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## THERUN TR04

# THERUN TR04 Incline Treadmill User Manual

Model: TR04

## 1. INTRODUCTION

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Thank you for choosing the THERUN TR04 Incline Treadmill. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before using the treadmill and keep it for future reference.

## 2. IMPORTANT SAFETY INSTRUCTIONS

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To reduce the risk of serious injury, read all instructions before using the THERUN TR04 Treadmill.

- Always place the treadmill on a level surface.
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Ensure the safety key is properly attached before starting the treadmill.
- Do not attempt to service the treadmill yourself. Contact customer support for assistance.
- Maximum user weight capacity is 136 kg (300 lbs).
- Always hold the handrails when starting or stopping the treadmill, or when adjusting speed/incline.
- Disconnect power before cleaning or performing maintenance.

## 3. PACKAGE CONTENTS

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Carefully unpack the box and verify that all components are present.

- THERUN TR04 Incline Treadmill (main unit)
- User Manual
- Assembly Hardware (bolts, washers, tools - typically included)

- Safety Key

## 4. ASSEMBLY INSTRUCTIONS

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The THERUN TR04 Treadmill arrives mostly pre-assembled. Final assembly typically takes less than 20 minutes. It is recommended to have two people for unpacking and initial setup due to the weight of the unit.

1. **Unpacking:** With assistance, carefully remove the treadmill from its packaging. Place all components on a clear, flat surface.
2. **Raise the Console Mast:** Lift the console mast into the upright position. Secure it using the provided bolts and tools.
3. **Connect Console Cables:** Connect the pre-wired cables from the console to the main frame. Ensure connections are secure.
4. **Attach Console:** Mount the console onto the mast, securing it with the remaining hardware.
5. **Insert Safety Key:** Place the safety key into its designated slot on the console.
6. **Power Connection:** Plug the power cord into a grounded electrical outlet.

Weight Capacity  
**300lbs**



Image: The THERUN TR04 Treadmill shown in both unfolded and folded configurations, highlighting key dimensions and the folding mechanism. This illustrates the compact design for storage and the overall structure.

## 5. OPERATING INSTRUCTIONS

Familiarize yourself with the control panel before beginning your workout.



Image: Close-up view of the THERUN TR04 Treadmill's control console, featuring the LCD display, quick-speed and incline buttons, start/stop controls, and cup holders. This shows the user interface for operation.

### 5.1 Starting the Treadmill

1. Ensure the safety key is securely in place.
2. Step onto the side rails of the treadmill.
3. Press the **START** button. The belt will begin moving at a low speed after a short countdown.
4. Carefully step onto the moving belt.

### 5.2 Adjusting Speed and Incline

- **Speed:** Use the **SPEED +** and **SPEED -** buttons on the console or handrails to adjust the belt speed. Quick-speed buttons (e.g., 2, 4, 6, 8 MPH) are also available for rapid adjustments. The speed range is 0.6 km/h to 16 km/h (0.37 mph to 10 mph).
- **Incline:** Use the **INCLINE +** and **INCLINE -** buttons to adjust the incline level. The treadmill features 0-15% automatic incline with 15 levels.

### 5.3 Using Workout Programs

The treadmill offers 18 pre-set workout programs.

- Press the **PROG** button to cycle through the available programs.
- Once a program is selected, press **START** to begin.
- The program will automatically adjust speed and incline according to its pre-defined profile.

#### 5.4 Stopping the Treadmill

- Press the **STOP** button to gradually slow down and stop the treadmill belt.
- For an emergency stop, pull the safety key from its slot. The treadmill will stop immediately.



Image: A user exercising on the THERUN TR04 Treadmill, demonstrating its use. Insets show the simple interface, deep cup holders, and a smartphone connected to the app for personalized workouts.

## 6. BLUETOOTH AND APP CONNECTIVITY

The THERUN TR04 Treadmill can connect to a fitness application on your smart device via Bluetooth.

1. Download the compatible fitness application (refer to the treadmill's display or packaging for app name) from your device's app store.

2. Ensure Bluetooth is enabled on your smart device.
3. Turn on the treadmill.
4. Open the fitness application and follow the on-screen instructions to pair with your THERUN TR04 Treadmill.
5. Once connected, the app will display real-time workout data including speed, incline, time, distance, heart rate, and calories burned.

## 7. FOLDING AND STORAGE

The treadmill features a foldable design for convenient storage.

1. Ensure the treadmill is stopped and unplugged from the power outlet.
2. Gently lift the running deck until it locks into the upright, folded position. The hydraulic assist mechanism will help with this.
3. To unfold, gently push the release lever (often orange, as seen in images) and slowly lower the running deck until it is flat on the floor.
4. Use the integrated transport wheels to move the folded treadmill to your desired storage location.



Image: A user demonstrating the one-hand folding mechanism of the THERUN TR04 Treadmill, highlighting the ease of lifting the running deck for compact

## 8. MAINTENANCE

Regular maintenance ensures optimal performance and longevity of your treadmill.

- **Cleaning:** Wipe down the console and other surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- **Belt Lubrication:** Periodically lubricate the running belt according to the instructions provided with your lubricant or as specified in a separate maintenance guide. This is crucial for smooth operation and belt lifespan.
- **Belt Tension and Alignment:** Check the running belt tension and alignment regularly. Adjust as needed following specific instructions (usually found in a more detailed manual or online resources).
- **Power Cord Inspection:** Inspect the power cord for any damage before each use.

## 9. TROUBLESHOOTING

If you encounter issues with your treadmill, refer to the following common solutions.

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord unplugged, safety key not in place, circuit breaker tripped.	Ensure power cord is securely plugged in. Check safety key. Reset circuit breaker if necessary.
Running belt slips or hesitates.	Belt too loose, belt needs lubrication.	Adjust belt tension (refer to detailed manual). Lubricate the running belt.
Unusual noise during operation.	Loose components, motor issue, belt friction.	Check for loose bolts and tighten. Lubricate belt. If noise persists, contact customer support.
Incline not adjusting.	Incline motor issue, obstruction.	Check for any obstructions. If the issue continues, contact customer support.

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

## 10. SPECIFICATIONS

# Spacious Area for Long Stride

Low in Noise



**3.5 HP**  
Power Motor



**10 MPH**  
Max Speed



Image: The running surface of the THERUN TR04 Treadmill, indicating its length (47.2 inches) and width (17 inches). Icons illustrate the 3.5 HP motor, 10 MPH max speed, and low noise operation.

**Model:** TR04

**Brand:** THERUN

**Motor:** 3.5 HP

**Speed Range:** 0.6 - 10 mph (0.6 - 16 km/h)

**Incline:** 0-15% Automatic (15 levels)

**Running Surface:** 120 cm L x 43.2 cm W (47.2" L x 17" W)

**Weight Capacity:** 136 kg (300 lbs)

**Unfolded Dimensions (L x W x H):** 161.8 x 74.93 x 27.43 cm (63.7" x 29.5" x 10.8")

**Folded Dimensions (L x W x H):** 74.9 x 79 x 138.9 cm (29.5" x 31.1" x 54.7")

**Product Weight:** 65.77 kg (145 lbs)

**Material:** Steel Alloy

**Display Type:** 17-inch LCD

**Workout Programs:** 18

**Special Features:** Bluetooth Connectivity, Automatic Incline, Foldable Design, Double Shock Absorption

# Double Shock Absorber

Stable at High Speed



Image: An illustration of the THERUN TR04 Treadmill's double shock absorber system, showing the internal cushioning elements designed for stability and reduced impact during high-speed use.

## 11. WARRANTY AND SUPPORT

The THERUN TR04 Treadmill comes with a standard 2-year warranty. To extend your warranty for an additional year and potentially receive a complimentary treadmill mat, please register your product with THERUN customer service.

For technical support, warranty claims, or any questions regarding your treadmill, please contact THERUN customer service through their official website or the contact information provided with your purchase.