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› **Treadmill FITFIU Fitness MC-160 Ultra Compact Folding Treadmill, Maximum Speed 8Mph, Running Surface, Power 3Hp, 12 Training Programmes**

Fitfiu MC-160

FITFIU Fitness MC-160 Treadmill User Manual

Model: MC-160

1. INTRODUCTION

The FITFIU Fitness MC-160 Treadmill is designed to provide an effective and convenient cardio workout experience in the comfort of your home. This ultra-compact folding treadmill features a powerful motor, multiple training programs, and smart connectivity options to help you achieve your fitness goals.

Image: The FITFIU Fitness MC-160 Treadmill in its operational state, showcasing its compact design and control panel.

Image: An overview of the MC-160 treadmill's key features, including speed range (0.6 to 8 MPH), running surface (15.7"x40"), 3HP rated power, 12 programs, compact vertical folding, 320 lbs maximum weight capacity, and Bluetooth connectivity for app integration.

2. SAFETY INFORMATION

Before operating the treadmill, please read and understand all safety instructions. Failure to do so may result in injury or damage to the product.

- Always attach the safety key to your clothing before starting the treadmill. The safety key is designed to stop the treadmill immediately in case of an emergency.
- Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it (at least 2 meters behind and 1 meter on each side).
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it is damaged or malfunctioning. Contact customer support for assistance.
- Wear appropriate athletic footwear and clothing.
- Consult a physician before starting any new exercise program.
- Do not exceed the maximum user weight of 120 kg (264 lbs).

- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

3. SETUP AND ASSEMBLY

The FITFIU Fitness MC-160 Treadmill requires minimal assembly. Follow these steps to set up your treadmill:

1. **Unpacking:** Carefully remove all components from the packaging. Retain packaging materials for future storage or transport.

2. **Placement:** Choose a suitable location with a stable, level floor and sufficient space.

3. **Unfolding:** Gently lift the console and handlebars into the upright position. Secure them using the provided knobs or locking mechanisms. Ensure all parts are firmly locked in place before use.

4. **Power Connection:** Plug the power cord into a grounded electrical outlet.

Image: A user demonstrating how to fold the MC-160 treadmill to a compact size, suitable for storage under furniture, highlighting its low profile of 130mm when folded.

Image: The folded dimensions of the MC-160 treadmill, showing its height (1290mm), width (620mm), and depth (130mm), illustrating its ultra-compact design for vertical

storage.

4. OPERATING INSTRUCTIONS

4.1. Control Panel Overview

The MC-160 features an intuitive LCD display and control buttons for easy operation.

Image: A close-up view of the MC-160 treadmill's control panel, showing the LCD display, various control buttons for speed and program selection, and the safety key attachment point.

- **Display:** Shows Speed, Time, Distance, and Calories burned.
- **Start/Stop:** Initiates or halts the treadmill belt.
- **Speed +/-:** Adjusts the running speed.
- **Program (P):** Selects from 12 pre-set training programs.
- **Mode:** Toggles display information or sets target goals.
- **Safety Key:** Magnetic key that must be in place for the treadmill to operate. Pulling it off will stop the machine.

4.2. Starting a Workout

1. Ensure the treadmill is plugged in and the safety key is attached to the console and your clothing.

2. Step onto the treadmill belt, holding onto the handrails for balance.

3. Press the "Start" button. The belt will begin moving at a low speed.

4. Adjust the speed using the "Speed +" or "Speed -" buttons to your desired pace.

4.3. Training Programs

The MC-160 offers 12 pre-set training programs (P01-P12) designed for various fitness levels and goals. Each program automatically adjusts speed over time.
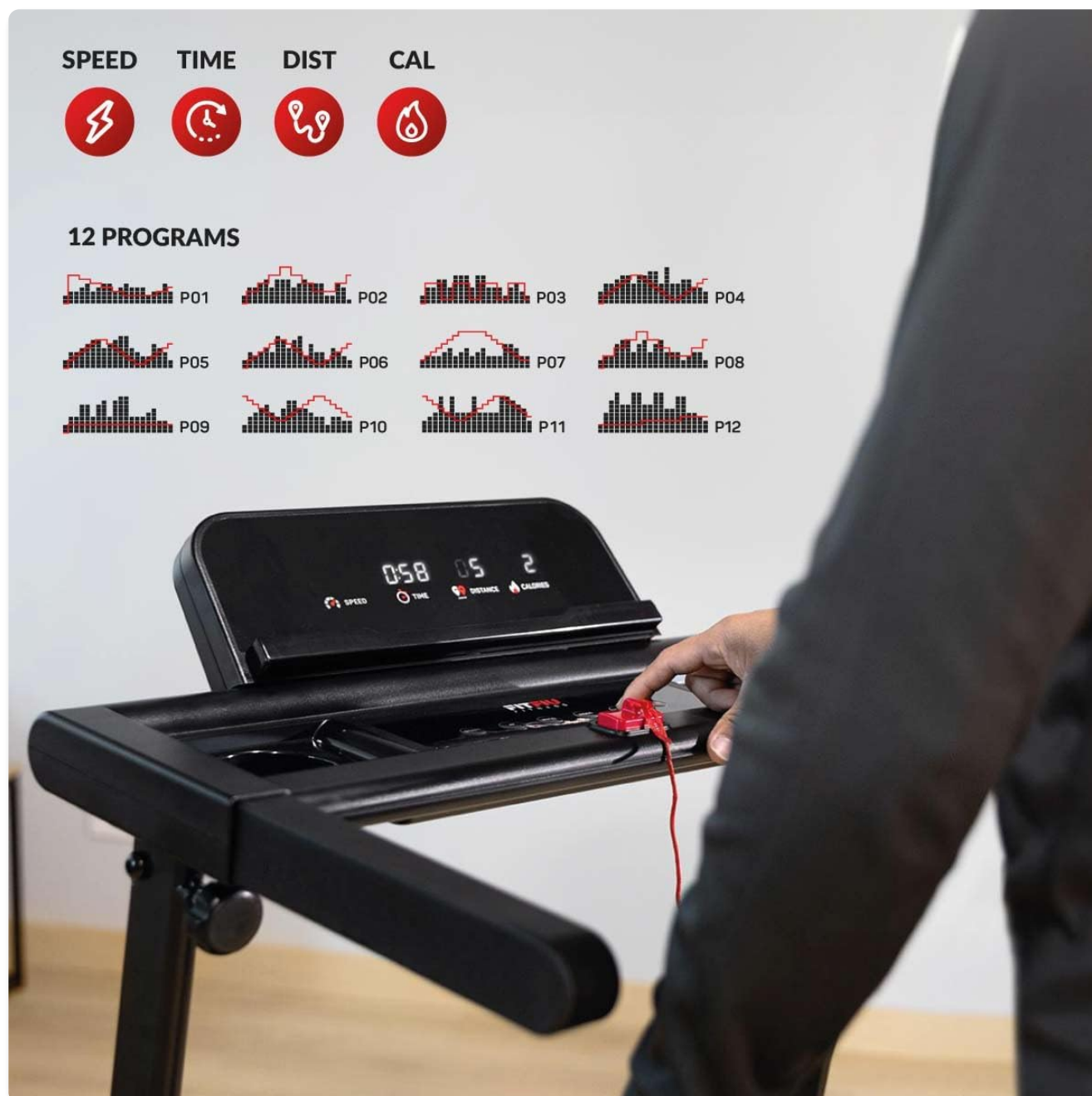
Image: A visual representation of the 12 pre-set training programs (P01-P12) available on the MC-160 treadmill, showing their varying speed profiles over time.

To select a program:

1. From standby mode, press the "Program" button repeatedly to cycle through P01-P12.

2. Once your desired program is displayed, press "Start" to begin the workout.

4.4. App Connectivity (KINOMAP)

Enhance your workout experience by connecting your smartphone or tablet via Bluetooth to the KINOMAP app. This allows for immersive virtual workouts and tracking.

Image: A user holding a smartphone displaying the Kinomap app interface, demonstrating the treadmill's Bluetooth connectivity for interactive virtual training sessions.

- Download the KINOMAP app from your device's app store (Google Play or Apple App Store).
- Enable Bluetooth on your smartphone/tablet.
- Open the KINOMAP app and follow the on-screen instructions to connect to your MC-160 treadmill.
- The treadmill also features built-in Bluetooth speakers for enjoying your favorite music during workouts.

5. MAINTENANCE

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

- **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 to reduce friction and wear. Refer to the specific instructions in your detailed manual for the correct type of lubricant and application frequency (typically every 3-6 months depending on usage).
- **Belt Tension and Alignment:** Check the running belt tension and alignment regularly. If the belt slips or drifts to one side, adjust it according to the instructions in the full manual.
- **Motor Cover Cleaning:** Periodically remove the motor cover and vacuum any dust or debris that may have accumulated. Ensure the treadmill is unplugged before performing this.
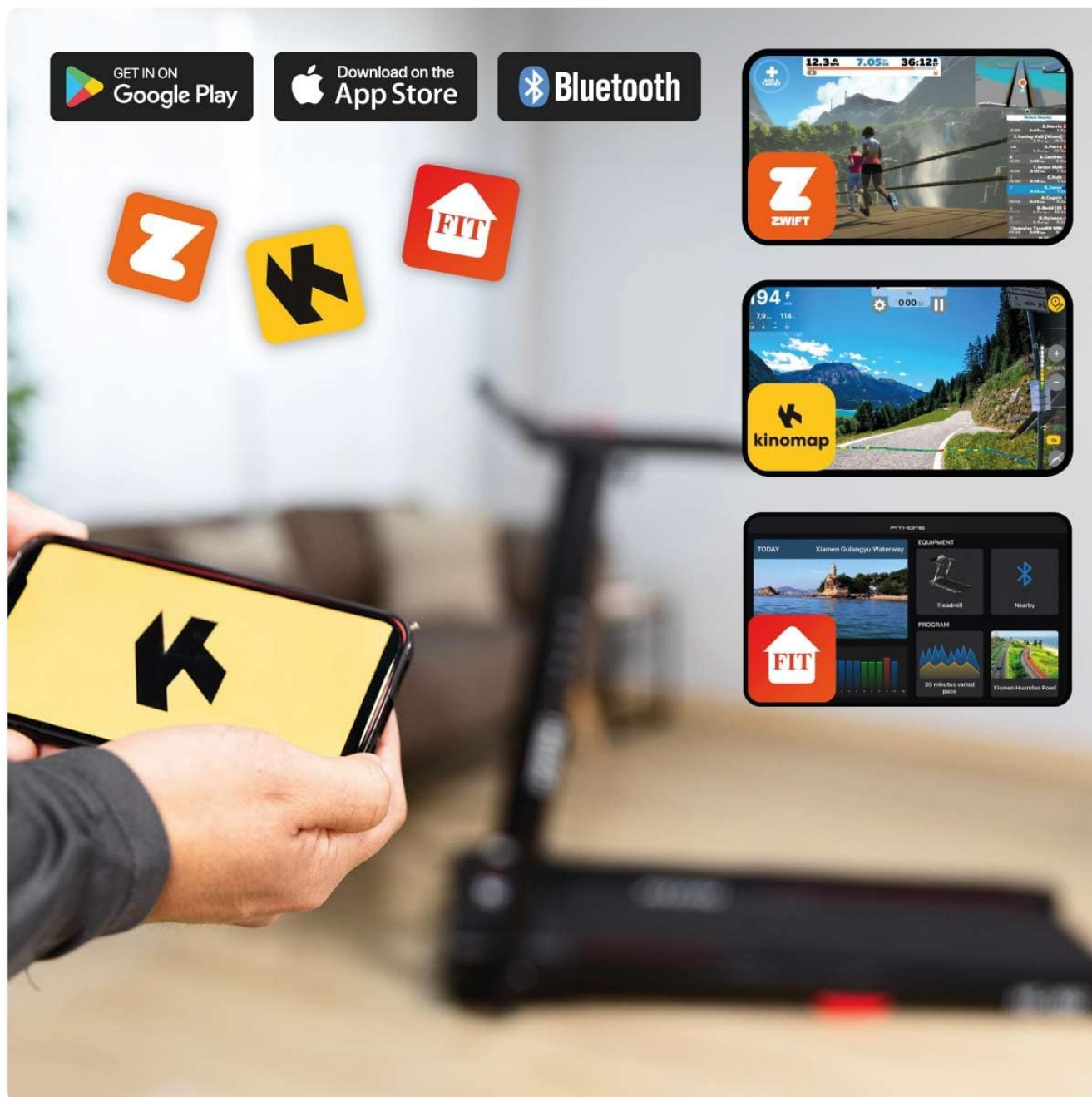
Image: An exploded view illustrating the multi-layered construction of the treadmill's running belt (anti-slip, reinforcement, shock absorption, noise reduction, support layers) and running board (PF layers, high-density board), contributing to the VCS (Variable Cushioning System).

6. TROUBLESHOOTING

If you encounter any issues with your MC-160 treadmill, refer to the table below for common problems and solutions.

Problem	Possible Cause	Solution

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord not plugged in; Safety key not in place; Circuit breaker tripped.	Check power connection; Ensure safety key is properly attached; Reset circuit breaker.
Belt slips during use.	Belt too loose; Belt needs lubrication.	Adjust belt tension (refer to full manual); Lubricate the running belt.
Unusual noise from treadmill.	Loose parts; Motor issues; Belt friction.	Check and tighten all bolts and screws; Lubricate belt; If noise persists, contact customer support.
Display not working.	Loose cable connection; Control panel malfunction.	Check all cable connections; Contact customer support if issue persists.

For more detailed troubleshooting or issues not listed here, please contact FITFIU Fitness customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	Fitfiu
Model Name	MC-160
Color	Grey
Motor Horsepower	3 HP
Maximum Speed	14 Kilometers per Hour (approx. 8 MPH)
Running Surface	15.7" x 39.37" (400mm x 1000mm)
Maximum User Weight	120 Kilograms (approx. 264 lbs)
Number of Programs	12
Display Type	LCD
Connectivity	Bluetooth (for KINOMAP app and audio)
Product Dimensions (Unfolded)	51.57"D x 24.41"W x 8.66"H
Product Dimensions (Folded)	1290mm H x 620mm W x 130mm D (approx. 50.8" H x 24.4" W x 5.1" D)
Item Weight	29 Kilograms
Material	Aluminum
Assembly Required	Yes

8. WARRANTY AND SUPPORT

The FITFIU Fitness MC-160 Treadmill comes with a **3-year manufacturer's warranty**. This warranty covers defects in materials and workmanship under normal use.

For warranty claims, technical support, or any questions regarding your treadmill, please contact FITFIU Fitness customer service. Keep your proof of purchase for warranty validation.

Customer Support: For assistance, please refer to the contact information provided with your product packaging or visit the official FITFIU Fitness website.

Related Documents - MC-160

FITFIU MC-160 Treadmill User Manual
Comprehensive user manual for the FITFIU MC-160 treadmill, covering setup, operation, maintenance, and troubleshooting. Learn how to safely use your treadmill for effective cardiovascular workouts.

FITFIU MC-160 Treadmill User Manual
Comprehensive user manual for the FITFIU MC-160 treadmill, covering setup, operation, maintenance, and troubleshooting.

FITFIU MC-100 Treadmill User Manual
Comprehensive user manual for the FITFIU MC-100 treadmill, covering assembly, operation, maintenance, troubleshooting, and safety precautions. Learn how to set up and use your treadmill for an effective home workout.

Manual de Usuario Cinta de Correr FITFIU MC-500
Manual de usuario completo para la cinta de correr FITFIU MC-500. Descubra cómo montar, operar, mantener y solucionar problemas de su equipo de fitness para un entrenamiento seguro y eficaz en casa.

Manual de Usuario FITFIU MC-200: Guía Completa para tu Cinta de Correr
Manual de usuario completo para la cinta de correr FITFIU MC-200. Aprenda a montar, usar y mantener su equipo de fitness para un entrenamiento seguro y efectivo en casa. Incluye especificaciones y solución de problemas.

[FITFIU GYM-200 Home Gym Assembly and Instruction Manual](#)
Comprehensive guide for assembling and using the FITFIU GYM-200 home gym. Includes detailed parts lists, step-by-step assembly instructions, and safety precautions for optimal workout experience.