

## FLYLINKTECH 2-in-1 Foldable Treadmill

# FLYLINKTECH 2-in-1 Foldable Treadmill User Manual

Model: 2-in-1 Foldable Treadmill

## 1. INTRODUCTION

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Thank you for choosing the FLYLINKTECH 2-in-1 Foldable Treadmill. This versatile fitness equipment is designed for home use, offering both a walking mode and a running mode to suit your diverse exercise needs. With its quiet motor, intelligent control options, and space-saving foldable design, it provides a convenient and effective way to maintain your fitness. Please read this manual thoroughly before operation to ensure safe and optimal use of your treadmill.



Image: The FLYLINKTECH 2-in-1 Foldable Treadmill in its running configuration, with a user exercising.

## 2. SAFETY INFORMATION

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Your safety is paramount. Please observe the following safety precautions:

- Always ensure the safety key is properly in place before starting the treadmill.
- Keep children and pets away from the treadmill during operation.

- Place the treadmill on a flat, stable surface, ensuring adequate clearance around it.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate athletic footwear when using the treadmill.
- Do not attempt to lubricate or adjust the running belt while the treadmill is in motion.
- Consult a physician before starting any new exercise program.
- The treadmill is designed for home use only.

### 3. WHAT'S IN THE BOX

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Upon unpacking, please verify that all components are present:

- FLYLINKTECH 2-in-1 Foldable Treadmill Unit
- User Manual
- Remote Control
- Safety Key
- Power Cord
- Assembly Tools (if required, typically minimal for this model)

### 4. SETUP GUIDE

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#### 4.1 Unpacking and Placement

Carefully remove the treadmill from its packaging. Place it on a level, hard surface. Ensure there is at least 2 meters (6.5 feet) of clear space behind the treadmill and 0.5 meters (1.6 feet) on each side for safe operation.

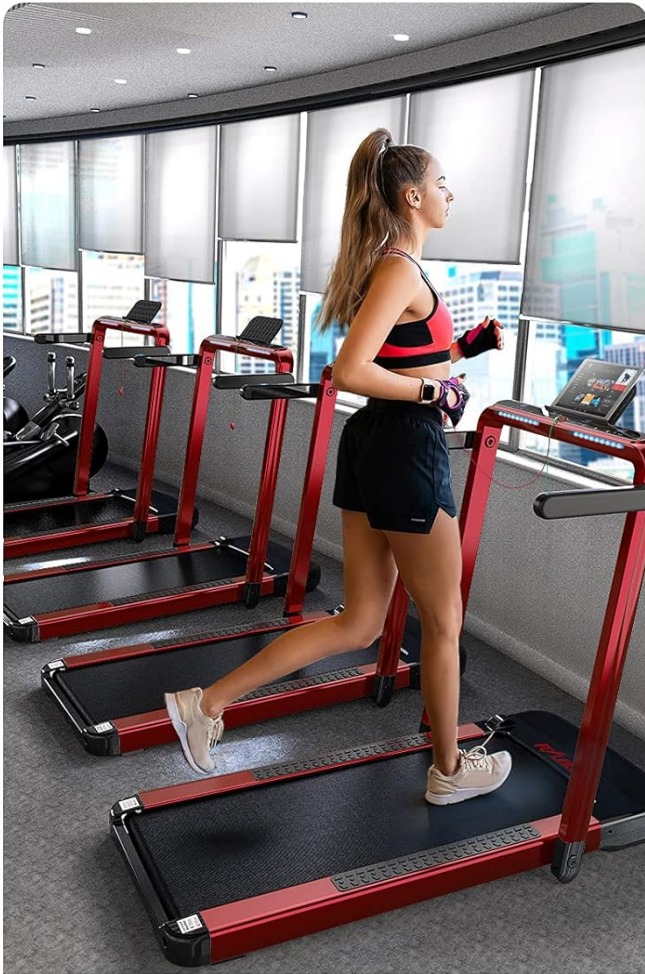
#### 4.2 Assembly (Minimal Assembly Required)

The FLYLINKTECH 2-in-1 Foldable Treadmill comes largely pre-assembled. Follow these steps for quick setup:

1. Carefully lift the handlebar frame into the upright position until it locks securely.
2. Tighten any pre-attached knobs or bolts as indicated in the quick start guide (usually found on the treadmill itself or a separate sheet).
3. Connect the power cord to the treadmill and then to a grounded electrical outlet.
4. Attach the safety key to the designated slot on the console.

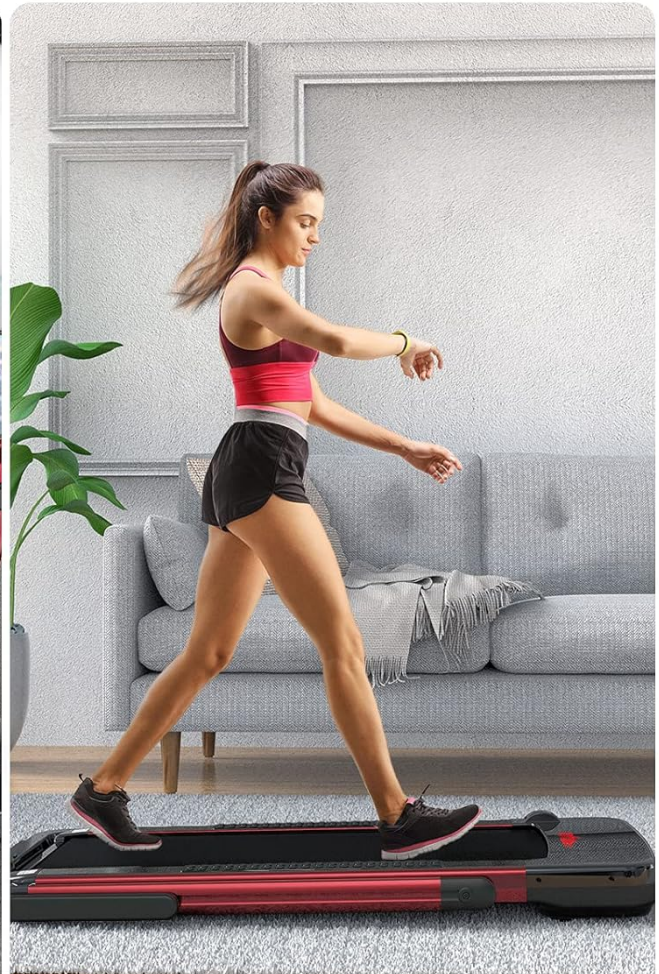
# 2 IN 1 FOLDING TREADMILL

Meet Your Different Needs and Perfect for Multiple Occasions



## Running Mode

4 km/h - 14 km/h



## Walking Mode

1 km/h - 4 km/h

Image: Illustration of the treadmill being unfolded from its compact storage position to the upright running position.

## 5. OPERATING INSTRUCTIONS

### 5.1 Power On/Off

To power on the treadmill, ensure it is plugged in and the safety key is attached. Press the power button on the console. To power off, press the power button again or remove the safety key.

### 5.2 Modes of Operation (2-in-1 Functionality)

This treadmill offers two distinct modes:

- **Running Mode:** With the handlebar in the upright position, the treadmill operates at speeds from 4 km/h to 14 km/h. This mode is suitable for jogging and running.
- **Walking Mode:** When the handlebar is folded down, the treadmill functions as a walking pad, with speeds ranging from 1 km/h to 4 km/h. This mode is ideal for brisk walking or using under a standing desk.



# SMART FOLDING TREADMILL

Professional fitness course and experience sharing,  
Real-time recording of exercise data

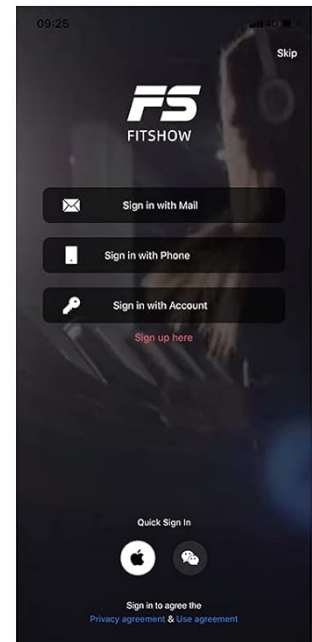
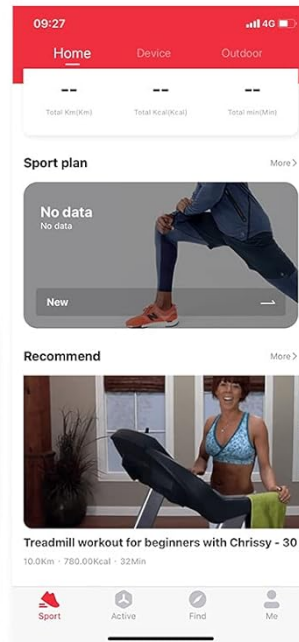


Image: A split image showing the treadmill in its upright running mode on the left, and in its folded-down walking mode on the right.

## 5.3 Control Panel and Display

The integrated LED display tracks essential workout metrics in real-time:

- **Speed:** Current speed in km/h.
- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.

Use the direct speed buttons or the remote control to adjust speed. The console also features a device holder for your tablet or phone.

# 12 PRESET PROGRAMS

For a variety of workout options



Image: A detailed view of the treadmill's control panel, highlighting the LED digital monitor, direct speed buttons, device holder, and safety lock.

## 5.4 Bluetooth and App Connectivity

Enhance your workout experience by connecting your treadmill to the "FS" (Fit Show) exercise application via Bluetooth.

1. Download the "FS" app by scanning the QR code provided in the manual or searching in your device's app store.
2. Enable Bluetooth on your smartphone or tablet.
3. Open the "FS" app and follow the on-screen instructions to pair with your treadmill.
4. Once connected, you can control the treadmill, track your progress, and access various exercise tips through the app.

# TOILLESS FULL FOLDING FOR CONVENIENT STORAGE



Image: The treadmill's console with a smartphone displaying the "Fit Show" application, illustrating smart control and data recording.

## 5.5 Preset Programs

The treadmill features 12 pre-set exercise programs designed to offer varied workout routines. Select a program from the console or via the app to automatically adjust speed and intensity throughout your session.

## 6. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- **Belt Lubrication:** The running belt may require lubrication periodically (e.g., every 3-6 months depending on usage). Refer to the specific instructions in your quick start guide for the correct lubricant and application method.
- **Belt Adjustment:** If the running belt feels loose or off-center, adjust it using the provided tools according to the instructions in the quick start guide.
- **Storage:** When not in use, fold the treadmill for compact storage. The transport wheels allow for easy

movement.

# HIGH TECH& HIGH DENSITY MULTI-LAYER RUNNING BELT

Specially designed to protect your knee joints so you could run farther



1

2

3

4

5

1

Wear-resistant surface

2

Noise reduction layer

3

High strength reinforcement layer

4

EVA shock absorption layer

5

High strength Compression layer

Image: The treadmill in its fully folded state, demonstrating how it can be conveniently stored under furniture like a sofa.

## 7. TROUBLESHOOTING

If you encounter any issues, please refer to the table below for common problems and their solutions.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not connected, safety key not in place, power switch off.	Ensure power cord is securely plugged in, safety key is attached, and power switch is on.
Running belt slips or hesitates.	Belt too loose, belt needs lubrication.	Adjust belt tension as per manual, lubricate the running belt.
Unusual noise during operation.	Loose parts, belt misalignment, motor issue.	Check for loose bolts and tighten. Adjust belt alignment. If noise persists, contact customer support.

Problem	Possible Cause	Solution
Bluetooth connection fails.	Bluetooth off on device, app not open, interference.	Ensure Bluetooth is enabled, restart the app and treadmill, try pairing again.

## 8. PRODUCT SPECIFICATIONS

Feature	Specification
Brand	FLYLINKTECH
Model	2-in-1 Foldable Treadmill
Product Dimensions (Unfolded)	126.5 x 64.5 x 107 cm (49.8 x 25.4 x 42.1 inches)
Product Dimensions (Folded)	Approx. 132 x 64.5 x 13.5 cm (52 x 25.4 x 5.3 inches)
Product Weight	31.13 kg (68.6 lbs)
Running Belt Dimensions	40 x 100 cm (15.7 x 39.4 inches)
Speed Range (Walking Mode)	1 - 4 km/h (0.6 - 2.5 mph)
Speed Range (Running Mode)	4 - 14 km/h (2.5 - 8.7 mph)
Motor Peak Horsepower	2.25 HP
Material	Alloy Steel
Special Features	Foldable, LED Touch Display, Bluetooth Connectivity, 12 Exercise Modes
Recommended Use	Home Exercise

## 9. WARRANTY AND SUPPORT

The FLYLINKTECH 2-in-1 Foldable Treadmill comes with a **2-year warranty** from the date of purchase. This warranty covers manufacturing defects and significant malfunctions under normal use.

For warranty claims, technical support, or any questions regarding your product, please contact FLYLINKTECH customer service. Refer to your purchase documentation or the official FLYLINKTECH website for the most current contact information. Please have your product model and purchase date ready when contacting support.