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ANCHEER CS-WP1

ANCHEER CITYSPORTS CS-WP1 Walking Treadmill User Manual

Model: TR5975

1. Important Safety Instructions

Before operating the ANCHEER CITYSPORTS CS-WP1 walking treadmill, please read and understand all safety precautions. Failure to follow these instructions may result in injury or damage to the product.

- Always place the treadmill on a flat, stable surface.
- Ensure adequate clear space around the treadmill (at least 0.6 meters on all sides).
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working correctly.
- Wear appropriate athletic footwear. Do not use the treadmill barefoot or in socks.
- Do not exceed the maximum user weight of 100 kg (220 lbs).
- Always consult a physician before starting any new exercise program.
- Unplug the treadmill from the power outlet when not in use or before cleaning and maintenance.

2. Product Overview

The ANCHEER CITYSPORTS CS-WP1 is a compact and portable walking treadmill designed for home or office use. It features a slim design for easy storage and a simple interface for operation.



Image: The ANCHEER CITYSPORTS CS-WP1 Walking Treadmill. This image illustrates the treadmill's compact design, suitable for placement under a desk or for easy storage. The LED display is visible at the front, showing operational data.

Components:

- **Walking Belt:** The primary surface for exercise.
- **Motor:** Powers the walking belt.
- **LED Display:** Shows time, speed, calories burned, and distance.
- **Remote Control:** Used to power on/off and adjust speed.
- **Transport Wheels:** Located at the front for easy movement and storage.
- **Power Cord:** Connects the treadmill to an electrical outlet.

3. Setup

Follow these steps to set up your treadmill for first use.

1. **Unpacking:** Carefully remove the treadmill from its packaging. Retain packaging materials for future storage or transport.
2. **Placement:** Place the treadmill on a firm, level surface. Ensure there is at least 0.6 meters of clear space around the unit.
3. **Power Connection:** Plug the power cord into a grounded electrical outlet.
4. **Initial Belt Adjustment:** The walking belt may require minor adjustment after unpacking. If the belt is off-center, use the provided hexagonal key to turn the adjustment bolts at the rear of the treadmill. Turn in small increments (quarter turns) and test the treadmill at a low speed until the belt is centered. Refer to the maintenance section for detailed belt adjustment instructions.

4. Operating Instructions

Learn how to use your ANCHEER CITYSPORTS CS-WP1 treadmill effectively.

1. **Power On:** Ensure the treadmill is plugged in. Press the power button on the treadmill or the remote control to turn it on. The LED display will illuminate.
2. **Start Exercise:** Step onto the walking belt. Press the 'Start' button on the remote control. The treadmill will begin at a low speed.
3. **Adjust Speed:** Use the '+' and '-' buttons on the remote control to increase or decrease the speed. The speed range is 1 km/h to 6 km/h. Adjust speed gradually to avoid sudden changes.
4. **Monitor Progress:** The LED display will show your current speed, elapsed time, estimated calories burned, and distance covered.
5. **Stop Exercise:** To stop the treadmill, press the 'Stop' button on the remote control. The belt will gradually slow down and come to a complete stop.
6. **Power Off:** After your workout, press the power button on the treadmill or remote control to turn it off. Unplug the unit from the wall outlet for safety and to conserve energy.

Usage Tips:

- This treadmill is primarily designed for walking. While it can accommodate light jogging, its speed range is optimized for walking exercises.
- Begin your workout with a warm-up at a slow speed and gradually increase to your desired pace.
- Maintain a comfortable and natural stride.

5. Maintenance

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

1. **Lubrication:** The walking belt requires periodic lubrication with silicone oil to reduce friction and wear. Apply a few drops of silicone oil under the center of the belt every 1-3 months, depending on usage frequency. Lift the belt slightly and apply the oil directly onto the deck. Run the treadmill at a low speed for 5 minutes to distribute the oil.
2. **Belt Adjustment:** If the walking belt shifts to one side or slips during use, it needs adjustment.
    - *To center the belt:* Use the hexagonal key to turn the adjustment bolt on the side the belt has shifted towards. Turn clockwise in quarter-turn increments. If the belt has shifted to the left, turn the left bolt clockwise. If it shifted to the right, turn the right bolt clockwise. Run the treadmill for 1-2 minutes at 3 km/h after each adjustment to check alignment.
    - *To tighten a slipping belt:* Turn both adjustment bolts clockwise in quarter-turn increments until the belt no longer slips. Do not overtighten.
3. **Cleaning:** Wipe down the treadmill surface with a damp cloth after each use. Do not use abrasive cleaners or solvents. Keep the area around the motor free of dust and debris.
4. **Storage:** When not in use, the treadmill can be stored flat under furniture or upright against a wall. Use the transport wheels

for easy movement.

6. Troubleshooting

This section addresses common issues you might encounter with your treadmill.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; power outlet not working; main power switch off.	Ensure power cord is securely plugged in. Check the power outlet with another device. Ensure the main power switch (if present) is in the 'ON' position.
Walking belt slips or hesitates.	Belt too loose; insufficient lubrication.	Tighten the walking belt using the adjustment bolts (refer to Maintenance section). Apply silicone oil if needed.
Belt is off-center.	Uneven belt tension.	Adjust the walking belt using the adjustment bolts (refer to Maintenance section).
Unusual noise during operation.	Lack of lubrication; loose components; foreign object.	Lubricate the belt. Check for loose screws or bolts and tighten them. Inspect for any foreign objects under the belt or motor cover.
Error Code E06 displayed.	Motor overheating or malfunction.	Turn off the treadmill and unplug it. Allow it to cool down for at least 30 minutes. Ensure proper ventilation around the motor. If the error persists, contact customer support.

7. Specifications

Technical details for the ANCHEER CITYSPORTS CS-WP1 Walking Treadmill.

- **Model Number:** TR5975
- **Dimensions (L x W x H):** 147 cm x 59 cm x 15 cm (57.9 x 23.2 x 5.9 inches)
- **Product Weight:** 18.4 kg (40.57 lbs)
- **Maximum User Weight:** 100 kg (220 lbs)
- **Speed Range:** 1 - 6 km/h
- **Motor Power:** 400 W (equivalent to 1.5 Horsepower maximum)
- **Material:** Alloy Steel
- **Special Feature:** Foldable, Portable
- **Recommended Use:** Walking, Light Jogging

8. Warranty and Support

This product comes with a standard manufacturer's warranty. For specific warranty terms and conditions, please refer to the documentation included with your purchase or contact the seller directly.
If you experience any issues or require technical assistance, please contact ANCHEER customer support or the retailer from whom you purchased the product. Provide your model number (TR5975) and purchase date for faster service.

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