SHAREWIN C1

SHAREWIN Under Desk Treadmill C1 User Manual

Model: C1

1. Introduction

Thank you for choosing the SHAREWIN C1 Under Desk Treadmill. This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before first use and retain it for future reference.
The SHAREWIN C1 Under Desk Treadmill is designed to help you maintain an active lifestyle whether at home or in the office. Its compact design, quiet motor, and user-friendly features make it an ideal solution for integrating walking or light jogging into your daily routine.

2. Important Safety Instructions

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read all instructions before operating the treadmill.

- Always place the treadmill on a flat, stable surface. Ensure there is at least 2 meters (6.5 feet) of clear space behind the treadmill and 0.6 meters (2 feet) on each side.
- Keep children and pets away from the treadmill during operation.
- The maximum user weight capacity for this treadmill is**300 lbs (136 kg)**. Do not exceed this limit.
- Wear appropriate athletic footwear and clothing during use. Avoid loose clothing that could get caught in moving parts.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately and consult a physician.
- Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, or if it has been dropped or damaged. Contact customer support for assistance.
- Unplug the treadmill from the power outlet when not in use, before cleaning, and before performing any maintenance.
- Do not use the treadmill near water or in excessively humid environments.
- Consult your physician before beginning any exercise program, especially if you have pre-existing health conditions.

3. Package Contents

Carefully unpack your SHAREWIN C1 Under Desk Treadmill and check the contents against the list below. If any items are missing or damaged, please contact customer support.

- 1x SHAREWIN C1 Under Desk Treadmill
- 1x Remote Control
- 1x Phone Holder
- 1x Power Cord
- 1x Instruction Manual



Image: The SHAREWIN C1 Under Desk Treadmill shown with its compact dimensions (48"x20"x5") and how it can be stored under furniture like a sofa or bed. A woman is shown easily moving the treadmill, highlighting its portability.

4. Product Features

The SHAREWIN C1 Under Desk Treadmill is equipped with several features designed for a convenient and effective workout experience:

- **Innovative Design:** Compact and portable, ideal for use under a standing desk or for general home fitness.
- **Powerful & Quiet Motor:** Features a 2.5HP low-noise motor, supporting users up to 300 lbs while ensuring a

quiet environment.

- **Advanced Running Belt:** A 5-layer non-slip, shock-absorbing running belt (41.3” x 16.5”) provides cushioning for joints and muscles.
- **Versatile Programs:** Includes 12 preset exercise programs to vary your workouts and help achieve fitness goals.
- **Intuitive Display & Control:** A multi-function LED display tracks time, speed, distance, and calories. Controlled via a convenient remote.
- **Bluetooth Connectivity:** Connect your phone via Bluetooth to enjoy music during your exercise sessions.
- **Easy Mobility & Storage:** Built-in transport wheels allow for easy movement and storage under sofas, beds, or desks. No assembly required out of the box.



Image: Two individuals using the SHAREWIN C1 Under Desk Treadmill. One is walking while using a remote control, and the other is jogging. The image highlights the speed range of 0.5-6 KM/H.



Image: A close-up view of the SHAREWIN C1 Under Desk Treadmill's motor area, illustrating its 2.5HP low-noise motor and 300 lbs weight capacity. A sleeping baby in the background emphasizes the quiet operation.



Image: A detailed view of the SHAREWIN C1 Under Desk Treadmill's LED display, showing time, calories, speed, and distance. The remote control is also visible, indicating Bluetooth connectivity for music.

5. Specifications

Feature	Specification
Model Number	C1

Feature	Specification
Material	Acrylonitrile Butadiene Styrene (ABS), Alloy Steel
Overall Dimensions (L x W x H)	48” x 20” x 5” (122 x 51 x 13 cm)
Running Area Size (L x W)	41.3” x 16.5”
Net Weight	45 lbs (20.41 kg)
Maximum Weight Capacity	300 lbs (136 kg)
Working Voltage	AC 110V
Peak Motor Power	2.5 HP
Speed Range	0.5 - 6 KM/H
Control Method	Remote Control
Screen Display	Time, Speed, Distance, Calorie
Number of Programs	12
Special Features	Compact Design, Bluetooth, Transport Wheels

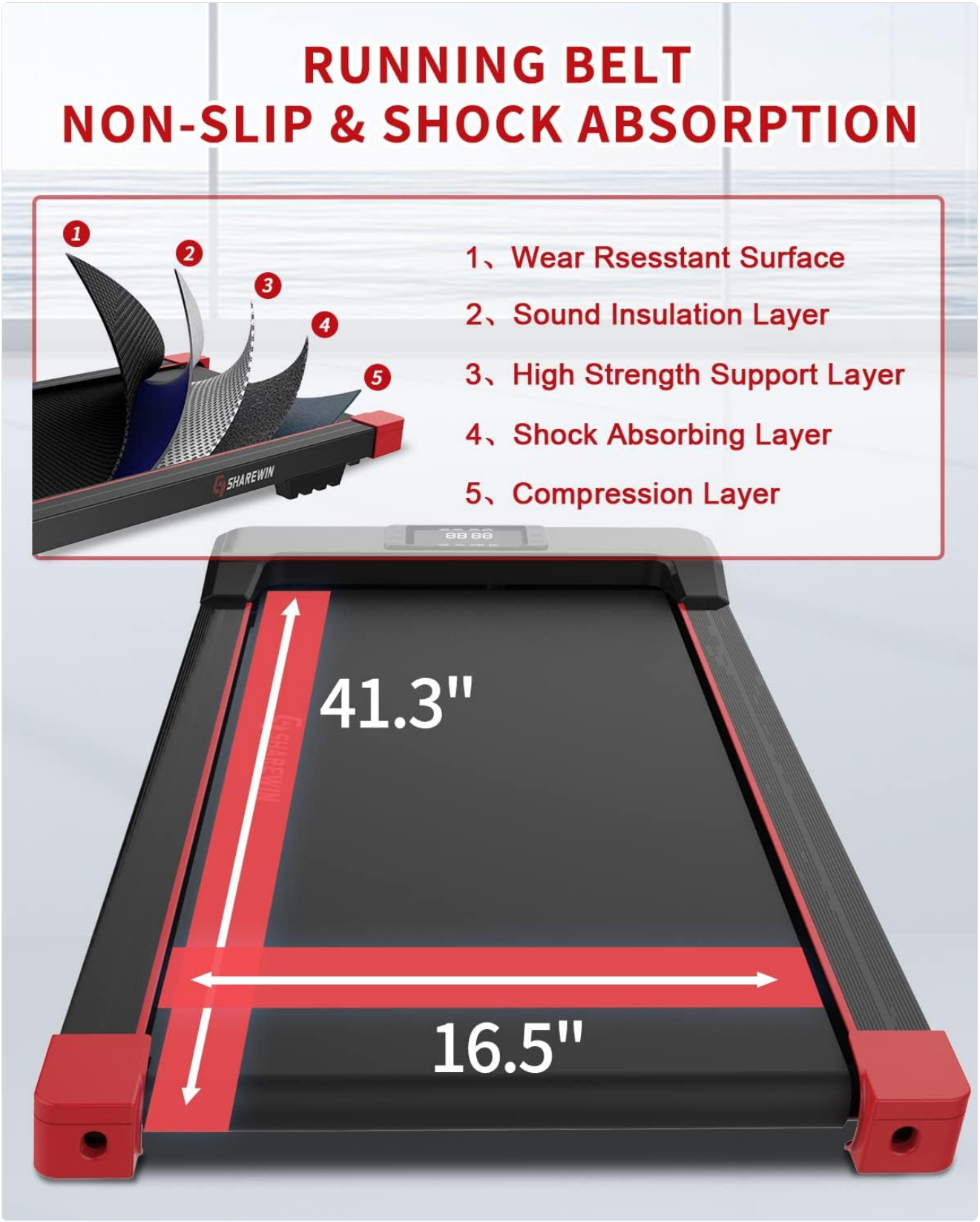


Image: A diagram illustrating the 5-layer structure of the SHAREWIN C1 Under Desk Treadmill's running belt, including wear-resistant surface, sound insulation, high-strength support, shock-absorbing, and compression layers. The running area dimensions are shown as 41.3" x 16.5".

6. Setup Instructions

The SHAREWIN C1 Under Desk Treadmill requires no assembly and is ready to use right out of the box.

1. **Unpack:** Carefully remove the treadmill and all accessories from the packaging.
2. **Placement:** Place the treadmill on a firm, level surface. Ensure adequate clearance around the unit as

described in the safety instructions.

3. **Power Connection:** Connect the power cord to the treadmill's power input port, then plug the other end into a standard AC 110V wall outlet.
4. **Remote Control:** Ensure the remote control has batteries installed (if not pre-installed).
5. **Initial Power On:** Press the power button on the treadmill or the remote control to turn on the unit. The LED display should illuminate.

7. Operating Instructions

7.1 Remote Control Functions

The treadmill is primarily controlled using the provided remote control:

- **Power Button:** Turns the treadmill on or off.
- **Start/Stop Button:** Initiates or pauses the running belt movement.
- **Speed +/- Buttons:** Adjusts the speed of the running belt.
- **'P' Button (Program):** Cycles through the 12 preset exercise programs.
- **'M' Button (Mode):** Cycles through different display modes (e.g., time, distance, calories).

7.2 LED Display

The integrated LED display shows real-time workout data:

- **TIME:** Displays the duration of your workout.
- **CAL:** Shows estimated calories burned.
- **SPEED:** Indicates the current speed of the running belt.
- **DIST:** Displays the distance covered during your workout.

7.3 Starting a Workout

1. Ensure the treadmill is plugged in and powered on.
2. Stand on the side rails of the treadmill, not directly on the belt.
3. Press the **Start** button on the remote control. The belt will begin to move at a low speed.
4. Carefully step onto the moving belt and begin walking.
5. Use the **Speed +/-** buttons to adjust to your desired pace.
6. To stop, press the **Stop** button. The belt will gradually slow down and stop.

7.4 Using Preset Programs

The treadmill offers 12 preset programs (P1-P12) for varied workouts:

1. While the treadmill is in standby mode (not running), press the **'P'** button on the remote control to cycle through the programs.
2. Once you select a program, press the **Start** button to begin the programmed workout. The speed will automatically adjust according to the program's profile.

7.5 Bluetooth Connectivity

To connect your device for music playback:

1. Ensure the treadmill is powered on.
2. Enable Bluetooth on your mobile device.
3. Search for Bluetooth devices and select "SHAREWIN" (or similar name displayed by the treadmill).
4. Once paired, you can play music through the treadmill's speakers.

8. Maintenance

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

8.1 Cleaning

- Always unplug the treadmill before cleaning.
- Wipe down the treadmill's surfaces with a soft, damp cloth. Avoid abrasive cleaners or solvents.
- Keep the area around the treadmill clean and free of dust and debris.

8.2 Running Belt Adjustment and Lubrication

The running belt may require occasional adjustment or lubrication to ensure smooth operation.

- **Belt Centering:** If the running belt shifts to one side during use, it may need centering. Refer to the detailed instructions in the included printed manual for specific steps on how to adjust the belt tension bolts. Typically, a slight turn of the adjustment bolt on the side the belt is drifting towards will correct it.
- **Belt Lubrication:** Over time, the running belt may require lubrication to reduce friction. Use only 100% silicone lubricant specifically designed for treadmills. Apply a small amount under the belt as per the instructions in the printed manual. Frequency depends on usage, typically every 3-6 months.

9. Troubleshooting

If you encounter any issues with your SHAREWIN C1 Under Desk Treadmill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not properly connected; Power outlet issue; Remote control batteries low.	Check power cord connection; Try a different outlet; Replace remote control batteries.
Running belt stops or slips.	Belt too loose; Belt not centered; Motor overload.	Adjust belt tension (refer to manual); Center the belt; Ensure user weight is within limits.
Unusual noise during operation.	Loose components; Lack of lubrication; Foreign object under belt.	Check for loose screws; Lubricate belt; Inspect under belt for obstructions.
LED display not working correctly.	Loose connection; Internal fault.	Power cycle the treadmill; If issue persists, contact customer support.
Bluetooth connection fails.	Bluetooth not enabled on device; Treadmill not in pairing mode; Interference.	Ensure Bluetooth is on; Restart both devices; Move closer to the treadmill.

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

10. Warranty and Customer Support

SHAREWIN offers a **6-month return service for quality problems** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use.
For warranty claims, technical assistance, or any questions regarding your SHAREWIN C1 Under Desk Treadmill, please contact our customer support team through the platform where you purchased the product or refer to the contact information provided in your purchase documentation.
Please have your model number (C1) and proof of purchase ready when contacting support.

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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.

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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