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› SHAREWIN Foldable Electric Treadmill User Manual

SHAREWIN B1

SHAREWIN Foldable Electric Treadmill User Manual

Model: B1

Brand: SHAREWIN

1. PRODUCT OVERVIEW

The SHAREWIN Foldable Electric Treadmill is designed for effective indoor exercise, offering a compact and quiet solution for your fitness needs. It features a robust motor, multi-layered running belt for shock absorption, and adjustable incline levels to enhance your workout.



Image: The SHAREWIN Foldable Electric Treadmill shown in both operational and folded states, highlighting its compact design.

2. SETUP AND ASSEMBLY

This treadmill is designed for easy assembly. Follow these steps to set up your new treadmill:

1. **Unpacking:** Carefully remove all components from the packaging. Ensure all parts listed in the packing list are present.
2. **Unfolding:** Position the treadmill on a flat, stable surface. Gently lower the running deck from its folded position until it locks into place.
3. **Securing:** Use the provided turn screws to secure the treadmill in its operational position.
4. **Power Connection:** Plug the power cord into a grounded electrical outlet.



Image: A visual guide demonstrating the simple two-step process for unfolding the treadmill from its compact storage position to its ready-to-use state.

2.1 Space-Saving Design

The treadmill's foldable design allows for convenient storage in small spaces. With transport wheels, it can be easily moved and stored vertically when not in use, such as beside a couch or against a wall.



Image: The folded treadmill positioned discreetly next to a living room couch, illustrating its minimal footprint for home storage.

3. OPERATING INSTRUCTIONS

3.1 Control Panel Overview

The multi-functional LCD display provides real-time feedback on your workout, including distance, speed, time, and calories burned. The console also includes a pad/phone holder for your convenience.

Multi Functional Display



Pad/Phone Holder



Image: A detailed view of the treadmill's control panel, showing the LCD display, various control buttons, and the integrated holder for a tablet or smartphone.

3.2 Starting and Stopping

1. **Safety Key:** Attach the red safety key to your clothing and insert the other end into the designated slot on the console. The treadmill will not operate without the safety key in place.
2. **Power On:** Press the 'START' button to begin your workout. The belt will start moving at a low speed.
3. **Adjust Speed:** Use the '+' and '-' buttons to increase or decrease the speed. The treadmill offers a speed range of 0.6 to 6.5 MPH.
4. **Stopping:** Press the 'STOP' button to gradually slow down and stop the treadmill. In case of emergency, pulling the safety key will immediately stop the belt.

3.3 Manual Incline Adjustment

The treadmill features 3 levels of manual incline adjustment. To change the incline, you must manually adjust the base of the treadmill. This allows you to vary your workout intensity for walking, jogging, or more challenging exercises.

- **Level 1 (1.5 degrees):** Suitable for walking and light jogging.
- **Level 2 (3 degrees):** Helps protect your knees by reducing impact.
- **Level 3 (4 degrees):** Provides a more challenging workout to help you exercise effectively.



Image: An illustration detailing the three distinct manual incline settings available on the treadmill, with corresponding degree measurements and suggested benefits for each level.

3.4 Pre-set Programs

The treadmill comes with 12 pre-set workout programs to help you achieve various fitness goals. Refer to the detailed program descriptions in the full manual for specific routines.

3.5 Heart Rate Monitoring

Grip the heart rate sensors on the handlebars to monitor your pulse during your workout. Your heart rate will be displayed on the LCD screen.

3.6 Quiet Operation and Running Belt

Equipped with a 2.0HP motor, the treadmill operates quietly, minimizing disturbance. The running belt features five

stable layers, including a wear-resistant surface, sound insulation, high-strength support, shock absorption, and a compression layer, to provide a comfortable and safe running surface that effectively reduces impact on your knees. The tread belt dimensions are 39.4 inches by 14 inches.

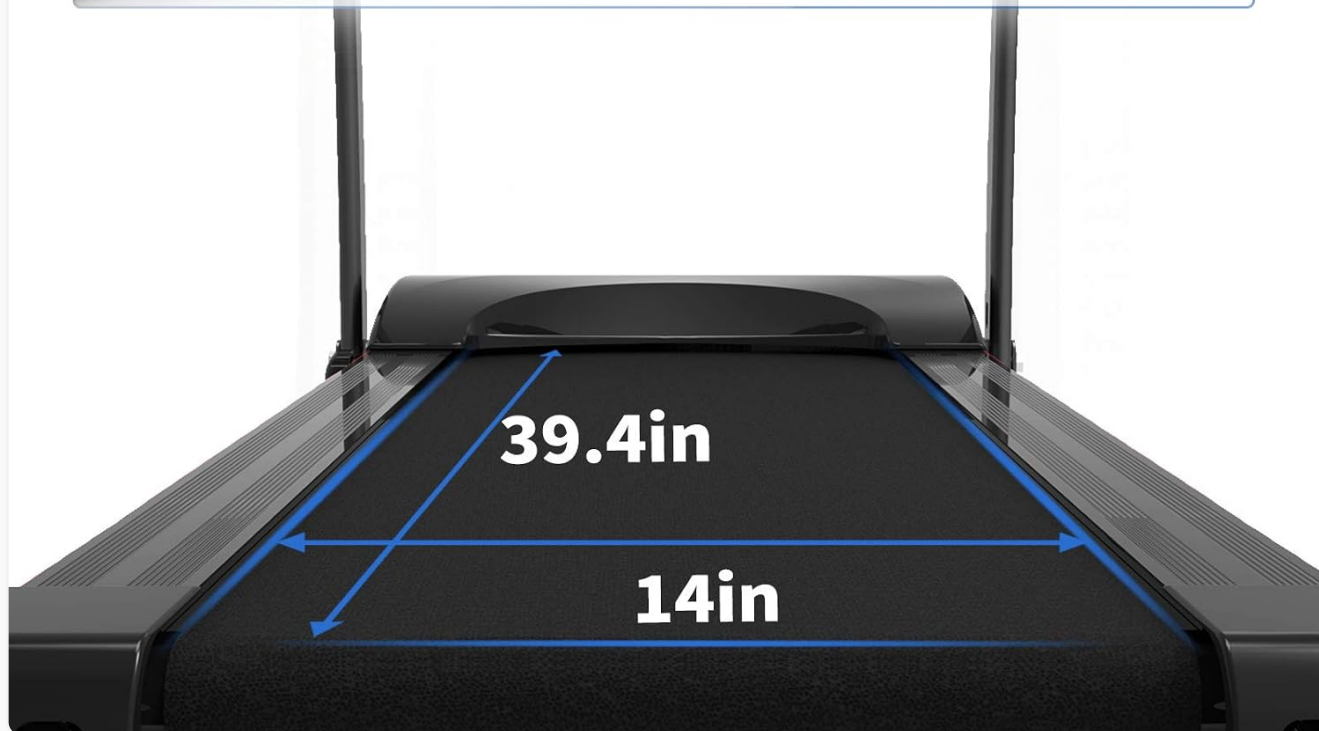


Image: A cross-section diagram illustrating the five distinct layers of the treadmill's running belt, along with its length and width dimensions.



Image: The treadmill depicted with icons representing its low noise operation, non-slip surface, diamond texture, and anti-static properties, alongside an illustration of its motor.

3.7 Product Demonstration Video

Video: A demonstration of the SHAREWIN Foldable Treadmill, showcasing its portability, compact design, and ease of use for various exercises.

4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your treadmill. Always unplug the treadmill before performing any maintenance.

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners.
- **Belt Lubrication:** Periodically lubricate the running belt according to the instructions in the full manual to ensure smooth operation and prevent wear.
- **Belt Tension and Alignment:** Check the running belt tension and alignment regularly. Adjust as needed to prevent slipping or rubbing.

- **General Inspection:** Inspect all bolts and nuts for tightness. Tighten any loose fasteners.

5. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Treadmill does not start	Safety key not in place; Power cord not plugged in; Power switch off.	Ensure safety key is fully inserted; Check power connection; Turn on power switch.
Running belt slips	Belt too loose; Belt needs lubrication.	Adjust belt tension; Lubricate the running belt.
Unusual noise during operation	Loose parts; Motor issue.	Check and tighten all bolts and nuts; If noise persists, contact customer support.
Display not working	Loose connection; Power issue.	Check all cable connections; Ensure stable power supply.

For issues not listed here or if solutions do not resolve the problem, please contact customer support.

6. SPECIFICATIONS

Feature	Specification
Brand	SHAREWIN
Model Name	B1
Color	Black
Product Dimensions (D x W x H)	48.22" x 15.7" x 24.4"
Folded Size (L x W x H)	48.22" x 24.4" x 15.7"
Item Weight	55 Pounds
Material	Alloy Steel
Maximum Speed	6.5 Miles per Hour
Minimum Speed	0.5 Miles per Hour
Maximum Horsepower	2 Horsepower
Manual Incline Levels	3 (1.5, 3, 4 degrees)
Maximum Weight Recommendation	220 Pounds
Deck Length	39.4 Inches
Deck Width	14 Inches
Display Type	LCD
Number of Programs	12

Feature	Specification
Power Source	Electric
Assembly Required	Yes
Metrics Measured	Heart Rate

7. WARRANTY AND SUPPORT

7.1 Warranty Information

The SHAREWIN Foldable Electric Treadmill comes with a **1-year warranty** for manufacturing defects. Additionally, SHAREWIN provides 6 months of free return service for quality problems and offers free remote control replacement for life.

7.2 Customer Support

For any questions, technical assistance, or warranty claims, please contact SHAREWIN customer support. You can typically find contact information on the product packaging or the official SHAREWIN website. Please have your model number (B1) and purchase date ready when contacting support. For more information, visit the [SHAREWIN Store on Amazon](#).

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

