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› ANCHEER 2-in-1 Folding Under Desk Treadmill User Manual

## ANCHEER 5571ST

# ANCHEER 2-in-1 Folding Under Desk Treadmill User Manual

MODEL: 5571ST

## 1. Introduction

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This manual provides essential instructions for the safe and effective use of your ANCHEER 2-in-1 Folding Under Desk Treadmill, Model 5571ST. Please read this manual thoroughly before initial setup and operation to ensure proper function and user safety. Retain this manual for future reference.

## 2. Safety Information

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Always prioritize safety when operating the treadmill. Failure to follow these guidelines may result in injury or damage to the equipment.

- **Weight Capacity:** Do not exceed the maximum user weight of 265 pounds (120 kg).
- **Emergency Stop:** The treadmill is equipped with an emergency stop system. Always attach the safety key clip to your clothing before starting your workout. Removing the safety key will immediately stop the treadmill.
- **Abrupt Stops:** When using the power button on the remote or removing the safety clip, the treadmill will stop abruptly. To avoid potential falls, reduce speed to minimum before stopping or step off the belt first.
- **Placement:** Place the treadmill on a flat, stable surface, ensuring adequate clear space around the unit for safe operation and emergency dismount.
- **Children and Pets:** Keep children and pets away from the treadmill during operation and when unattended.
- **Power Cord:** Ensure the power cord is not pinched or damaged. Do not operate the treadmill if the power cord or plug is damaged.
- **Maintenance:** Perform regular maintenance as described in this manual to ensure optimal performance

and safety.

### 3. Package Contents

Carefully unpack all components and verify that you have received all items listed below. If any parts are missing or damaged, contact customer support.



**Figure 3.1:** All components included in the package: main treadmill unit, side panels, screws, Allen wrenches, user manual, lubrication oil, remote watch, safety key, and power cord.

- ANCHEER 2-in-1 Treadmill Main Unit
- Handrail Side Panels (2)
- Mounting Screws (4)
- Allen Wrenches (for assembly and adjustment)
- User Manual
- Lubrication Oil
- Remote Watch (requires 1x CR2032 battery, not included)
- Safety Key
- Power Cord

### 4. Assembly

The ANCHEER 2-in-1 Treadmill is largely pre-assembled. Minimal assembly is required if you intend to use the handrail in the raised position.

1. **Unpacking:** Carefully remove the treadmill and all components from the packaging.
2. **Handrail Installation (Optional):** If you plan to use the treadmill with the handrail raised for running, attach the two handrail side panels using the provided four screws and Allen wrench. Ensure they are

securely fastened. If using primarily as an under-desk walking pad, the handrail can remain folded down, and these screws are not necessary.

3. **Phone Mount:** Insert the phone mount into its designated slot on the control panel.

## 5. Setup

Follow these steps to prepare your treadmill for use.

1. **Placement:** Position the treadmill on a level, hard surface. Ensure there is at least 2 feet of clear space behind the treadmill and 1 foot on each side.
2. **Power Connection:** Plug the power cord into the treadmill's power input, then into a grounded electrical outlet.
3. **Safety Key:** Attach the safety key to the designated magnetic area on the control panel. Clip the other end of the safety key to your clothing. The treadmill will not operate without the safety key in place.

## 6. Operating Modes

The ANCHEER 2-in-1 Treadmill offers two primary operating modes: Walking Mode (under-desk) and Running Mode (with handrail raised).

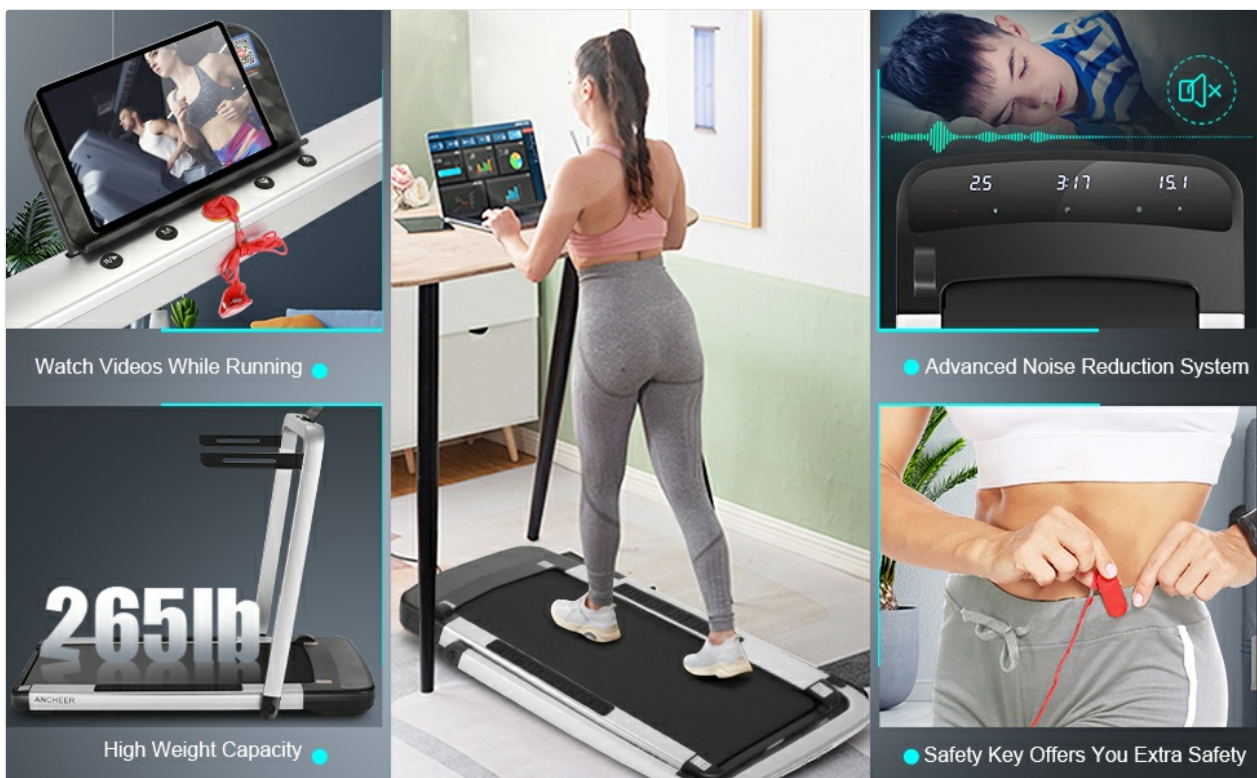


Figure 6.1: The ANCHEER 2-in-1 Treadmill in Running Mode (left) and Walking Mode (right).

- **Walking Mode (Under Desk):** With the handrail folded down, the treadmill functions as a walking pad, ideal for use under a standing desk. In this mode, the maximum speed is typically limited to 2.5 mph.
- **Running Mode:** When the handrail is raised and secured, the treadmill operates as a traditional running machine, allowing for speeds up to 7.5 mph.

## 7. Controls and Display

Control your workout using the physical buttons, the remote watch, or the dedicated fitness application.



## Dual Control Physical Buttons & Remote Control

Figure 7.1: Treadmill control panel and remote watch.

- **Physical Buttons:** The main unit features buttons for power, start/stop, and speed adjustment.
- **Remote Watch:** The included watch remote allows for convenient control of start/stop and speed adjustments during your workout. Ensure a CR2032 battery is installed.
- **LCD Display:** The integrated LCD screen tracks key workout metrics including time, distance, speed, heart rate, and calories burned.
- **Fitness App Integration:** The treadmill can connect to the FitShow app (by Xiamen) via Bluetooth. The app provides additional workout programs and tracking features. Scan the QR code below to download the app.



Figure 7.2: QR code for FitShow App download. For direct access, visit <http://ifitshow.com/qr>.

## 8. Key Features

The ANCHEER 2-in-1 Treadmill is designed with several features to enhance your exercise experience.

- **Powerful and Quiet Motor:** Equipped with a 2.25 HP motor, the treadmill operates quietly, minimizing disturbance to others.



Figure 8.1: 2.25 HP Motor for quiet operation.

- **Comfortable Running Surface:** The treadmill features an advanced shock-absorbing system, a deck cushioning mechanism, and a 5-layer compressed tread belt. This design effectively absorbs impacts, protecting your knees and providing a comfortable running experience.



## Under Desk Treadmill Work out as you work

Figure 8.2: Multi-layer running deck with shock absorption.

- **Compact and Portable Design:** The treadmill's compact foldable design and integrated transport wheels make it easy to store and move, ideal for small spaces.



Figure 8.3: Folded for storage and transport wheels.

- **Running Surface Dimensions:** The running belt measures 40 inches in length and 16 inches in width, providing ample space for walking and jogging.

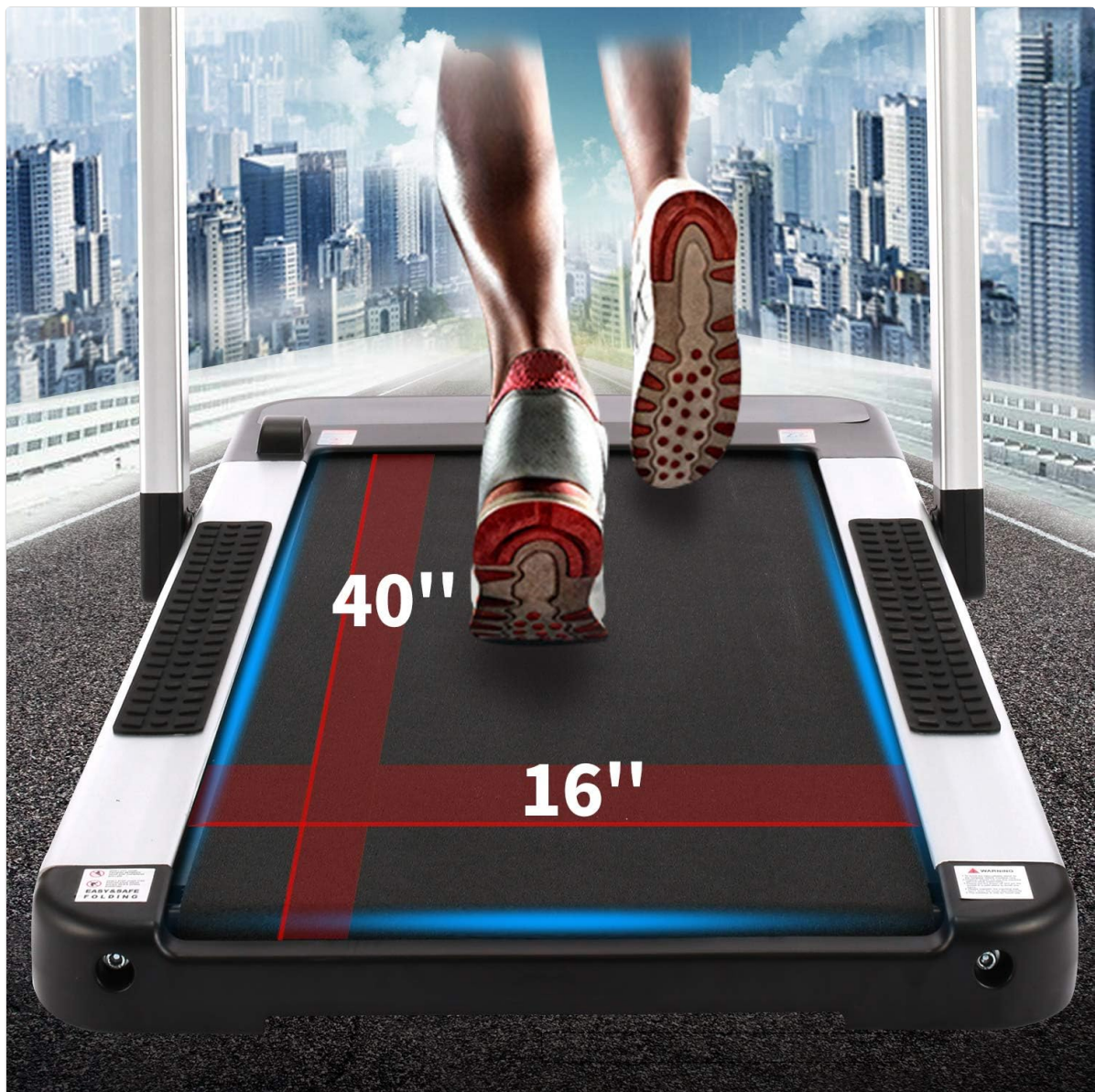


Figure 8.4: Running surface dimensions.

## 9. Maintenance

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

- **Belt Lubrication:** The running belt requires periodic lubrication to reduce friction and wear. Apply the provided lubrication oil under the belt as instructed in the separate lubrication guide (if included) or refer to the general guidelines for treadmill belt lubrication. Insufficient lubrication can lead to increased motor strain and belt issues.
- **Belt Adjustment:** Over time, the running belt may shift or become loose. If the belt is not centered or slips, it requires adjustment. Use the provided Allen wrench to turn the adjustment bolts at the rear of the treadmill. Turn the bolts in small increments (e.g., quarter turns) and test the belt's alignment and tension. Refer to the specific instructions in the manual for detailed belt adjustment procedures. Incorrect adjustment can damage the belt or motor.
- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use. Avoid using abrasive cleaners or solvents.

## 10. Troubleshooting

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

- **Treadmill Not Starting:**

- Ensure the power cord is securely plugged into both the treadmill and a working electrical outlet.
- Verify that the safety key is correctly placed on the magnetic sensor.
- Check if the main power switch (if present) is in the 'ON' position.

- **Belt Slipping or Not Centered:**

- This often indicates the need for belt adjustment. Refer to the 'Belt Adjustment' section in Maintenance. Adjusting the belt requires careful, small turns of the rear bolts.
- Ensure the belt is adequately lubricated.

- **Abrupt Stops During Operation:**

- This can occur if the safety key is dislodged or if the power button on the remote is pressed while the treadmill is in motion. Always reduce speed before stopping to prevent sudden halts.

- **Remote Watch Not Working:**

- Check and replace the CR2032 battery in the remote watch.

- **App Connectivity Issues:**

- Ensure Bluetooth is enabled on your device and the treadmill is powered on.
- Confirm you have downloaded the correct 'FitShow' app. If the QR code in the printed manual leads to an invalid page, use the QR code on the smartphone pedestal or visit <http://ifitshow.com/qr>.

## 11. Specifications

Feature	Specification
Brand	ANCHEER
Model Name	5571ST
Motor Horsepower	2.25 HP
Maximum Speed	7.5 Miles per Hour
Minimum Speed	0.5 Miles per Hour
Maximum Weight Recommendation	265 Pounds
Deck Length	40 Inches
Material	Alloy Steel
Display Type	LCD
Power Source	Corded Electric
Connectivity Technology	Power Cord (Bluetooth for App)
Assembly Required	No (minimal for handrail)

## 12. Warranty and Support

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ANCHEER provides a 1-year warranty for this treadmill, ensuring product quality and protection. For any questions, concerns, or technical support, please contact ANCHEER customer service. Refer to your purchase documentation for specific contact details.