

RHYTHM FUN B07Z6D5MWM

RHYTHM FUN Foldable Under Desk Treadmill Instruction Manual

Model: B07Z6D5MWM

1. INTRODUCTION

Thank you for choosing the RHYTHM FUN Foldable Under Desk Treadmill. This manual provides essential information for the safe and efficient use, setup, operation, and maintenance of your new treadmill. Please read this manual thoroughly before initial use and retain it for future reference.

This 2-in-1 treadmill is designed for both walking under a desk and running with the handrail raised, offering versatility for home and office environments. It features a smart speed sensor light, remote control, and app connectivity for an enhanced user experience.

2. IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, read all instructions before using this treadmill. The manufacturer is not responsible for personal injury or property damage sustained by or through the use of this product.

- Always place the treadmill on a solid, level surface.
- Keep children and pets away from the treadmill during operation.
- Ensure adequate clearance around the treadmill (at least 2 feet on sides and front, 6 feet at rear).
- Wear appropriate athletic footwear.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Do not use outdoors or in damp areas.
- Always hold the handrail when starting or stopping the treadmill, or if you feel unsteady.
- The maximum user weight capacity is 200 lbs (approximately 90 kg). Do not exceed this limit.
- Unplug the treadmill from the power outlet before cleaning, maintenance, or moving.

3. PACKAGE CONTENTS

Upon unpacking, please verify that all items listed below are present and in good condition:

- RHYTHM FUN Foldable Under Desk Treadmill
- User Manual
- Installation Tools
- Silicone Oil
- Cushion

4. SETUP

The RHYTHM FUN treadmill requires no assembly. It is ready to use directly out of the box.

1. **Unpacking:** Carefully remove the treadmill from its packaging.
2. **Placement:** Place the treadmill on a flat, stable surface. Ensure there is sufficient space around the unit for safe operation and to allow for handrail adjustment.
3. **Power Connection:** Plug the power cord into a grounded electrical outlet.
4. **Handrail Adjustment (for running mode):**
 - To raise the handrail, unlock the handrail lock mechanisms on both sides.
 - Lift the handrail to its upright position until it clicks securely into place.
 - Ensure both handrail locks are engaged before use.
5. **Handrail Adjustment (for walking/under desk mode):**
 - To lower the handrail, unlock the handrail lock mechanisms.
 - Gently lower the handrail until it rests flat against the treadmill deck.
 - Ensure it is fully lowered and secured before using in under-desk mode.

Size & Basic Structure

Folding Size: 143*69*12.5cm (56"*27"*5")



Image: Treadmill dimensions and foldable handrail mechanism.



Image: Treadmill folded for storage.

5. OPERATING INSTRUCTIONS

5.1 Power On/Off

- To power on, ensure the treadmill is plugged in and press the power button on the display or remote control.
- To power off, press the power button again.

5.2 Modes of Operation (2-in-1 Functionality)

The treadmill offers two primary modes depending on the handrail position:

- **Under Desk / Walking Mode (Handrail Lowered):**

In this mode, the treadmill functions as a walking pad, ideal for use under a standing desk. The maximum speed is limited to 3.7 mph (6 km/h) for safety.



Image: Treadmill in under-desk walking mode.

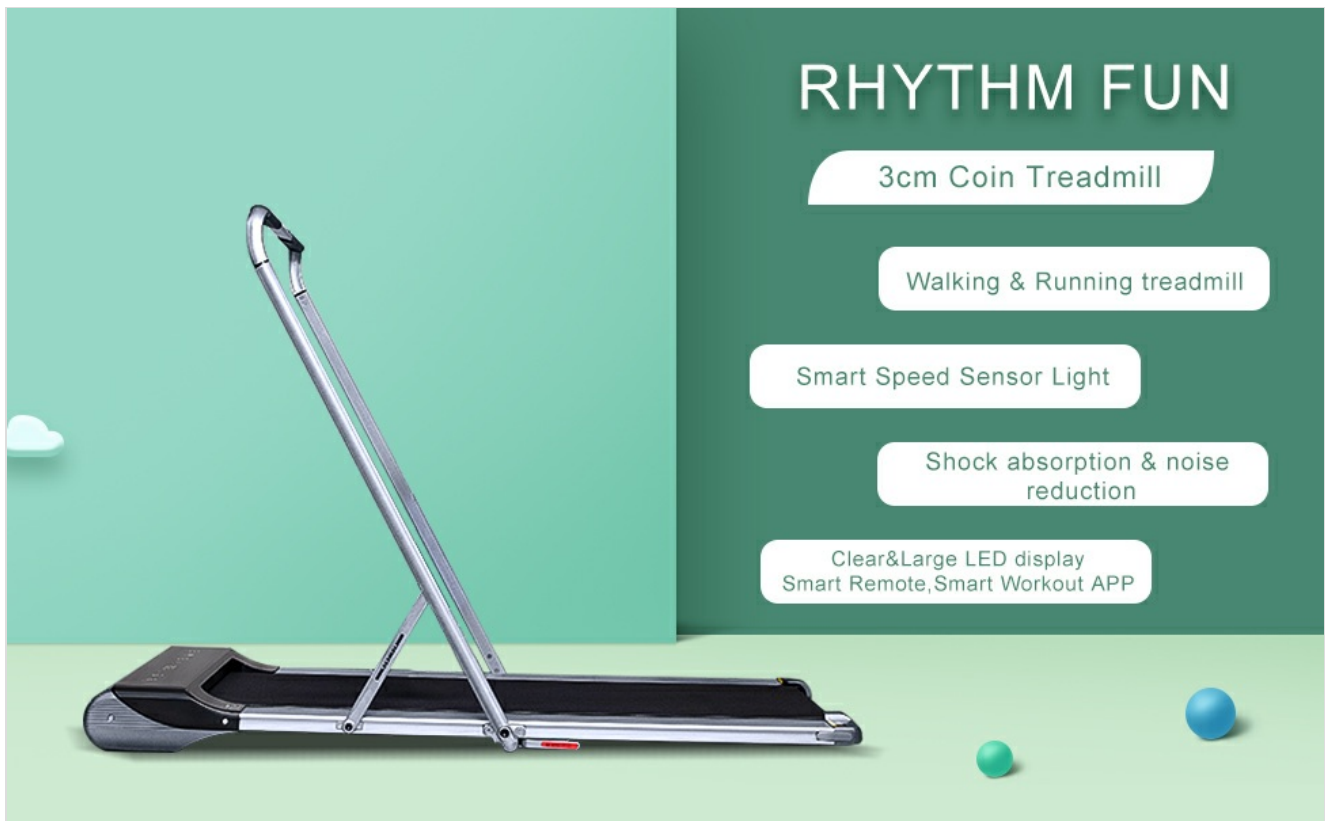


Image: Treadmill used for walking while working.

- **Running Mode (Handrail Raised):**

With the handrail securely locked in the upright position, the treadmill allows for running at speeds up to 5.5 mph (8.9 km/h). Always hold the handrail for stability when running.



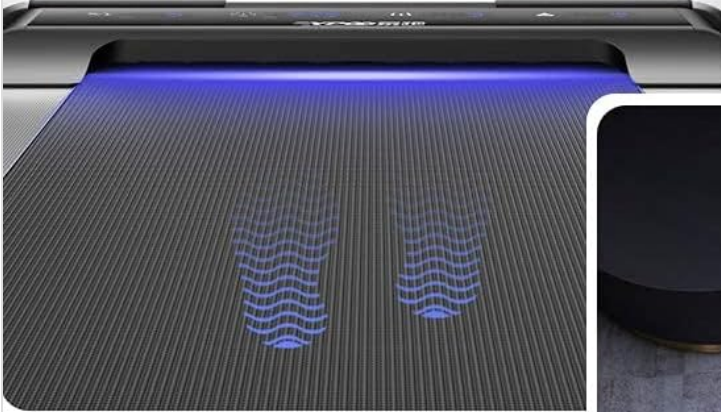
0-4km/h
Walking mode
Sensor Light display Blue



4-6km/h
Jogging mode
Sensor Light display Green



6-8.8km/h
Running mode
Sensor Light display Red



**Smart Speed Sensor Light
Making Sports more Safe**

**Different speed changing bring
different Visual Shock, making
the sport more exciting & safe !**

**① RHYTHM FUN Special Workout
APP & Remote controller**

**② Customized your favourite work-
out programme**

**③ Control your Treadmill by 2 ways:
Workout APP & Remote controller**



Image: Treadmill in running mode with handrail.

5.3 Speed Control

- Use the remote control or the control panel buttons to adjust speed.
- Press '+' to increase speed and '-' to decrease speed.
- The smart speed sensor light changes color based on your speed:
 - 0-4 km/h (Walking mode): Blue light
 - 4-6 km/h (Jogging mode): Green light
 - 6-8.8 km/h (Running mode): Red light

New Minimalist design 2-in-1 Treadmill

Walking & Running model , Change Healthy Life



Walking: Max 6 km/h



Running: Max 8.8 km/h

Image: Smart speed sensor light indication.

5.4 Smart Remote Control

The smart remote control allows you to start, stop, and adjust the speed of the treadmill conveniently.

- **Start/Stop Button:** Press to begin or end your workout.
- **Speed +/- Buttons:** Adjust the treadmill's speed.

5.5 Smart Workout App

Connect your treadmill to the dedicated RHYTHM FUN workout app on your smartphone for enhanced control and tracking.

- **App Functions:** Control speed, monitor time, mileage, and calories burned.
- **Workout Programs:** Set up customized workout programs directly from your phone.
- Refer to the app's instructions for detailed pairing and usage information.

5.6 Display Information

The clear LED display shows key workout metrics:

- Speed
- Distance
- Time
- Calories

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your treadmill. Always unplug the treadmill before performing any maintenance.

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Belt Lubrication:** The running belt requires periodic lubrication with the provided silicone oil. Refer to the specific instructions in the included user manual for frequency and application method. Proper lubrication prevents friction and extends belt life.
- **Belt Adjustment:** If the running belt becomes off-center or slips, it may require adjustment. Consult the detailed instructions in the main user manual for proper belt centering and tensioning procedures.
- **Storage:** When not in use, the treadmill can be folded and stored upright or under furniture to save space. Ensure it is stored in a dry, cool place.



Net Weight: 25 kg
Running Belt: 42 * 120 cm (17"*47")
Folding Size:143*69*12.5cm(56"*27"*5")
Peak Horsepower: Peak 1.5hp
Peak power: 600W
Walking Speed: 0-4km/h (0-2.5mph)
Jogging Speed:4-6km/h (2.5-3.7mph)
Running Speed:6-8.8km/h (3.7-5.5mph)
Bluetooth Smart App: Yes
Shock absorption : Yes
Remote controller : Yes
Max user weight: 220lbs
LCD window displays: speed, distance, time, calorie

No assembly required!
 Easy to put away!
 Space saver!
 only 25KG! Light Weight!
 Super Thin--The thinnest is up to 0.3cm!



Image: Treadmill stored under furniture.

7. TROUBLESHOOTING

If you encounter issues with your treadmill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not power on.	Not plugged in; power switch off; circuit breaker tripped.	Ensure power cord is securely plugged in. Check the power switch. Reset the circuit breaker if necessary.
Running belt stops or slips.	Belt too loose; insufficient lubrication; motor overload.	Adjust belt tension (refer to main manual). Apply silicone oil. Reduce user weight or speed.
Unusual noise during operation.	Loose parts; belt misalignment; motor issue.	Check for loose screws and tighten. Adjust belt alignment. If noise persists, contact customer support.

Problem	Possible Cause	Solution
Remote control not responding.	Dead battery; remote out of range; interference.	Replace remote control battery. Ensure remote is pointed at the treadmill's receiver. Reduce interference.

For issues not listed here or if solutions do not resolve the problem, please contact RHYTHM FUN customer support.

8. SPECIFICATIONS

Feature	Detail
Brand	RHYTHM FUN
Model	B07Z6D5MWM
Color	Black
Product Dimensions (D x W x H)	56" x 27" x 5"
Folded Size	56" x 27" x 5"
Item Weight	66 Pounds
Material	Alloy Steel
Maximum Speed	5.5 Miles per Hour (8.9 km/h)
Maximum Horsepower	1.5 HP (peak 2.0 HP)
Running Belt Dimensions (L x W)	48" x 17"
Maximum Weight Recommendation	200 lbs (100 kg)
Display Type	LCD
Power Source	Corded Electric (600 Watts)
Special Features	Compact Design, Foldable, Portable, Smart Speed Sensor Light, Remote Control, App Connectivity

9. WARRANTY AND CUSTOMER SUPPORT

RHYTHM FUN provides the following warranty for this treadmill:

- **Main Frame:** 10 Years
- **Engine:** 2 Years
- **Other Pieces/Parts:** 1 Year

For warranty claims, technical assistance, or any questions regarding your RHYTHM FUN treadmill, please contact our customer support team. Refer to the contact information provided in your purchase documentation or visit the official RHYTHM FUN website.

You can also find customer support information via the [RHYTHM FUN Store on Amazon](#).

10. PRODUCT VIDEO DEMONSTRATION

Watch the official product video for a visual guide on the RHYTHM FUN Foldable Under Desk Treadmill's features and operation.

Your browser does not support the video tag.

Video: Demonstration of the RHYTHM FUN Folding Underdesk Treadmill, highlighting its compact design and functionality. This video shows the treadmill in use and its folding mechanism.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question