPORTSTECH LIVE APP CONSOLE

* GLI ACCESSORI SUPPLEMENTARI ILLUSTRATI NON SONO COMPRESI NELLA FORNITURA.

Image: Sportstech F10 treadmill highlighting key features like lubrication system, manual incline, heart rate monitor, and compact storage.

6. TROUBLESHOOTING

If you encounter any issues with your Sportstech F10 treadmill, refer to the following common troubleshooting steps:

- **Treadmill not starting:** Ensure the power cord is securely plugged in and the safety key is correctly placed on the console. Check the main power switch.
- **Belt slipping or stopping:** The running belt may require tension adjustment or lubrication. Refer to the maintenance section or the full manual for detailed instructions.
- **Unusual noises:** Check for loose parts or foreign objects under the belt. Lubricate the belt if

necessary. If the noise persists, contact customer support.

- **Console display not working:** Check power connections. If the issue continues, contact customer support.

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

7. SPECIFICATIONS

| Feature | Specification |
|----------------------------|---|
| Brand | Sportstech |
| Model Name | F10 |
| Color | Dark Grey |
| Product Dimensions (LxWxH) | 128.5P x 62l x 116.5H cm (50.6 x 24.4 x 45.9 inches) |
| Folded Dimensions | 21.65 x 24.41 x 52.76 inches |
| Item Weight | 27 Kilograms |
| Material | Alloy Steel, Foldable Metal Frame |
| Max Power | 1 Horsepower |
| Maximum Speed | 10 Kilometers per hour |
| Minimum Speed | 1 Kilometer per hour |
| Maximum Incline Percentage | 18% (3 manual levels) |
| Running Deck Length | 1010 Millimeters |
| Running Deck Width | 4 Inches (approx. 10 cm, actual running surface is wider as per images) |
| Display Type | LCD (3.5 Inches) |
| Connectivity Technology | Bluetooth, Wi-Fi |
| Number of Programs | 13 (12 pre-set + 1 custom) |
| Recommended Maximum Weight | 120 Kilograms |
| Special Features | Foldable, Low Noise, Heart Rate Measurement, Tablet Holder |
| Components Included | Treadmill, Heart Rate Belt, Assembly Tools, User Manual (IT, ENG, DE, FR, ES) |

8. WARRANTY AND SUPPORT

Your Sportstech F10 treadmill comes with a return policy allowing returns within 30 days of receipt. For any product-related inquiries, technical assistance, or warranty claims, please contact Sportstech customer support. Specialized customer assistance is available to help you with any questions or issues you may have.

The user manual is available in Italian, English, German, French, and Spanish.