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### Fithrill FT-SE01

# Fithrill Under Desk Walking Pad Treadmill FT-SE01 Instruction Manual

Model: FT-SE01 | Brand: Fithrill

## INTRODUCTION

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This manual provides comprehensive instructions for the safe and efficient operation, maintenance, and troubleshooting of your Fithrill Under Desk Walking Pad Treadmill, Model FT-SE01. Please read this manual thoroughly before initial use and retain it for future reference.



Image: The Fithrill Under Desk Walking Pad Treadmill in a home office setting, demonstrating its compact design and suitability for both walking and jogging.

## SETUP AND INITIAL USE

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### 1. Unpacking and Placement

Carefully remove the walking pad from its packaging. The unit is designed to be lightweight for easy handling. Place the treadmill on a flat, stable surface, preferably a hard floor. Ensure there is adequate clear space around the unit for safe operation.



Image: Demonstrates the compact size and portability of the Fithrill Walking Pad, showing it being stored under a sofa and easily moved by one person.

### 2. Power Connection

Connect the power cord to the treadmill's power input port and then plug it into a standard electrical outlet. Ensure the power switch is in the 'OFF' position before plugging in. Once connected, switch the power to 'ON'.

### 3. Remote Control Activation

The treadmill is operated via a remote control. Remove the protective plastic tab from the remote control's battery compartment to activate it. The remote is pre-installed with a battery.



Image: Close-up of the Fithrill Walking Pad's LED display showing real-time data and the remote control used for operation.

### 4. Included Components

Your Fithrill Walking Pad package includes:

- 1 x Remote Controller
- 1 x Power Cord
- 1 x Hex Tool
- 1 x Lubricating Oil
- 1 x Battery Cell (pre-installed in remote)
- 1 x User Manual

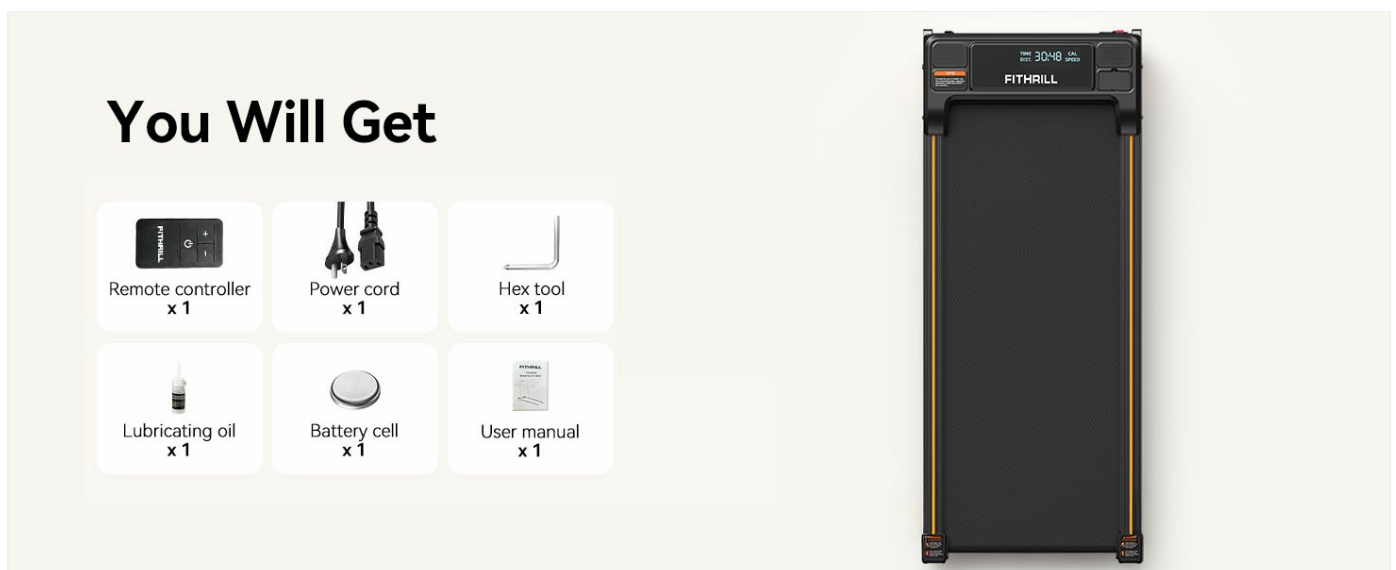


Image: A visual representation of all components included with the Fithrill Walking Pad, such as the remote, power cord, hex tool, lubricating oil, battery, and user manual.

### 1. Starting and Stopping

To start the treadmill, press the power button on the remote control. The treadmill will initiate with a slow speed and gradually increase, allowing you to safely adjust. To stop or pause, press the power button again. The treadmill will slow down and stop smoothly.

### 2. Speed Adjustment

Use the '+' and '-' buttons on the remote control to adjust the speed. The Fithrill Walking Pad offers a speed range from 0.6 MPH to 4.0 MPH, suitable for various activities from slow walking to light jogging.

### 3. LED Display Information

The integrated LED display shows real-time exercise data, including speed, time, distance, and calories burned. This allows for effective tracking of your workout progress.

### 4. Usage Modes

The Fithrill Walking Pad supports multiple usage modes:

- **Working Mode:** Ideal for use under a desk, with speeds typically ranging from 0.6-2.0 MPH.
- **Jogging Mode:** Suitable for light jogging, with speeds from 2.0-4.0 MPH.
- **Climbing Mode:** Utilizes the 5-degree incline feature for a more intense workout, with speeds from 0.6-4.0 MPH.

# 3 in 1 Walking Pad

Speed adjustment of 0.6-4.0MPH



## Calories Burn

Image: Illustrates the three distinct usage modes of the Fithrill Walking Pad: Climbing Mode (with 5% incline), Jogging Mode, and Working Mode (under a desk).

# Get More Out of Every Step

5% incline boosts exercise



Perfect to shape  
your glutes



Burn 60%  
More Calories



Image: A woman exercising on the Fithrill Walking Pad, highlighting the 5% incline feature designed to boost exercise intensity and calorie burn.

## MAINTENANCE

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Regular maintenance ensures the longevity and optimal performance of your Fithrill Walking Pad.

### 1. Lubrication of the Running Belt

To maintain smooth operation and prevent wear, the running belt requires periodic lubrication with silicone oil. Follow these steps:

1. Power off the appliance and unplug the cord for safety.
2. Turn the treadmill over. Lift the edge of the belt and spray 1-2 ml of lubricant evenly on the center of the walking platform.
3. Turn on the treadmill and run it for a few minutes at a low speed to distribute the lubricant evenly over the entire belt surface.

4. If the running belt is still difficult to push after initial lubrication, repeat the process with small amounts until the desired effect is achieved.
5. **Important:** Avoid applying too much silicone oil, as this may cause the treadmill belt to slip or dirty the ground.

Your browser does not support the video tag.

Video: A step-by-step guide on how to properly lubricate the Fithrill Walking Pad's running belt with silicone oil.

## 2. Walking Belt Offset Adjustment

If the walking belt shifts to one side during operation, it may need adjustment. Use the provided hex tool to center the belt:

1. If the walking belt moves to the right, use the hex tool to turn the right idler roller screw clockwise in small increments.
2. If the walking belt moves to the left, use the hex tool to turn the left idler roller screw clockwise in small increments.
3. After each adjustment, run the treadmill for 1-2 minutes to observe the belt's position.
4. Repeat the manual centering process until the walking belt is centered.

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Video: Tutorial demonstrating how to adjust the walking belt if it becomes offset, using the hex tool to center it.

## 3. General Cleaning

Wipe down the treadmill's surfaces with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents that could damage the finish.

## TROUBLESHOOTING

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This section addresses common issues you might encounter with your Fithrill Walking Pad.

- **Treadmill not starting:** Ensure the power cord is securely plugged into both the treadmill and the wall outlet, and the power switch is in the 'ON' position. Check the remote control battery.
- **Belt slipping:** This often indicates insufficient lubrication. Refer to the "Lubrication of the Running Belt" section for instructions.
- **Belt shifting to one side:** The walking belt may need adjustment. Refer to the "Walking Belt Offset Adjustment" section.
- **Error Code E01:** This error typically indicates a motor or sensor issue. Power off the unit, unplug it, wait 5 minutes, then plug it back in and restart. If the error persists, contact customer support.
- **Unusual noises:** Check for loose parts or foreign objects under the belt. If the noise persists, it may indicate a mechanical issue requiring professional inspection.

## SPECIFICATIONS

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Feature	Detail
Product Dimensions	120.14 x 49.02 x 15.49 cm
Item Weight	17.4 kg
Item Model Number	FT-SE01
Brand	Fithrill

Colour	Black-classic
Style	Walking Pad
Display Size	10 Inches
Display Type	LED
Frame Material	Alloy Steel
Horsepower	2.5 Horsepower
Maximum Speed	4 Miles per Hour
Power Source	Corded Electric
Special Features	Portable
Included Components	Safety Key
Maximum Weight Capacity	300 Pounds

## WARRANTY AND SUPPORT

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Fithrill provides perpetual service assurance for this walking pad. For warranty claims, technical support, or any questions regarding your product, please contact Fithrill customer service through the platform where the product was purchased. Please have your model number (FT-SE01) and purchase details ready when contacting support.