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CITYSPORTS ZX2

CITYSPORTS Folding Treadmill ZX2 User Manual

Model: ZX2

1. INTRODUCTION

This manual provides essential instructions for the safe and effective use of your CITYSPORTS Folding Treadmill, Model ZX2. Please read this manual thoroughly before operating the treadmill and retain it for future reference. Proper setup, operation, and maintenance are crucial for optimal performance and user safety.

2. IMPORTANT SAFETY INFORMATION

Before using the treadmill, please observe the following safety precautions:

- Always consult with a physician before starting any new exercise program.
- Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it.
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear.
- Use the safety key at all times. Attach the clip to your clothing.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Maximum user weight capacity: 265 lbs (120 kg).
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

3. PRODUCT OVERVIEW

The CITYSPORTS Folding Treadmill ZX2 is a versatile 2-in-1 exercise machine designed for both walking and running. It features a compact, foldable design for easy storage and a powerful 1400W motor.

Key Features:

- **2-in-1 Design:** Functions as an under-desk walking pad and a traditional treadmill with a handle.
- **Speed Range:** 0.6 - 7.8 mph (approximately 1 - 12.5 km/h).

- **Motor:** 1400W high-power motor, operating below 60 decibels.
- **Running Belt:** Wider running belt (380mm width, 1020mm length) with multi-layer non-slip surface for shock absorption and knee protection.
- **Display:** Multifunctional LCD display tracking time, calories burned, speed, distance, and steps.
- **Portability:** Easy to fold and move with built-in wheels.
- **Maximum Weight Capacity:** 265 lbs.



Image: The CITYSPORTS Folding Treadmill shown in its upright running configuration with a user, and also folded for compact storage, being moved by a user.

2 in 1

Folding Under Desk

Treadmill Walking Pad

- Running Mode

- Walking Mode

- Working Mode

Running Mode
0.6-7.8 MPH

Walking Mode
0.6-2.5 MPH

Working Mode
0.6-2.5 MPH

Image: Diagram illustrating the treadmill's two modes: running mode with the handle raised (0.6-7.8 mph) and walking/working mode with the handle folded down (0.6-2.5 mph).

4. ASSEMBLY AND SETUP

The CITYSPORTS Folding Treadmill ZX2 is designed for minimal assembly. It is largely pre-assembled and ready to use out of the box.

Unpacking:

1. Carefully remove the treadmill from its packaging.
2. Place the treadmill on a flat, stable surface.
3. Remove all packing materials. Ensure no components are left inside the packaging.

Folding/Unfolding the Handlebar:

- **To Unfold:** Lift the handlebar until it locks into the upright position. Secure any locking mechanisms if present (refer to specific diagrams in the physical manual).
- **To Fold:** Release the locking mechanism (usually a knob or lever) and gently lower the handlebar until it rests flat against the treadmill deck.



Image: A close-up view of the treadmill's folding knob, indicating the mechanism for folding and unfolding the handlebar for compact storage or upright use.

Power Connection:

- Connect the power cord to the treadmill's power input.
- Plug the other end of the power cord into a grounded electrical outlet.

5. OPERATING INSTRUCTIONS

Control Panel Overview:

Just One Touch Button

To Increase, Decrease, Start, Pause, Stop,
and 3MPH Speed Knob & 6 MPH Speed Knob to Control the Treadmill



Image: Close-up of the treadmill's control panel on the handlebar, showing buttons for speed adjustment, start/pause, stop, and quick speed presets (3 MPH, 6 MPH).

- **Start/Pause Button:** Initiates or temporarily stops the treadmill belt.
- **Stop Button:** Immediately stops the treadmill belt.
- **Speed +/- Buttons:** Adjusts the speed of the running belt incrementally.
- **Quick Speed Buttons (e.g., 3 MPH, 6 MPH):** Allows for quick selection of preset speeds.
- **LCD Display:** Shows exercise data such as time, calories burned, speed, distance, and steps.

Starting an Exercise:

1. Ensure the treadmill is plugged in and the safety key is attached to both the treadmill and your clothing.
2. Step onto the side rails of the treadmill.
3. Press the "Start" button. The belt will begin moving at a low speed.
4. Carefully step onto the moving belt and adjust the speed using the "Speed +/-" buttons or quick speed presets to your desired pace.

Stopping an Exercise:

1. Press the "Stop" button to gradually slow down and stop the treadmill.
2. Alternatively, pull the safety key to immediately stop the treadmill in an emergency.
3. Once the belt has completely stopped, step off the treadmill.

Using the Remote Control:

The treadmill can also be controlled via a remote control, especially useful when the handlebar is folded down for under-desk use.

- **Power Button:** Turns the treadmill on/off.
- **Start/Pause Button:** Initiates or temporarily stops the treadmill belt.
- **Speed +/- Buttons:** Adjusts the speed of the running belt.



Image: Illustration showing the treadmill's LCD display and the remote control with its power, start/pause, and speed adjustment buttons.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your treadmill.

Cleaning:

- Always unplug the treadmill before cleaning.
- Wipe down the display and exterior surfaces with a soft, damp cloth. Avoid abrasive cleaners.
- Periodically vacuum dust from around the motor cover.

Belt Lubrication:

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to your physical manual for specific lubrication intervals and instructions. Typically, silicone oil is applied under the belt.

Belt Adjustment:

If the running belt becomes off-center or slips, it may need adjustment. Consult your physical manual for detailed instructions on how to center and tension the belt using the adjustment bolts at the rear of the treadmill.

7. TROUBLESHOOTING

This section addresses common issues you might encounter. For problems not listed here, please contact customer support.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not securely plugged in. Safety key not in place. Power outlet issue.	Check power cord connection to treadmill and outlet. Ensure safety key is fully inserted. Test outlet with another device.
Running belt slips or hesitates.	Belt requires lubrication. Belt tension is too loose.	Lubricate the running belt (refer to maintenance section). Adjust belt tension (refer to maintenance section or physical manual).
Unusual noise during operation.	Loose components. Belt friction.	Inspect for loose screws or parts and tighten. Lubricate the running belt.
Display not working correctly.	Loose cable connection. Electronic malfunction.	Check cable connections to the display. Contact customer support if the issue persists.

8. SPECIFICATIONS

Feature	Detail
Model Number	ZX2
Brand	CITYSPORTS
Motor Horsepower	1400 Watts
Speed Range	0.6 - 7.8 mph
Maximum Weight Capacity	265 Pounds (approx. 120 kg)
Product Dimensions (L x W x H)	123.5 x 56.6 x 11.2 cm
Item Weight	24.4 kg
Running Belt Dimensions (L x W)	1020 mm x 380 mm (approx. 40.1 x 15 inches)
Display Type	LCD
Frame Material	Alloy Steel
Power Source	Corded Electric
Included Components	Power Cord

9. WARRANTY AND SUPPORT

CITYSPORTS offers a one-year warranty on all products sold. For any issues or inquiries, please contact our customer service team.

- **Warranty Period:** One year from the date of purchase.
- **Customer Service:** 24-hour online customer service is available to assist with any problems. Refer to your purchase documentation or the official CITYSPORTS website for contact details.

