

SHAREWIN TypeB Model1 Red

SHAREWIN Folding Treadmill User Manual

MODEL: TYPEB MODEL1 RED

Brand: SHAREWIN

1. INTRODUCTION

Thank you for choosing the SHAREWIN Folding Treadmill. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read this manual thoroughly before assembly or operation and retain it for future reference. This treadmill is designed for home fitness, offering a compact and convenient solution for jogging and walking exercises.

2. IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, read all instructions before using this treadmill. The manufacturer assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- Always place the treadmill on a solid, level surface.
- Keep children and pets away from the treadmill during operation.
- Ensure adequate clear space around the treadmill (at least 2 feet on sides and 6 feet behind).
- Do not exceed the maximum user weight of **220 lbs (100 kg)**.
- Always attach the emergency safety key clip to your clothing before starting your workout.
- If you feel faint, dizzy, or experience pain, stop exercising immediately.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

3. ASSEMBLY

The SHAREWIN Treadmill requires some assembly. Please follow these steps carefully:

1. Unpack all components and verify against the parts list in the included instruction manual.
2. Attach the uprights to the base frame using the provided hardware.
3. Secure the console to the top of the uprights.
4. Connect all necessary cables as indicated in the assembly diagram.
5. Ensure all bolts and nuts are tightened securely before first use.



Figure 3.1: This diagram points out the various components and features of the treadmill, such as the multi-function LCD display, integrated phone/tablet holder, heart rate sensors on the handlebars, the emergency safety key, convenient transport wheels, and the manual incline adjustment points.

4. OPERATING INSTRUCTIONS

Familiarize yourself with the treadmill's console and functions before beginning your workout.

4.1 Console Overview

The multi-function LCD screen displays important workout data including heart rate, speed, distance, time, and calories burned. The console also features a mobile phone holder for convenience.

4.2 Starting a Workout

1. Plug the treadmill into a grounded electrical outlet.
2. Attach the emergency safety key to the designated slot on the console and clip the other end to your clothing.
3. Step onto the side rails of the treadmill.
4. Press the 'START' button on the console. The belt will begin to move at a low speed.
5. Carefully step onto the running belt and begin walking.

4.3 Adjusting Speed and Incline

- **Speed:** Use the 'SPEED +/-' buttons on the console to increase or decrease the running belt speed. The speed range is 0.5 to 6.5 Miles per Hour.
- **Incline:** This treadmill features three manually adjustable incline levels. To change the incline, you must stop the treadmill, lift the rear of the running deck, and adjust the support mechanism to the desired level. Refer to Figure 4.1 for visual guidance.



Figure 4.1: This image demonstrates the manual incline adjustment mechanism, allowing users to easily select one of three incline levels to vary their workout intensity.

4.4 Preset Programs

The treadmill comes with 12 preset programs (P01-P12) designed to offer varied workout routines. Consult the console instructions for how to select and activate these programs.

4.5 Heart Rate Monitoring

To measure your heart rate, place both hands firmly on the heart rate sensors located on the handlebars. Your heart rate will be displayed on the LCD screen after a few seconds.



Figure 4.2: An overview of the SHAREWIN Folding Treadmill, showcasing its compact design and user-friendly console. This image illustrates the treadmill in an active use scenario.

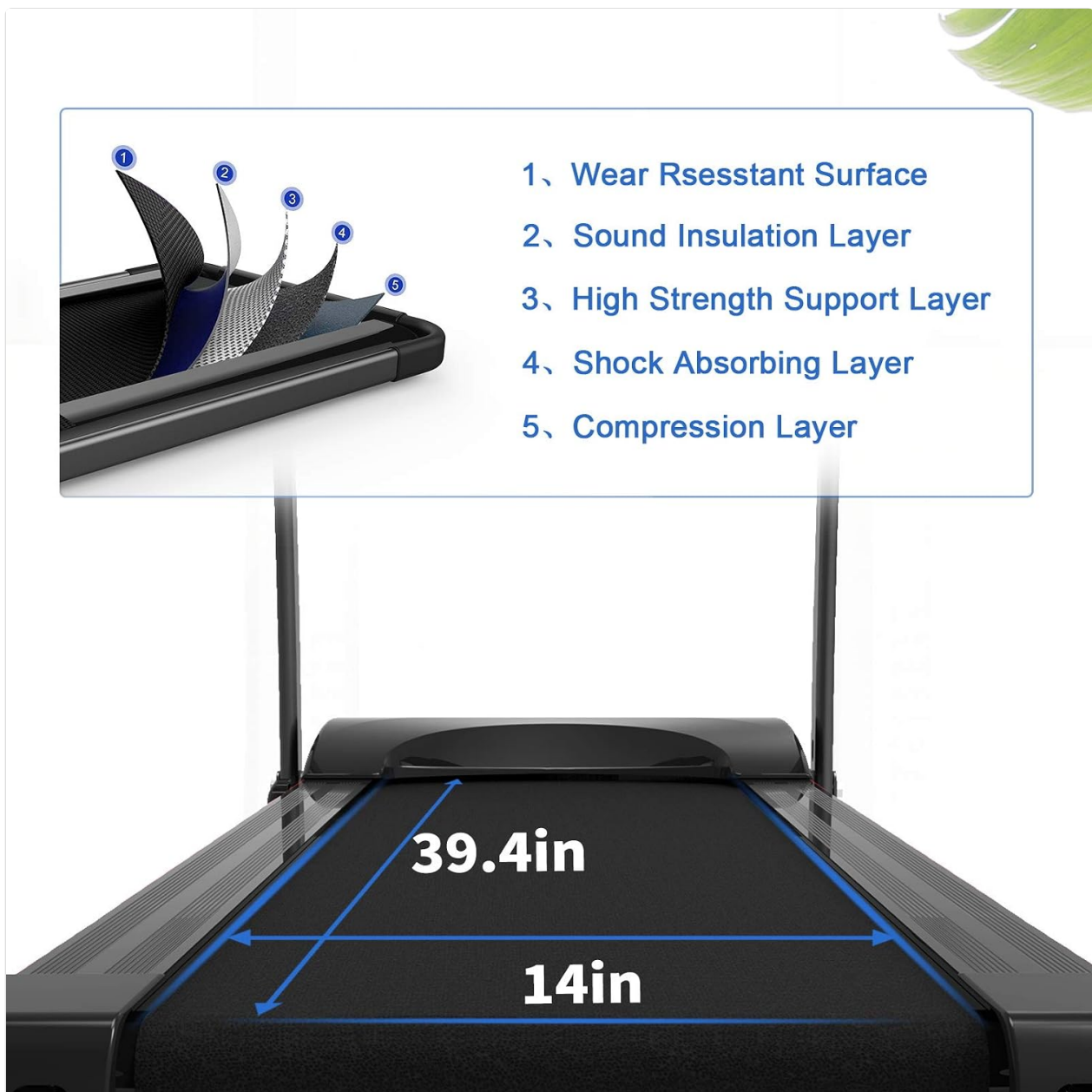


Figure 4.3: A detailed view of the treadmill's five-layer running belt construction, designed for durability and shock absorption. The image also indicates the running surface dimensions of 39.4 inches in length and 14 inches in width.

5. 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. Do not use abrasive cleaners.
- **Belt Lubrication:** The running belt requires periodic lubrication to reduce friction. Refer to the specific instructions in your included manual for the recommended lubrication schedule and procedure.
- **Belt Adjustment:** If the running belt shifts to one side or slips, it may need adjustment. Use the provided Allen wrench to turn the rear roller bolts in small increments until the belt is centered and properly tensioned.
- **Storage:** The treadmill is foldable for convenient storage. To fold, lift the running deck until it locks into the upright position. Use the transport wheels to move the treadmill to a suitable storage location.



Figure 5.1: Illustrates the compact, foldable design of the treadmill. The image provides the dimensions for both the operational (unfolded) state and the space-saving (folded) state, highlighting its portability and ease of storage.

6. 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; circuit breaker tripped; safety key not inserted.	Ensure power cord is securely plugged in. Check household circuit breaker. Insert safety key fully into the console.
Running belt stops or slips.	Belt too loose; belt needs lubrication; motor overload.	Adjust belt tension (refer to maintenance section). Lubricate belt. Reduce user weight or speed.
Running belt shifts to one side.	Belt out of alignment.	Adjust belt alignment using the rear roller bolts (refer to maintenance section).
Unusual noise during operation.	Loose parts; belt friction; motor issue.	Check all bolts and nuts for tightness. Lubricate belt if dry. If noise persists, contact customer support.

If the problem persists after attempting these solutions, please contact SHAREWIN customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	SHAREWIN
Model Name	TypeB Model1 Red
Product Dimensions (LxWxH)	49.18"D x 24.4"W x 45.87"H
Folded Size (LxWxH)	15.7" x 24.0" x 48.22" inch
Item Weight	62 Pounds
Material	Alloy Steel
Maximum Speed	6.5 Miles per Hour
Minimum Speed	0.5 Miles per Hour
Maximum Horsepower	2.25 Horsepower
Maximum Weight Recommendation	220 Pounds
Deck Length	41.34 Inches
Deck Width	14.17 Inches
Maximum Incline Percentage	10.00 (Manually adjustable, 3 levels)
Display Type	LCD
Number of Programs	12
Power Source	Corded Electric
Assembly Required	Yes

8. WARRANTY AND SUPPORT

Warranty Description: This product comes with a manufacturer warranty for 1 year from the date of purchase. Please retain your proof of purchase for warranty claims.

Customer Support: For any questions, technical assistance, or warranty claims, please contact SHAREWIN customer support through the retailer's platform or the official SHAREWIN website. Provide your product model and purchase date when contacting support.