

Famistar 9028S

Famistar 3.25HP Folding Treadmill 9028S User Manual

Model: 9028S | Brand: Famistar

1. INTRODUCTION AND SAFETY INFORMATION

Welcome to the Famistar 3.25HP Folding Treadmill 9028S user manual. This guide provides essential information for the safe and effective operation of your new treadmill. Please read all instructions carefully before assembly or use.

Important Safety Precautions:

- Always attach the safety key to your clothing before starting the treadmill. The treadmill will stop immediately if the safety key is dislodged.
- Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it.
- Do not allow children or pets near the treadmill while it is in operation.
- The maximum user weight capacity for this treadmill is 300 LBS. Do not exceed this limit.
- Unplug the treadmill from the power outlet when not in use or before cleaning and maintenance.
- Consult a physician before starting any exercise program.



Image: The Famistar 9028S Folding Treadmill in a home setting, demonstrating its compact design and a user running on it.

2. PRODUCT COMPONENTS AND FEATURES

Familiarize yourself with the main components and features of your Famistar 9028S Treadmill:

- **Control Panel:** Features an LCD display, quick speed buttons, quick incline buttons, program selection, and start/stop controls.
- **Hand Grip Pulse Sensors:** Integrated into the handlebars to monitor your heart rate during workouts.
- **Safety Key:** Magnetic key for emergency stop and unit activation.
- **Running Belt:** Durable, multi-layer belt designed for comfortable and safe running.
- **Shock-Absorbing System:** Advanced system to reduce impact on joints during exercise.
- **Hydraulic Folding System:** Allows for easy folding and unfolding for space-saving storage.
- **3.25HP Motor:** Powerful yet quiet motor for smooth operation.
- **AUX Port & MP3 Speakers:** For connecting external audio devices.

- **USB Port:** For charging devices.

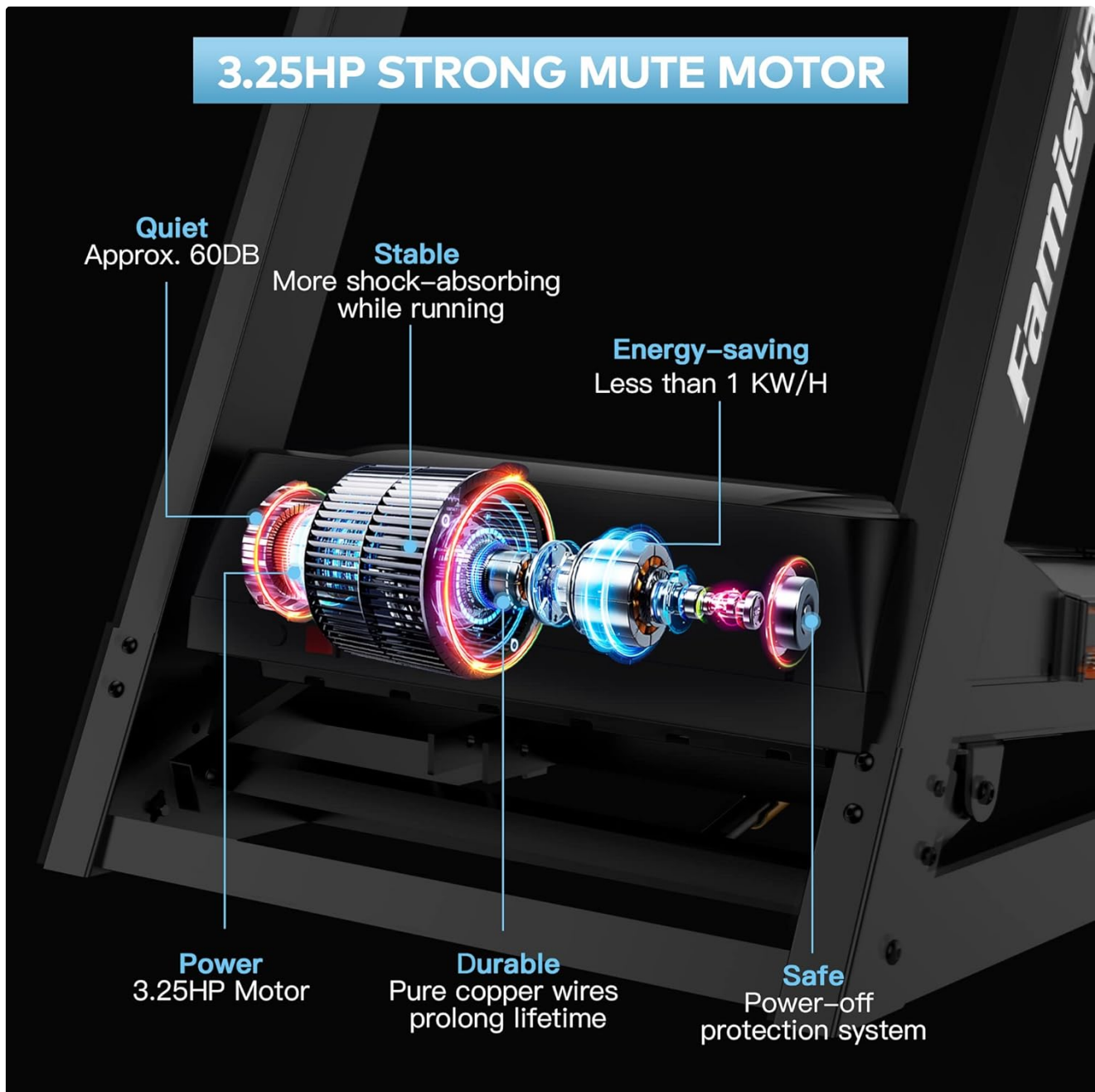


Image: Detailed view of the treadmill's control panel, highlighting the LCD display, quick speed and incline buttons, USB port, AUX port, and safety key placement.

SOFT-DROP FOLDING SYSTEM

Hydraulic cylinder for easy folding and setup



Image: Diagram illustrating the internal components of the 3.25HP motor, emphasizing its quiet, stable, energy-saving, durable, and safe design.

3. ASSEMBLY AND INITIAL SETUP

The Famistar 9028S Treadmill is designed for easy assembly. Follow the instructions provided in the separate assembly guide for detailed steps. Key points include:

- Unpack all components and verify against the parts list.
- Attach the vertical posts and secure the console.
- Ensure all bolts are tightened securely before use.
- Connect the power cord to a grounded outlet.

Folding and Unfolding:

The treadmill features a soft-drop hydraulic system for convenient folding and unfolding, allowing for space-saving storage.



Image: Visual representation of the treadmill's soft-drop folding system, showing how it can be easily folded upright for storage and unfolded for use.

4. OPERATING THE TREADMILL

Starting a Workout:

1. Ensure the safety key is properly placed on the console and clipped to your clothing.
2. Press the **START** button. The treadmill will begin a 3-second countdown before the belt starts moving at a low speed (0.5 MPH).

Adjusting Speed and Incline:

- **Speed:** Use the **SPEED +/-** buttons on the console or handlebars to adjust the speed from 0.5 to 9 MPH. Quick speed buttons (3, 6, 9) are available for instant speed changes.
- **Incline:** Use the **INCLINE +/-** buttons on the console or handlebars to adjust the auto incline from 0% to 15%.

Quick incline buttons (3%, 6%, 9%) are available for instant incline changes.

15 LEVEL

ELECTRIC INCLINE DESIGN

Adjustable



11–15 Level

High Intensity
Running



6–10 Level

Medium Intensity
Running



1–5 Level

Low Intensity
Running



Image: Illustration of the treadmill's 15-level electric incline feature, showing different intensity levels for low, medium, and high intensity running.

Using Preset Programs:

The treadmill comes with 12 preset programs (P1-P12) and 3 countdown modes (Time, Distance, Calories) to vary your workout intensity. Select your desired program using the **PROG** button on the console.

Monitoring Heart Rate:

Grip the hand pulse sensors on the handlebars to display your heart rate on the LCD screen. For accurate readings, ensure both hands are firmly on the sensors.

REAL SHOCK ABSORPTION UNIQUE TECHNOLOGY

4-Zone Anti Shock Spring System on 2 sides for more comfortable running and better protection for your knees



Image: Visual explanation of the treadmill's 4-zone anti-shock spring system, designed to provide real shock absorption for comfortable running and knee protection.

Stopping the Treadmill:

Press the **STOP** button to gradually slow down and stop the treadmill. In case of emergency, pull the safety key to immediately stop the belt.

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Video: An official product video demonstrating the Famistar 3.25HP Motorized 15% Auto Incline Treadmill in action, showcasing its features like speed and incline adjustments, shock absorption, preset programs, pulse sensors, and the soft-drop folding system.

5. MAINTENANCE AND CARE

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 requires periodic lubrication to reduce friction and extend its lifespan. Refer

to your separate assembly guide for specific instructions on how and when to apply silicone lubricant. Typically, this is done every few months depending on usage.

- **Belt Adjustment:** Periodically check the tension and alignment of the running belt. Adjust as needed according to the assembly manual to prevent slipping or excessive wear.

6. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord not plugged in; Safety key not in place; Circuit breaker tripped.	Ensure power cord is securely plugged in; Place safety key correctly; Reset circuit breaker.
Running belt slips.	Belt too loose; Insufficient lubrication.	Adjust belt tension (refer to manual); Apply silicone lubricant.
Unusual noise during operation.	Loose parts; Belt misalignment; Motor issue.	Check and tighten all bolts; Adjust belt alignment; Contact customer support if noise persists.
Display not working.	Loose connection; Power issue.	Check all cable connections; Ensure stable power supply.

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

7. PRODUCT SPECIFICATIONS

Feature	Detail
Brand	Famistar
Model	9028S
Motor Horsepower	3.25 HP
Maximum Speed	9 Miles per Hour
Minimum Speed	0.5 Miles per Hour
Maximum Incline Percentage	15% (Auto Incline)
Maximum Weight Recommendation	300 Pounds
Number of Programs	12
Display Type	LCD
Deck Length	47.2 Inches

Feature	Detail
Deck Width	16.5 Inches
Frame Material	Alloy Steel
Assembly Required	Yes
Power Source	Corded Electric

8. WARRANTY AND CUSTOMER SUPPORT

For warranty information, please refer to the warranty card included with your product or visit the official Famistar website. If you require technical assistance, have questions about your treadmill, or need to order replacement parts, please contact Famistar customer support.

Contact information can typically be found on the product packaging, in the separate assembly guide, or on the manufacturer's website: [Famistar Store on Amazon](#).