Physionics LFBD01

Physionics LFBD01 Foldable Treadmill User Manual

Model: LFBD01

INTRODUCTION

Thank you for choosing the Physionics LFBD01 Foldable Treadmill. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before first use and keep it for future reference.

IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, read all instructions and warnings before using this treadmill. The manufacturer is not responsible for personal injury or property damage sustained by or through the use of this product.

- Always place the treadmill on a level surface.
- Ensure adequate clearance around the treadmill (at least 2 meters behind and 0.6 meters on each side).
- 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 properly.
- Wear appropriate exercise clothing and athletic shoes.
- Use the safety key at all times. Attach the clip to your clothing before starting your workout.
- Do not exceed the maximum user weight of 100 kg.
- Consult a physician before starting any exercise program.

Image: The Physionics LFBD01 Treadmill in use, highlighting key safety features like the magnetic safety lock, pulse sensors on the handlebars, and the manual incline adjuster at the base.

PRODUCT COMPONENTS AND PARTS

Your Physionics LFBD01 Treadmill package includes the following main components and accessories:

- Treadmill main frame (LFBD01)
- Multilingual assembly instructions (EN/DE/FR/IT)
- Assembly tools (L-keys, knob, safety key, pins, plastic covers)

Image: Included assembly tools and small parts, such as L-shaped wrenches, a tightening knob, safety key, and securing pins, necessary for treadmill setup.

ASSEMBLY AND SETUP

The Physionics LFBD01 Treadmill requires self-assembly. Follow the included multilingual assembly instructions carefully. Ensure all parts are present before beginning assembly.

Unpacking

1. Carefully remove all components from the packaging.
2. Place the main frame on a clear, level surface.
3. Verify all parts against the parts list in the assembly manual.

Assembly Steps (General Guidance)

1. Attach the uprights to the base frame using the provided hardware.
2. Secure the console to the top of the uprights.

3. Connect any necessary electrical cables between the console and the main unit.

4. Install the handlebars and any other accessories.

5. Ensure all bolts and screws are tightened securely.

Incline Adjustment

The treadmill features a 3-level manual incline adjustment (5, 10, or 15 degrees). Adjust the incline before starting your workout by manually setting the support legs at the rear of the treadmill to the desired position. Refer to the assembly instructions for detailed steps on how to adjust the incline safely.

OPERATING INSTRUCTIONS

Getting Started

1. Plug the power cord (150 cm length) into a grounded 220 V / 50 HZ outlet.

2. Attach the safety key clip to your clothing and insert the magnetic end into the console's designated slot. The treadmill will not operate without the safety key in place.

3. Step onto the treadmill belt, holding onto the handlebars for balance.

4. Press the "START" button on the console to begin your workout. The belt will start moving at a low speed.

Console Functions and Display

The LED display (approx. 36x19 cm) shows various workout metrics:

- **Scan:** Cycles through all metrics automatically.
- **Speed:** Current running speed (0.8 - 10 km/h). Use '+' and '-' buttons to adjust.
- **Distance:** Total distance covered during the current workout.
- **Pulse:** Heart rate detected by the pulse sensors on the handlebars.
- **Time:** Duration of the current workout.
- **Calories:** Estimated calories burned.

Pre-set Programs

The treadmill includes 5 pre-set workout programs. Press the "MODE" button to cycle through and select a program. Each program offers varying speed and intensity profiles. Refer to the full assembly manual for detailed descriptions of each program.

Bluetooth and USB Connectivity

- **Bluetooth:** Connect your smartphone or tablet via Bluetooth to the treadmill's integrated speakers for audio playback.
- **USB Port:** Use the USB port to charge your device or play music from a USB drive through the treadmill's speakers.

Image: The treadmill console featuring a tablet holder, demonstrating how users can place their devices for entertainment during workouts, with the Bluetooth symbol indicating connectivity.

Folding and Storage

The treadmill is designed to be foldable for convenient storage. To fold:

1. Ensure the treadmill is turned off and unplugged.
2. Carefully lift the running deck until it locks into an upright position.
3. Secure the deck with the locking pin if available.

When folded, the dimensions are approximately 61 x 22 x 123 cm (L/W/H), making it suitable for smaller spaces.

Image: The treadmill depicted in its folded state, illustrating its compact design for storage, with an arrow indicating the folding motion and folded dimensions.

MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use. Do not use abrasive cleaners.
- **Lubrication:** The running belt may require periodic lubrication. Refer to the assembly manual for specific instructions on how and when to lubricate the belt.
- **Belt Adjustment:** If the running belt becomes misaligned or too loose/tight, adjust it according to the instructions in the assembly manual.
- **Inspection:** Periodically check all bolts and screws to ensure they are tight. Inspect the power cord for any damage.

TROUBLESHOOTING

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

Problem	Possible Cause	Solution

Problem	Possible Cause	Solution
Treadmill does not start	Power cord unplugged, safety key not inserted, power switch off.	Ensure power cord is securely plugged in, insert safety key, turn on power switch.
Running belt slips or stops	Belt too loose, belt needs lubrication, motor overload.	Adjust belt tension, lubricate belt (refer to manual), reduce user weight or speed.
Unusual noise during operation	Loose components, belt friction, motor issue.	Check and tighten all bolts, lubricate belt, contact customer support if noise persists.
Display not working	Loose cable connection, power issue.	Check console cable connections, ensure stable power supply.

For issues not listed here or if problems persist, please contact Physionics customer support.

TECHNICAL SPECIFICATIONS

Model	LFBD01
Motor Power	500 W
Speed Range	0.8 - 10 km/h
Max User Weight	100 kg
Incline Levels	3 manual levels (5/10/15 degrees)
Programs	5 pre-set programs
Display Type	LED (Scan, Speed, Distance, Pulse, Time, Calories)
Connectivity	Bluetooth, USB Port
Power Supply	220 V / 50 HZ
Total Dimensions (L x W x H)	Approx. 120 x 61 x 112 cm
Folded Dimensions (L x W x H)	Approx. 61 x 22 x 123 cm
Running Surface (L x W)	Approx. 100 x 35.5 cm
Product Weight	25 kg
Materials	Steel (tubes), PVC composite (running belt), ABS plastic (other)

WEIGHT: **25KG**
GEWICHT:

CABLE LENGTH: **150CM**
KABELLÄNGE:

120cm

61cm

160cm

100cm

35.5cm

Image: An illustration of the treadmill with its key dimensions (length, width, height, running surface) and weight (25kg) clearly marked, along with the power cable length (150cm).

WARRANTY INFORMATION

Specific warranty details are typically provided with your purchase documentation or can be found on the manufacturer's official website. Please retain your proof of purchase for any warranty claims. The warranty generally covers manufacturing defects under normal use conditions.

CUSTOMER SUPPORT

For further assistance, technical support, or spare parts, please contact Physionics customer service. Refer to your purchase documentation or the Physionics website for contact details.