

LONTEK 502

LONTEK 502 Folding Treadmill User Manual

Model: 502

[Safety Instructions](#)

[Product Overview](#)

[Setup](#)

[Operation](#)

[Maintenance](#)

[Troubleshooting](#)

[Specifications](#)

[Warranty & Support](#)

1. IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using the LONTEK 502 Folding Treadmill. Keep this manual for future reference.

- **Emergency Stop:** Always attach the safety key to your clothing before starting the treadmill. In case of an emergency, pulling the safety key will immediately stop the machine.
- **User Weight Limit:** The maximum recommended user weight for this treadmill is **90 kg (198 lbs)**. Exceeding this limit may cause damage to the machine or injury to the user.
- **Placement:** Place the treadmill on a flat, stable surface. Ensure there is adequate clear space around the treadmill for safe operation and emergency dismount.
- **Children and Pets:** Keep children and pets away from the treadmill during operation.
- **Power Supply:** Connect the treadmill to a properly grounded electrical outlet. Do not use extension cords.
- **Medical Conditions:** Consult a physician before starting any exercise program, especially if you have pre-existing medical conditions.

2. PRODUCT OVERVIEW

The LONTEK 502 Folding Treadmill is designed for home fitness, offering a convenient and effective way to perform cardio exercises. It features a powerful yet quiet motor, an intuitive LED display, and a foldable design for easy storage.



Image: The LONTEK 502 Folding Treadmill, illustrating its compact design and user interface.

Key Features:

- **Motor:** 1.5 HP DC motor for smooth and quiet operation.

- **Speed Range:** Adjustable from 1 km/h to 12 km/h, suitable for walking, jogging, and light running.
- **Display:** LED screen showing time, distance, speed, calories burned, and heart rate.
- **Programs:** 12 pre-set workout programs to vary your training.
- **Heart Rate Monitoring:** Integrated sensors for tracking your pulse.
- **Foldable Design:** Can be folded vertically to 90 degrees, occupying less than 0.5 square meters.
- **Portability:** Equipped with two transport wheels for easy relocation.
- **Safety:** Includes an emergency safety key for immediate stop.

3. ASSEMBLY AND SETUP

The LONTEK 502 Treadmill comes largely pre-assembled. Minimal setup is required before first use.

1. **Unpacking:** Carefully remove the treadmill from its packaging. Retain packaging materials for potential future transport or returns.
2. **Placement:** Position the treadmill on a firm, level surface. Ensure a minimum of 2 meters (6.5 feet) of clear space behind the treadmill and 0.5 meters (1.6 feet) on each side for safety.
3. **Unfolding (if applicable):** If the treadmill is in its folded position, carefully lower the running deck until it locks into place. Refer to the specific unfolding mechanism in the included quick-start guide if present.
4. **Power Connection:** Plug the power cord into a standard, grounded electrical outlet. Ensure the power switch on the treadmill (usually located near the power cord inlet) is in the "ON" position.
5. **Safety Key:** Locate the red safety key. Attach the clip end of the safety key to your clothing, and place the magnetic end onto the designated area on the console. The treadmill will not operate without the safety key correctly in place.

4. OPERATING INSTRUCTIONS

Control Panel Overview:

The LED display provides real-time feedback on your workout. Familiarize yourself with the buttons and display readings.

- **Display:** Shows Time, Distance, Speed, Calories, and Heart Rate.
- **START/STOP Button:** Initiates and pauses/stops the treadmill.
- **SPEED +/- Buttons:** Adjust the running belt speed.
- **PROGRAM Button:** Selects from the 12 pre-set workout programs.
- **MODE Button:** Cycles through different display modes or settings.

Starting a Workout:

1. Ensure the treadmill is plugged in and the power switch is ON.
2. Stand on the side rails of the treadmill, not on the running belt.
3. Attach the safety key clip to your clothing and place the magnetic end onto the console.
4. Press the **START** button. The belt will begin to move at a low speed after a short countdown.
5. Carefully step onto the moving belt and begin walking.
6. Use the **SPEED +/-** buttons to adjust your desired speed.

Using Pre-set Programs:

The LONTEK 502 offers 12 pre-set programs (P1-P12) that automatically adjust speed during your workout.

1. From standby mode, press the **PROGRAM** button repeatedly to cycle through the available programs (P1, P2, ..., P12).
2. Once you have selected a program, press **START** to begin the workout. The treadmill will automatically adjust speed according to the program's profile.

Heart Rate Monitoring:

To measure your heart rate, firmly grasp the handrail pulse sensors with both hands. Your heart rate will be displayed on the LED screen after a few seconds.

Stopping the Treadmill:

- To pause or gradually stop the treadmill, press the **STOP** button.
- For an emergency stop, pull the safety key from the console. The treadmill will immediately cease operation.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your LONTEK 502 Treadmill.

- **Cleaning:** After each use, wipe down the console and other surfaces with a damp cloth. Do not use abrasive cleaners or solvents.
- **Lubrication:** The running belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided lubrication tool kit. Apply silicone lubricant under the running belt every 3-6 months, or after approximately 100 hours of use, depending on usage frequency. Refer to the specific instructions in the lubrication kit for proper application.
- **Belt Adjustment:** Over time, the running belt may become misaligned or loose. If the belt is off-center, use the adjustment bolts at the rear of the treadmill to center it. If the belt slips, tighten the tension bolts evenly on both sides. Consult the detailed instructions in the full manual for precise adjustment procedures.
- **General Inspection:** Periodically check all bolts and nuts for tightness. Ensure the power cord is not damaged.

6. TROUBLESHOOTING

If you encounter issues with your LONTEK 502 Treadmill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord not plugged in. Power switch is OFF. Safety key not in place. Circuit breaker tripped.	Ensure power cord is securely plugged into a grounded outlet. Turn the power switch to the "ON" position. Place the magnetic safety key firmly on the console. Check your home's circuit breaker.
Running belt slips or hesitates.	Belt tension is too loose. Lack of lubrication.	Adjust the belt tension bolts at the rear of the treadmill (tighten evenly). Lubricate the running belt with silicone oil (refer to Maintenance section).
Running belt is off-center.	Uneven belt tension. Treadmill not on a level surface.	Adjust the belt alignment bolts at the rear of the treadmill. Ensure the treadmill is on a flat, level surface.

Problem	Possible Cause	Solution
Inaccurate heart rate reading.	Hands not firmly on sensors. Dry hands.	Ensure both hands firmly grasp the pulse sensors. Moisten hands slightly if they are too dry.

If the problem persists after attempting these solutions, please contact customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	LONTEK
Model Name	502
Motor Power	1.5 HP DC
Speed Range	1 - 12 km/h
Maximum User Weight	90 kg (198 lbs)
Display Type	LED (Time, Distance, Speed, Calories, Heart Rate)
Number of Programs	12 Pre-set Programs
Special Features	Heart Rate Monitoring, Foldable Design, Transport Wheels, Safety Key
Material	Alloy Steel
Folded Dimensions (L x W x H)	50.8 x 25.4 x 22.9 cm (20 x 10 x 9 inches)
Power Source	Electric Cord
Components Included	Safety Key, Power Cord, User Manual, Transport Wheels, Lubrication Tool Kit

8. WARRANTY AND SUPPORT

LONTEK products are manufactured to high-quality standards. For specific warranty details, please refer to the warranty card included with your product or visit the official LONTEK website. Keep your purchase receipt as proof of purchase.

Customer Support:

If you have any questions, require technical assistance, or need to report a problem with your LONTEK 502 Treadmill, please contact our customer support team. Contact information can typically be found on the product packaging, the official LONTEK website, or your purchase documentation.

When contacting support, please have your model number (502) and purchase date ready.

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