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> [CURSOR FITNESS](#) /

> CURSOR FITNESS Home Folding Treadmill with Pulse Sensors, 2.5 HP Quiet Brushless, 7.5 MPH, 265 lbs Capacity Black User Manual

## CURSOR FITNESS C70

# CURSOR FITNESS Home Folding Treadmill

## USER MANUAL

### 1. Introduction

Welcome to the CURSOR FITNESS family! This manual provides essential information for the safe and efficient operation, assembly, and maintenance of your new Home Folding Treadmill. Please read this manual thoroughly before initial use and retain it for future reference.

Your CURSOR FITNESS treadmill is designed for home use, offering a quiet and effective workout experience. Key features include a powerful 2.5 HP quiet brushless motor, real-time heart rate monitoring, a comprehensive digital LED console, and an easy-folding design for convenient storage.



Image 1.1: The CURSOR FITNESS Home Folding Treadmill in operation.

## 2. Important Safety Information

To reduce the risk of serious injury, read all instructions and warnings 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 level surface with at least 2 meters (6.5 feet) of clear space behind it and 0.6 meters (2 feet) on each side.
- Keep children and pets away from the treadmill at all times.
- Wear appropriate athletic footwear and clothing during use.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Always attach the safety key clip to your clothing before starting a workout. In case of emergency, the safety

key will stop the treadmill.

- Do not step on or off the treadmill while the belt is moving.
- Maximum user weight capacity: 265 lbs (120 kg).

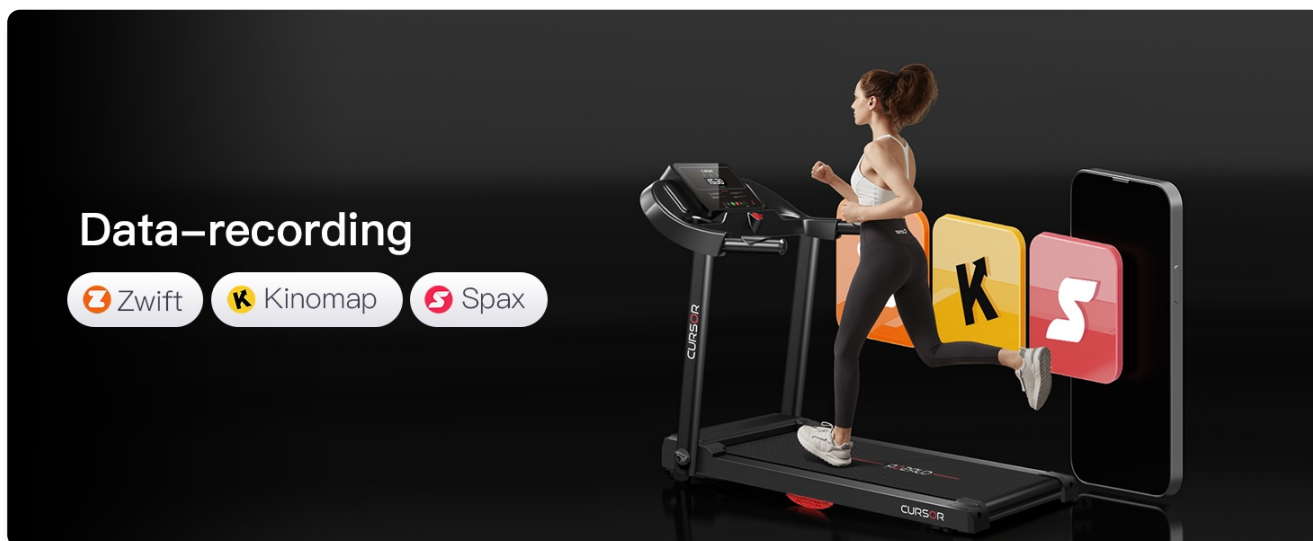


Image 2.1: Illustration of the treadmill's maximum weight capacity.

### 3. Package Contents

Carefully unpack your treadmill and verify that all components are present and undamaged. If any parts are missing or damaged, please contact CURSOR FITNESS customer service immediately.

- Treadmill Main Unit (pre-assembled)
- Power Cord
- Safety Key
- User Manual (this document)
- Assembly Tools (Allen wrench, screwdriver)
- Silicone Lubricant (for maintenance)

### 4. Assembly

Your CURSOR FITNESS treadmill comes largely pre-assembled. Follow these steps to complete the setup:

1. **Unpack:** Remove the treadmill from its packaging and place it on a flat, stable surface.
2. **Unfold the Uprights:** Carefully lift the console and handlebars into the upright position. Ensure they click securely into place.
3. **Secure the Uprights:** Locate the knobs or bolts at the base of the uprights. Tighten these to secure the handlebars firmly.
4. **Attach Console (if separate):** If your model has a separate console, connect the necessary cables and secure the console to the handlebars using the provided screws.
5. **Connect Power:** Plug the power cord into the treadmill's power input and then into a grounded electrical outlet.

**Folding for Storage:** This treadmill features an easy-folding mechanism. To fold, loosen the knob at the joint of the column and the running table. Gently lower the running deck until it is in the upright, folded position. Tighten the knob to secure it for storage. Reverse the process to unfold for use.



Image 4.1: The treadmill in its compact, folded position for storage.

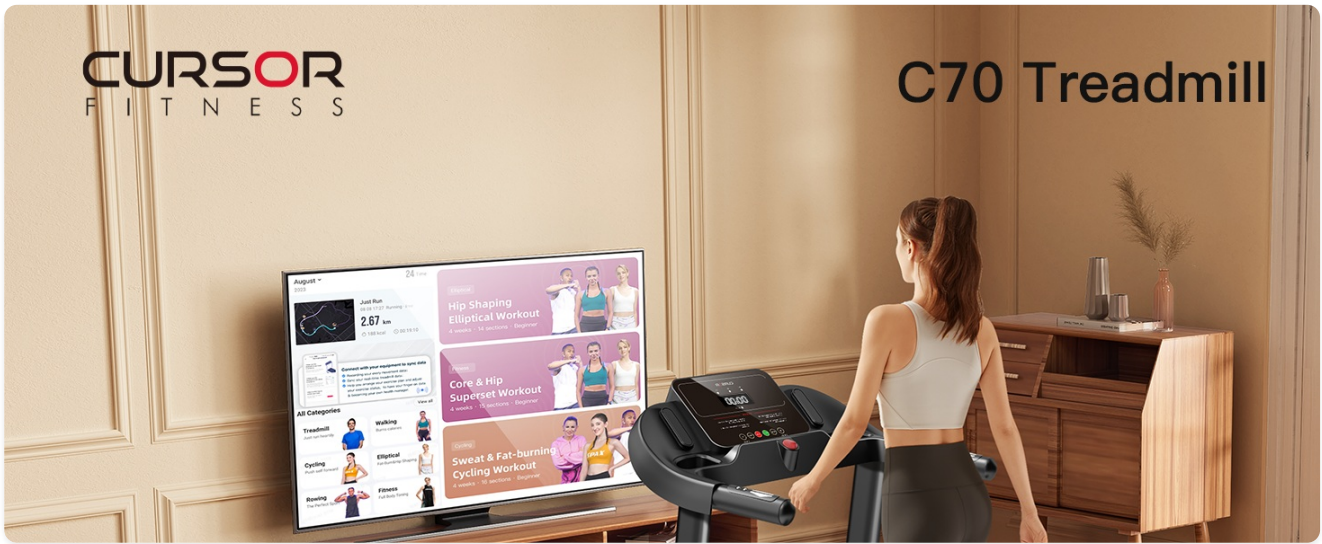


Image 4.2: Visual representation of the treadmill's folding capability.

## 5. Operating Instructions

Familiarize yourself with the control panel before beginning your workout.

### 5.1 Digital LED Console Overview

The digital LED console displays key workout metrics such as time, speed, distance, calories burned, and heart rate. It also allows you to select preset programs or customize your workout.

# Shock-absorbing System



Image 5.1: Detailed view of the digital LED console.



Capacity  
Max 265 LBS

Image 5.2: Console and handlebar controls for easy access.

## 5.2 Starting a Workout

1. Ensure the safety key is properly placed on the console and the clip is attached to your clothing.
2. Step onto the treadmill belt.
3. Press the 'Start' button on the console. The belt will begin to move at a low speed.
4. Use the 'Speed +' and 'Speed -' buttons to adjust your desired speed, up to 7.5 MPH.

### 5.3 Preset Programs

The treadmill offers 12 preset programs designed for various exercise intensities. Consult the console's display or the quick-start guide for details on each program. Select a program using the 'Program' button and press 'Start' to begin.

### 5.4 Heart Rate Monitoring

To monitor your heart rate, firmly grasp the pulse sensors located on the handlebars. Your heart rate will be displayed on the console after a few seconds. This feature helps you stay within your target heart rate zone for effective training.

### 5.5 Stopping a Workout

To stop your workout, press the 'Stop' button. The belt will gradually slow down and come to a complete stop. Alternatively, pulling the safety key will immediately stop the treadmill.

### 5.6 Data Recording & App Connectivity

Your treadmill supports connectivity with popular fitness apps like Zwift, Kinomap, and Spax for enhanced data recording and interactive workouts. Refer to the specific app's instructions for pairing and usage.

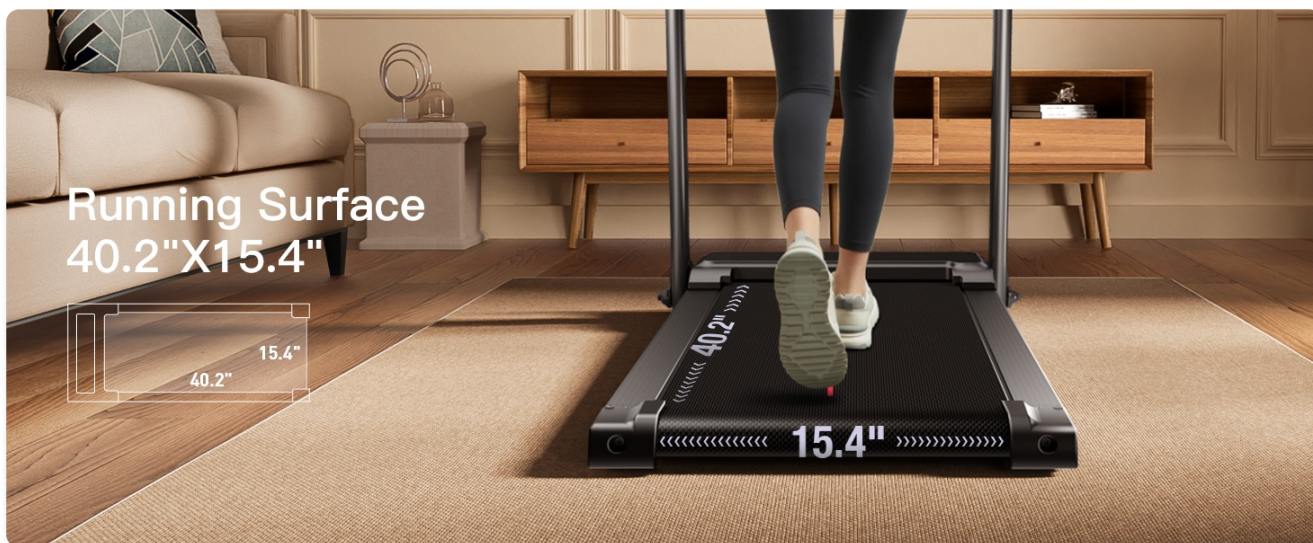


Image 5.3: Treadmill compatibility with popular fitness applications.

## 6. Maintenance

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

### 6.1 Cleaning

- Wipe down the console and other surfaces with a soft, damp cloth after each use. Avoid abrasive cleaners.
- Vacuum underneath the treadmill regularly to prevent dust and debris buildup.

### 6.2 Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. It is recommended to lubricate the belt every 30 hours of use.

1. Turn off and unplug the treadmill.
2. Gently lift one side of the running belt.
3. Apply approximately 7 drops of the provided silicone lubricant evenly across the center of the running deck, underneath the belt.
4. Repeat on the other side if necessary.
5. Plug in the treadmill and walk on it at a low speed (e.g., 2-3 MPH) for 5 minutes to distribute the lubricant.

### 6.3 Belt Adjustment

If the running belt becomes off-center or slips, it may need adjustment. Refer to the detailed instructions in the full user manual (if provided separately) or contact customer support for guidance.

## 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 plugged in; Safety key not in place; Circuit breaker tripped.	Ensure power cord is securely plugged in; Insert safety key fully; Check household circuit breaker.
Running belt slips or hesitates.	Belt too loose; Insufficient lubrication.	Adjust belt tension (refer to full manual); Lubricate the running belt (see Section 6.2).
Unusual noise during operation.	Loose parts; Motor issue; Belt friction.	Check for and tighten any loose bolts; Lubricate belt; If noise persists, contact customer service.
Heart rate monitor not reading.	Hands not firmly on sensors; Dry hands.	Ensure firm contact with both sensors; Moisten hands slightly if too dry.

## 8. Specifications

Feature	Detail
Model Number	C70
Product Dimensions (L x W x H)	130.05 x 64.01 x 18.03 cm (51.2 x 25.2 x 7.1 inches)

Feature	Detail
Item Weight	25 kg (55 lbs)
Maximum Weight Capacity	265 lbs
Motor Horsepower	2.5 HP (Brushless)
Maximum Speed	7.5 MPH
Display Type	LED
Number of Programs	12
Running Surface (L x W)	40.2" x 15.4"
Noise Level	40-65 dB (Quiet Brushless Motor)
Material	Alloy Steel
Power Source	Corded Electric

# Running Surface 40.2"X15.4"

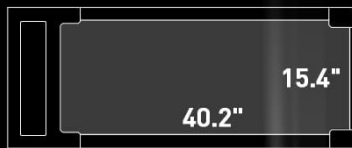


Image 8.1: Dimensions of the treadmill's running surface.



Image 8.2: Benefits of the quiet brushless motor, including low noise and long lifespan.

## Brushless Motor

Lifespan: 3500 Hours

Lower Noise: < 45 dB

Lower Maintenance

Environment Friendly

Lower Power Consumption



## Brushed Motor

Lifespan: 900 Hours

Higher Noise: > 60 dB

Higher Maintenance

Environment Unfriendly

Higher Power Consumption



VS

Image 8.3: The integrated shock-absorbing system for comfortable workouts.

## 9. Warranty & Support

### 9.1 Warranty Information

The CURSOR FITNESS Treadmill includes an extended 5-year warranty covering the frame structure and a 1-year warranty for parts. This warranty covers manufacturing defects and ensures peace of mind during your ownership.

### 9.2 Customer Support (CursorCare Service)

Our dedicated CursorCare service team is available 24/7 to provide support and ensure your satisfaction. For any inquiries, technical assistance, or warranty claims, please contact us through the following channels:

- **Website:** [www.cursorfitness.com/support](http://www.cursorfitness.com/support) (Example link, actual link not provided)
- **Email:** [support@cursorfitness.com](mailto:support@cursorfitness.com) (Example email, actual email not provided)
- **Phone:** 1-800-XXX-XXXX (Example number, actual number not provided)

*Note: No official product videos with 'Seller' as creator type were found in the provided data to embed in this manual.*