

SFS000063

Subhashree Cardioworld 707 Multi Treadmill User Manual

INTRODUCTION

This manual provides essential instructions for the safe and effective use of your Subhashree Cardioworld 707 Multi Treadmill. Please read this manual thoroughly before assembly or operation and retain it for future reference. Proper understanding of these instructions will ensure optimal performance and longevity of your equipment.

IMPORTANT SAFETY INFORMATION

Always consult with a physician before starting any exercise program. Failure to do so may result in personal injury.

- **Read all instructions:** Before using the treadmill, read all instructions in this manual and on the equipment.
- **Keep children and pets away:** This equipment is not intended for use by children or persons with reduced physical, sensory, or mental capabilities unless supervised.
- **Proper attire:** Wear appropriate exercise clothing and athletic shoes. Do not wear loose clothing that could get caught in the treadmill.
- **Level surface:** Place the treadmill on a solid, level surface with at least 2 meters (6.5 feet) of clear space behind it and 0.6 meters (2 feet) on each side.
- **Emergency stop:** Familiarize yourself with the emergency stop function before beginning your workout.
- **Power cord:** Ensure the power cord is not pinched or damaged. Unplug the treadmill when not in use or before cleaning/maintenance.
- **Weight limit:** Do not exceed the maximum user weight capacity specified for this treadmill.
- **Medical conditions:** If you experience dizziness, chest pain, or other abnormal symptoms, stop your workout immediately and consult a physician.

WHAT'S IN THE BOX

Before beginning assembly, carefully unpack all components and verify that you have received all the items listed below. If any parts are missing or damaged, contact customer support immediately.

- Treadmill Main Frame (Alloy Steel)
- Console Unit with LCD Display
- Upright Posts (Left and Right)
- Handlebars
- Power Cord
- Assembly Hardware (bolts, washers, nuts, tools)
- Safety Key
- User Manual (this document)

SETUP INSTRUCTIONS

The Subhashree Cardioworld 707 Multi Treadmill requires assembly. It is recommended to have two people for assembly. Ensure you have adequate space and all tools provided.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface.
2. **Attach Upright Posts:** Secure the left and right upright posts to the main frame using the provided bolts and washers. Ensure they are firmly tightened.
3. **Install Console Unit:** Mount the console unit onto the top of the upright posts. Connect any pre-attached cables from the uprights to the console.
4. **Attach Handlebars:** Secure the handlebars to the console unit or upright posts as per the design.
5. **Connect Power:** Plug the power cord into the treadmill's power inlet and then into a grounded electrical outlet.
6. **Initial Inspection:** Before first use, inspect all connections to ensure they are secure.

Note: This treadmill features a 90-degree foldable design for space-saving storage. Refer to the 'Folding and Storage' section for details after assembly.

OPERATING INSTRUCTIONS

Powering On/Off

- **Power On:** Plug the treadmill into a power outlet and flip the main power switch (usually located near the front of the treadmill base) to the 'ON' position. The LCD display will illuminate.
- **Power Off:** Flip the main power switch to the 'OFF' position and unplug the treadmill from the wall outlet when not in use.

Console Overview

The LCD display provides real-time feedback on your workout. It typically shows metrics such as distance covered and calories burned. The console also features connectivity for audio output, allowing you to listen to music during your workout.

Workout Programs

The Subhashree Cardioworld 707 Multi Treadmill includes 12 preset workout programs. These programs offer varied intensity levels and durations to help achieve different fitness goals, such as weight loss or endurance training. Consult the console's specific instructions for navigating and selecting programs.

Starting a Workout

1. Attach the safety key clip to your clothing. Insert the safety key into its designated slot on the console. The treadmill will not operate without the safety key.
2. Stand on the side rails of the treadmill, not on the running belt.
3. Press the 'START' button on the console. The belt will begin to move at a slow speed.
4. Carefully step onto the moving belt and begin walking.

Adjusting Speed

Use the speed control buttons (usually '+' and '-') on the console to increase or decrease the running belt speed to your desired intensity.

Emergency Stop

In case of an emergency, pull the safety key from the console. The treadmill will immediately stop. Alternatively, press the 'STOP' button on the console.

Folding and Storage

To fold the treadmill for storage:

1. Ensure the treadmill is powered off and unplugged.
2. Gently lift the running deck until it locks into an upright, vertical position.
3. To unfold, release the locking mechanism and slowly lower the running deck until it rests flat on the floor.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your treadmill.

- **Cleaning:** Wipe down the treadmill after each use with a damp cloth to remove sweat and dust. Do not use abrasive cleaners.
- **Lubrication:** Periodically lubricate the running belt according to the manufacturer's recommendations (typically every few months, depending on usage). Refer to specific instructions for lubricant application.
- **Belt Tension and Alignment:** Check the running belt tension and alignment regularly. Adjust if the belt feels loose or drifts to one side. Consult the assembly instructions for adjustment procedures.
- **Motor Cover:** Periodically remove the motor cover and vacuum any dust or debris that may have accumulated. Ensure the treadmill is unplugged before doing so.
- **Inspect for Wear:** Regularly inspect all parts for signs of wear or damage. Replace worn components immediately.

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; main power switch off; circuit breaker tripped.	Ensure power cord is securely plugged in. Turn main power switch to 'ON'. Check household circuit breaker.
Running belt does not move.	Safety key not inserted; 'START' button not pressed; motor issue.	Insert safety key. Press 'START'. If issue persists, contact customer support.
Belt slips or hesitates.	Belt tension too loose; belt lubrication needed.	Adjust belt tension according to instructions. Apply silicone lubricant to the running deck.
Display not working correctly.	Loose cable connection; console malfunction.	Check all cable connections to the console. If problem continues, contact customer support.
Unusual noise during operation.	Loose components; worn belt; motor issue.	Inspect all bolts and tighten if loose. Check belt for wear. If noise persists, contact customer support.

SPECIFICATIONS

Key technical specifications for the Subhashree Cardioworld 707 Multi Treadmill:

Feature	Detail
Brand	Generic
Model Number	SFS000063
Color	Black
Material	Alloy Steel
Product Grade	Home
Special Feature	Foldable
Motor Power (HP)	800 Watts
Display Type	LCD
Power Source	Corded Electric
Connectivity Technology	Power Cord, Audio Output
Metrics Measured	Distance, Calories Burned
Number of Programs	12
Assembly Required	Yes
Manufacturer	Subhashree fitness and sports

WARRANTY AND SUPPORT

Warranty and specific support contact information for the Subhashree Cardioworld 707 Multi Treadmill are not available in this document. For warranty claims, technical assistance, or to purchase replacement parts, please refer to your original purchase receipt or contact the retailer where the product was acquired. You may also attempt to contact the manufacturer directly using the provided manufacturer contact information: 7008771887.