

FANOFUN FAN-Q22

FANOFUN Under Desk Treadmill (Model FAN-Q22) Instruction Manual

Your guide to safe and effective use of your FANOFUN treadmill.

1. IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using this treadmill. Keep this manual for future reference.

- Always place the treadmill on a flat, stable surface.
- Ensure adequate clear space (at least 2 feet) around the treadmill during operation.
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate athletic footwear. Do not use the treadmill barefoot or in socks.
- Do not exceed the maximum user weight capacity of 265 pounds (120 kg).
- Disconnect the power cord when not in use or before cleaning and maintenance.
- Consult a physician before starting any exercise program.

2. SETUP AND INITIAL USE

The FANOFUN Under Desk Treadmill is designed for immediate use with no assembly required. Follow these steps for initial setup:

1. **Unpacking:** Carefully remove the treadmill from its packaging. Retain packaging for storage or transport if needed.
2. **Placement:** Place the treadmill on a firm, level surface. Ensure there is sufficient space around the unit for safe operation. The compact design allows for placement under a standing desk or in small spaces.

3. **Power Connection:** Plug the power cord into a grounded electrical outlet.
4. **Initial Check:** Before stepping on, power on the treadmill and let it run at a low speed for a minute to ensure the belt is centered and moving smoothly.



Image: The treadmill's compact design and lightweight nature (approx. 44.4 lbs) make it easy to move and store, as shown by two individuals positioning the unit.

3. OPERATING INSTRUCTIONS

Your FANOFUN treadmill is controlled via a remote control (battery included). Ensure the remote has a working battery before use.

3.1 Powering On/Off

- **Power On:** Press the power button on the remote control. The LED display will illuminate.
- **Power Off:** Press the power button again to stop the treadmill and turn off the display. Always unplug the unit from the wall when not in use.

3.2 Speed Adjustment

- Use the '+' and '-' buttons on the remote to increase or decrease the speed.
- The speed range is 0.5 to 4.0 miles per hour (MPH).
- Start at a low speed and gradually increase to a comfortable pace.

3.3 Preset Programs

The treadmill features 12 preset programs to vary your workout intensity. Refer to the remote control for program selection buttons (specific button names not provided in product data, assume standard program selection).

- Select a program to automatically adjust speed over a set duration.
- Consult the remote control's markings for details on each program.

3.4 LED Display Functions

The integrated LED display provides real-time feedback on your workout:

- **Speed:** Current walking/jogging speed.
- **Distance:** Total distance covered during the current session.
- **Time:** Duration of the current workout.
- **Calories Burned:** Estimated calories expended.

Free And Flexible Way Of Working



Image: The treadmill in use under a standing desk, illustrating its suitability for office or home environments.



Image: Another perspective of the treadmill being used with a standing desk, highlighting its integration into a workspace.

4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your treadmill. Always unplug the treadmill before performing any maintenance.

4.1 Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. A bottle of lubricant is included with your treadmill.

1. **Frequency:** Lubricate the belt every 30-50 hours of use, or every 1-2 months with regular use.
2. **Procedure:**

- Turn off and unplug the treadmill.
- Loosen the rear roller bolts slightly to lift the belt.
- Apply a small amount of the provided silicone lubricant evenly under the center of the running belt.
- Tighten the rear roller bolts.
- Plug in the treadmill and run it at a low speed (e.g., 1 MPH) for 5 minutes to distribute the lubricant.

4.2 Belt Adjustment

If the running belt shifts to one side or feels loose, it may need adjustment. A hex wrench is included in the tool kit.

1. Centering the Belt:

- Turn on the treadmill and set the speed to 1-2 MPH.
- If the belt drifts to the right, turn the right rear adjustment bolt clockwise a quarter turn.
- If the belt drifts to the left, turn the left rear adjustment bolt clockwise a quarter turn.
- Allow the treadmill to run for a few minutes and observe. Repeat adjustments as needed until the belt is centered.

2. Tightening the Belt: If the belt slips during use, it may be too loose.

- Turn off and unplug the treadmill.
- Turn both the left and right rear adjustment bolts clockwise by a quarter turn.
- Plug in and test the treadmill. Repeat if necessary, but avoid overtightening.

4.3 Cleaning

- Wipe down the treadmill surface with a damp cloth after each use to remove sweat and dust.
- Do not use abrasive cleaners or solvents.
- Keep the area around the motor clean and free of dust.

5. TROUBLESHOOTING

Refer to this section for common issues and their solutions. If problems persist, contact customer support.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; power switch off; circuit breaker tripped.	Ensure power cord is securely plugged in. Check the main power switch on the treadmill. Reset the household circuit breaker if necessary.
Running belt slips during use.	Belt too loose; insufficient lubrication.	Adjust belt tension (see Section 4.2). Lubricate the running belt (see Section 4.1).
Belt drifts to one side.	Belt not centered.	Adjust belt centering (see Section 4.2).

Problem	Possible Cause	Solution
Unusual noise during operation.	Loose components; lack of lubrication; foreign object.	Check for loose screws. Lubricate the belt. Inspect for any objects under the belt. If noise persists, contact support.
LED display not working correctly.	Loose connection; remote control battery low.	Ensure all connections are secure. Replace remote control battery.

6. PRODUCT SPECIFICATIONS

Detailed specifications for the FANOFUN Under Desk Treadmill (Model FAN-Q22).

Feature	Detail
Model Number	FAN-Q22
Brand	FANOFUN
Motor Horsepower	2.25 HP
Speed Range	0.5 - 4.0 MPH
Maximum User Weight	265 lbs (120 kg)
Running Belt Dimensions	38 inches (Length) x 14 inches (Width)
Product Dimensions (L x W x H)	129.01 x 62.51 x 16.51 cm (approx. 50.8 x 24.6 x 6.5 inches)
Net Weight	20.16 kg (approx. 44.4 lbs)
Display Type	LED (2.95 Inches)
Display Metrics	Speed, Distance, Time, Calories Burned
Number of Programs	12 Preset Programs
Shock Absorption	5-layer anti-slip belt, 8 silicone shock absorbers
Frame Material	Alloy Steel
Power Source	Corded Electric
Included Components	Lubricant, Tool Kit, User Manual

2.25HP

Powerfull Motor

Low Noise



<55DB

Weight Capacity



265LBS

Speed Range



0.5-4.0mph



Image: Key features of the treadmill, including motor power, noise level, weight capacity, and speed range.



The space for running belts not only meets the daily exercise needs but also adapts well to small spaces.

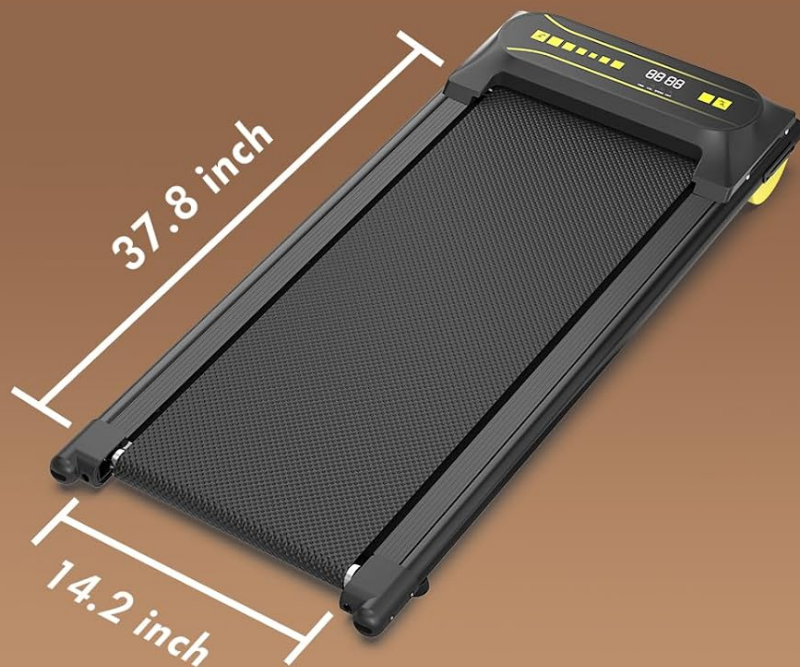


Image: Dimensions of the running belt, indicating the usable exercise area.

More Comfortable
Less Impact on Joints
Better Exercise Experience

6 Silicone Shock-Absorbers



5-Layer Non-Slip Running Belt



15 " Wider Running Area



Image: Illustration of the treadmill's comfort and safety features, including **8 silicone shock absorbers** and a multi-layer belt, providing a running area of approximately 14 inches in width.

7. WARRANTY AND CUSTOMER SUPPORT

For warranty information or technical assistance, please contact FANOFUN customer support. Details for contacting support are typically found on the product packaging or the official FANOFUN website.

Please have your model number (FAN-Q22) and purchase information ready when contacting support.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question