

Manuals.plus /

› Lontek /

› Lontek Foldable Treadmill 1.5 HP User Manual

Lontek Lontek 1.5 HP Foldable Treadmill

Lontek Foldable Treadmill 1.5 HP User Manual

Model: 1.5 HP Foldable Treadmill

1. INTRODUCTION

Thank you for choosing the Lontek 1.5 HP Foldable Treadmill. This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before using the treadmill and retain it for future reference.

This treadmill is designed for home use, offering a convenient way to perform cardiovascular exercise. It features a 1.5 HP motor, a maximum speed of 10 km/h, 12 pre-set programs, a display, and a Bluetooth speaker for an enhanced workout experience.

2. IMPORTANT SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read all instructions before using this treadmill.

- Always place the treadmill on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Ensure adequate clearance around the treadmill (at least 2 meters behind and 0.6 meters on each side).
- Wear appropriate athletic footwear and clothing.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Always use the safety key. Attach the clip to your clothing before starting your workout.
- Do not exceed the maximum user weight of 90 kg.
- Consult a physician before starting any exercise program.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

3. PACKAGE CONTENTS

Please check the contents of the box against the list below. If any parts are missing or damaged, contact

customer support.

- Treadmill Main Frame (pre-assembled)
- Console Assembly
- Upright Posts (Left and Right)
- Hardware Kit (bolts, washers, nuts, Allen wrench)
- Safety Key
- Power Cord
- User Manual (this document)

4. ASSEMBLY AND SETUP

Assembly typically requires two people. Follow these steps carefully:

1. **Unpack the Treadmill:** Carefully remove all components from the packaging. Place the main frame on a clear, level surface.
2. **Attach Upright Posts:** Lift the upright posts and secure them to the main frame using the provided bolts and washers from the hardware kit. Do not fully tighten yet.
3. **Install Console Assembly:** Carefully attach the console assembly to the top of the upright posts. Connect any pre-attached cables from the uprights to the console. Secure with bolts.
4. **Tighten All Bolts:** Once all components are in place, go back and securely tighten all bolts.
5. **Connect Power:** Plug the power cord into the treadmill's power inlet and then into a grounded electrical outlet.



Image: Assembly diagram illustrating the connection of upright posts and console to the main treadmill frame.

5. OPERATING INSTRUCTIONS

5.1 Console Overview

The console features a display showing time, speed, distance, calories, and heart rate (if applicable). It includes buttons for Start, Stop, Speed Up/Down, Mode, and Program selection.



Image: Detailed view of the treadmill's control console, highlighting the display screen and various function buttons.

5.2 Starting a Workout

1. **Power On:** Ensure the treadmill is plugged in and the main power switch (usually located near the front base) is in the 'ON' position.
2. **Attach Safety Key:** Clip the safety key to your clothing and place the magnetic end onto the designated area on the console. The display will illuminate.
3. **Manual Mode:** Press the **START** button. The treadmill will begin a 3-second countdown and then start at a low speed (e.g., 1 km/h). Adjust speed using the **SPEED +/-** buttons.
4. **Program Mode:** Press the **PROGRAM** button repeatedly to cycle through the 12 pre-set programs (P1-P12). Once you select a program, press **START** to begin.

5.3 Stopping a Workout

- Press the **STOP** button to gradually slow down and stop the treadmill.
- Pulling the safety key off the console will immediately stop the treadmill for emergency situations.

6. PRE-SET PROGRAMS

The Lontek Treadmill offers 12 pre-set programs (P1-P12) designed to vary speed and intensity over time. Each program has a unique profile to target different fitness goals, such as endurance, fat burning, or interval training. Refer to the console display for the specific speed changes within each program. To select a program, press the **PROGRAM** button until your desired program (P1-P12) is displayed, then press **START**.

7. BLUETOOTH SPEAKER FUNCTION

Your treadmill is equipped with a Bluetooth speaker to enhance your workout experience with music or audio. Follow these steps to connect:

1. **Activate Bluetooth:** Ensure the treadmill is powered on. The Bluetooth function is automatically active.
2. **Pair Device:** On your mobile device (smartphone, tablet), go to Bluetooth settings and search for available devices. Look for a device named "Treadmill Audio" or similar.
3. **Connect:** Select the treadmill's Bluetooth name to pair. Once connected, you will hear a confirmation sound.
4. **Play Audio:** You can now play audio from your device through the treadmill's speakers. Adjust volume from your mobile device.

8. FOLDING AND STORAGE

The Lontek Treadmill is designed to be foldable for convenient storage, saving space in your home.

1. **Power Off:** Ensure the treadmill is stopped and unplugged from the power outlet.
2. **Lift Running Deck:** Carefully lift the running deck from the rear until it locks into an upright position. You may hear a click indicating it's secured.
3. **Move for Storage:** The treadmill can now be moved on its transport wheels. Store it in a dry, safe place away from children.
4. **Unfolding:** To unfold, gently push the release lever (if present) or kick the hydraulic rod, and slowly lower the running deck to the floor.



Image: The treadmill shown in its compact, folded state, ready for storage.

9. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance 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:** The running belt requires lubrication every 3-6 months, depending on usage. Apply

silicone lubricant under the running belt as per the instructions provided with the lubricant.

- **Belt Tension and Alignment:** Periodically check the running belt for proper tension and alignment. Adjust if necessary using the rear roller bolts and the included Allen wrench. Refer to the diagram below for guidance.
- **Motor Cover:** Periodically remove the motor cover and vacuum any dust accumulation. Ensure the treadmill is unplugged before doing so.



Image: Diagram showing the correct method for applying lubricant under the treadmill's running belt.

10. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; main power switch off; safety key not in place.	Check power cord connection; turn on main power switch; ensure safety key is correctly placed.
Running belt slips or hesitates.	Belt too loose; belt needs lubrication.	Adjust belt tension; lubricate the running belt.
Unusual noise during operation.	Loose bolts; foreign object under belt; motor issue.	Check and tighten all assembly bolts; inspect under the belt; contact customer support if noise persists.
Bluetooth speaker not connecting.	Bluetooth not enabled on device; incorrect device selected.	Ensure Bluetooth is on your device; select "Treadmill Audio" from available devices.

11. SPECIFICATIONS

- **Motor Power:** 1.5 HP
- **Speed Range:** Up to 10 km/h
- **Maximum User Weight:** 90 kg
- **Programs:** 12 Pre-set Programs
- **Features:** Bluetooth Speaker, LCD Display
- **Foldable:** Yes
- **Dimensions (Unfolded):** (Approximate, refer to product page for exact measurements)
- **Dimensions (Folded):** (Approximate, refer to product page for exact measurements)

12. WARRANTY AND SUPPORT

Your Lontek Treadmill comes with a limited warranty. Please refer to the warranty card included in your package or visit our official website for detailed warranty terms and conditions.

For technical support, missing parts, or any questions regarding your product, please contact Lontek Customer Service:

- **Email:** support@lontek.com (*Example*)
- **Phone:** 1-800-XXX-XXXX (*Example*)
- **Website:** www.lontek.com (*Example*)

Please have your model number (Lontek 1.5 HP Foldable Treadmill) and purchase date ready when contacting support.