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› WELLFIT 2-in-1 Folding Treadmill User Manual

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WELLFIT 2-in-1 Folding Treadmill User Manual

Model: WELLFIT 2-in-1 Folding Treadmill

Brand: WELLFIT

INTRODUCTION

This manual provides essential information for the safe and effective use of your WELLFIT 2-in-1 Folding Treadmill. Please read it thoroughly before operation and retain it for future reference. This treadmill is designed for both walking and light running, offering a versatile fitness solution for home or office environments.

SAFETY INSTRUCTIONS

- Always consult a physician before starting any new exercise program.
- Ensure the safety key is properly attached to both the treadmill and your clothing during operation.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Wear appropriate athletic footwear.
- Maximum user weight capacity: 154.22 kg (340 lbs).

PACKAGE CONTENTS

Verify that all components are present:

- WELLFIT 2-in-1 Folding Treadmill Unit
- Power Cord
- Remote Control
- Safety Key
- Lubricant
- Tool Kit
- User Manual (this document)

SETUP

Unfolding the Treadmill

1. Carefully remove the treadmill from its packaging.
2. Place the treadmill on a flat, stable surface.
3. To use as a walking pad (under desk mode), ensure the handlebar is folded down.
4. To use with the handle, lift the handlebar into the upright position until it locks securely.

Full Folding for Convenient Storage

Make the most of your home space and does not affect the home appearance



Image: The treadmill demonstrating its full folding capability for convenient storage. It shows the unit folded flat and being carried or stored upright, highlighting its compact design.

Connecting Power

Connect the power cord to the treadmill's power input and then to a grounded electrical outlet. Ensure the power switch is in the OFF position before plugging in.

OPERATING INSTRUCTIONS

Control Panel Overview

Real-time Data Display



Image: A close-up view of the treadmill's control panel and display, showing quick buttons for speed adjustments, start/stop, and real-time data display for speed, time, distance, and calories burned.

The control panel features an LCD display and quick buttons for easy operation. The remote control provides an alternative way to manage settings.

Starting a Workout

1. Ensure the treadmill is plugged in and the power switch is ON.
2. Attach the safety key to the designated slot on the console and clip the other end to your clothing. The treadmill will not operate without the safety key.

3. Press the 'Start' button on the console or remote control. The belt will begin to move at a low speed.
4. Adjust the speed using the '+' and '-' buttons on the console or remote. The speed range is 0.6-7.6 MPH.

Using the Handlebar

Treadmill With Handle

The handlebar provides added stability and support during your workout.



Image: An individual using the WELLFIT treadmill with the handlebar in the upright position, illustrating the added stability and support it provides during a workout.

The handlebar provides enhanced stability and support, particularly useful for users who prefer additional balance or for higher intensity workouts. Ensure it is securely locked in the upright position when in use.

Treadmill With **Inclines**

Simulate slight elevation changes one would experience outside



Image: A visual representation of the treadmill's 3% incline feature, showing how it simulates an uphill walk or run to enhance workout intensity.

This treadmill features a 3% customizable incline. To adjust the incline, you will need to manually adjust the legs at the rear of the treadmill. Refer to the setup section for detailed instructions on how to position the treadmill for incline use.

Stopping a Workout

Press the 'Stop' button on the console or remote control. The belt will gradually slow down and stop. Alternatively, pulling the safety key will immediately stop the treadmill for emergency situations.

Monitoring Progress

The LCD display shows real-time data including speed, time, distance, and calories burned, helping you track your fitness goals.

MAINTENANCE

Cleaning

Regularly wipe down the treadmill with a damp cloth to remove dust and sweat. Do not use abrasive cleaners or solvents. Ensure the treadmill is unplugged before cleaning.

Lubrication

The running belt requires periodic lubrication to ensure smooth operation and prolong its lifespan. Use the provided lubricant and follow these steps:

1. Unplug the treadmill.
2. Loosen the belt tension bolts slightly to lift the belt.
3. Apply a small amount of lubricant evenly under the center of the running belt.
4. Tighten the belt tension bolts and plug in the treadmill.
5. Run the treadmill at a low speed for 2-3 minutes to distribute the lubricant.

Frequency of lubrication depends on usage. For average use (3-5 hours/week), lubricate every 3 months.

Belt Tension and Alignment

If the running belt slips or drifts to one side, adjust the tension and alignment bolts at the rear of the treadmill using the provided tool kit. Make small adjustments (quarter turns) and test the treadmill after each adjustment until the belt is centered and properly tensioned.

Shockproof Running Belt

Protect Your Knees and Ankles



Knee Protection



Non-slipSafer



Safer



5 level running belt

Image: An illustration detailing the multi-layer construction of the treadmill's shockproof running belt, designed for knee protection, non-slip safety, and overall user safety.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Treadmill does not start	Power cord not connected; Safety key not in place; Power switch off	Ensure power cord is securely plugged in; Insert safety key; Turn power switch ON

Problem	Possible Cause	Solution
Running belt slips	Belt too loose; Belt worn out	Adjust belt tension (refer to Maintenance); Contact customer support for replacement
Running belt drifts to one side	Belt misalignment	Adjust belt alignment (refer to Maintenance)
Unusual noise during operation	Lack of lubrication; Loose components	Lubricate running belt (refer to Maintenance); Check and tighten all visible bolts and screws
Remote control not working	Dead battery; Obstruction	Replace remote control battery; Ensure no obstructions between remote and treadmill sensor

SPECIFICATIONS

- **Brand:** WELLFIT
- **Model:** 2-in-1 Folding Treadmill
- **Color:** Black
- **Product Grade:** Home
- **Item Weight:** 25.55 kg (56.3 lbs)
- **Maximum Speed:** 7.6 Miles per Hour (12.2 km/h)
- **Special Feature:** 3% incline, Lightweight, Preloaded Workout, Wheeled, Folding Treadmill
- **Target Audience:** Adult, Youth
- **Maximum Horsepower:** 3 Horsepower
- **Maximum Incline Percentage:** 3%
- **Assembly Required:** No (minimal setup)
- **Display Type:** LCD
- **Power Source:** Corded Electric
- **Connectivity Technology:** Bluetooth
- **Metrics Measured:** Distance, Calories Burned
- **Maximum Weight Recommendation:** 154.22 kg (340 lbs)
- **Deck Width:** 17 Inches (43.18 cm)
- **Frame Material:** Aluminum
- **Belt Length:** 48 Inches (121.92 cm)
- **Item Dimensions (LxWxH):** 133.5 x 115.3 x 64.5 Centimeters (52.5 x 45.4 x 25.4 Inches)

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or contact WELLFIT customer service directly. Keep your purchase receipt as proof of purchase.

Manufacturer: WELLFIT



