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ANCHEER B0BXW2ZRG5

ANCHEER Folding Treadmill with Auto Incline User Manual

Model: B0BXW2ZRG5

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your ANCHEER Folding Treadmill. Please read it thoroughly before assembly, operation, or maintenance. Retain this manual for future reference.

Automatic Incline

Just 10 mins at 15° incline and your quads will be burning!



Image 1.1: Overview of the ANCHEER Folding Treadmill.

2. SAFETY INFORMATION

- Always consult with a physician before starting any exercise program.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a solid, level surface with adequate clearance around it.
- Wear appropriate athletic footwear and clothing.
- Use the safety key at all times. Attach the clip to your clothing before starting.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Maximum user weight capacity is 300 lbs.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

3. WHAT'S IN THE BOX

Verify that all components are present before beginning assembly:

- ANCHEER Folding Treadmill Unit
- Power Cord
- Safety Key
- User Manual (this document)

4. ASSEMBLY AND SETUP

The ANCHEER Treadmill requires some assembly. Follow the instructions provided in the separate assembly guide for detailed steps. Once assembled, ensure the treadmill is placed on a stable, flat surface.

Unfolding the Treadmill

1. Ensure the treadmill is unplugged.
2. Gently press the foot pedal located near the base of the running deck.
3. Allow the running deck to slowly lower itself to the floor using the soft-drop system.
4. Ensure the deck is fully flat and locked into position before use.



Image 4.1: Illustration of the clever foldable design and soft-drop system.

Moving the Treadmill

The treadmill is equipped with transport wheels for easy relocation. Once folded, you can tilt and roll the unit to your desired storage location.

5. OPERATING INSTRUCTIONS

Control Panel and LCD Display

The central console features a large LCD screen that displays key workout metrics such as speed, time, distance, and calories burned. It also includes controls for speed, incline, and program selection.



Image 5.1: The multi-function LCD display and control panel.

Starting and Stopping

1. Plug the power cord into a grounded outlet.
2. Attach the safety key clip to your clothing and insert the safety key into its designated slot on the console. The display will illuminate.
3. Step onto the side rails of the treadmill.

4. Press the 'START' button to begin. The belt will start moving at a low speed.
5. To stop, press the 'STOP' button or pull the safety key.

Speed Adjustment

Use the speed control buttons on the console to adjust the running belt speed from 0.5 mph to 9 mph (14.5 km/h). You can also use quick-speed buttons for preset speeds.

Automatic Incline Adjustment

The treadmill features an automatic incline system, allowing adjustment from 0% to 15%. Use the incline control buttons on the console to increase or decrease the incline level. Higher incline levels can intensify your workout.



Image 5.2: Visual representation of the 0-15% automatic incline feature.

Bluetooth Connectivity and App Control

Connect your smartphone or tablet via Bluetooth to the treadmill's integrated speakers for audio playback. The treadmill also supports the FitShow app, which offers various cross-training workouts and allows for remote control and tracking of your exercise data.



Image 5.3: Treadmill console showing Bluetooth connectivity and app integration.

6. MAINTENANCE

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

Cleaning

- Always unplug the treadmill before cleaning.
- Wipe down the console and exterior surfaces with a soft, damp cloth. Avoid abrasive cleaners or solvents.
- Periodically vacuum underneath the treadmill to prevent dust buildup.

Running Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the separate assembly guide or contact customer support for specific lubrication instructions and recommended lubricants.

Running Belt Adjustment

If the running belt becomes off-center or slips, it may require adjustment. Consult the assembly guide for instructions on how to center and tension the running belt properly.



Image 6.1: The 7-layer running belt with shock absorption for joint protection.

7. TROUBLESHOOTING

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

- **Treadmill does not power on:** Ensure the power cord is securely plugged into a working outlet and the treadmill's power switch is in the 'ON' position. Check the circuit breaker.
- **Running belt does not move:** Verify the safety key is fully inserted. If an error code is displayed (e.g., "AMX mode"), consult the full troubleshooting section in the assembly guide or contact customer support.
- **Unusual noises:** Check for loose parts. If the noise persists, it may indicate a need for lubrication or professional inspection.
- **Inaccurate readings:** Ensure all connections are secure. Recalibrate if an option is available in the settings.

For more complex issues or error codes not listed, please contact ANCHEER customer support.

8. SPECIFICATIONS

Feature	Specification
Brand	ANCHEER
Model Name	Treadmill
Motor Horsepower	3.25 HP
Speed Range	0.5 - 9 MPH
Automatic Incline	0 - 15%
Running Belt Dimensions	47.2"L x 17"W
Maximum Weight Capacity	300 lbs
Product Dimensions (Unfolded)	60.4"D x 27.6"W x 48.8"H
Material	Alloy Steel
Display Type	LCD
Connectivity	Bluetooth, FitShow App
Special Features	Auto Incline, Compact Design, Foldable, Wheeled



Image 8.1: Overview of key treadmill features and specifications.

9. WARRANTY AND SUPPORT

Warranty Information

The ANCHEER Folding Treadmill comes with a 2-year warranty. Please retain your proof of purchase for warranty claims. The warranty covers manufacturing defects under normal use conditions.

Customer Support

For technical assistance, warranty claims, or to order replacement parts, please contact ANCHEER customer support. Refer to the contact information provided in your product packaging or on the official ANCHEER website.