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## CURSOR FITNESS CF-01

# CURSOR FITNESS 100% Silicone Oil Lubricant Instruction Manual

Model: CF-01

## INTRODUCTION

This manual provides essential instructions for the proper use and maintenance of the CURSOR FITNESS 100% Silicone Oil Lubricant. Regular lubrication is crucial for the longevity and optimal performance of your fitness equipment, preventing wear and tear caused by friction. Please read these instructions carefully before application.

## PRODUCT OVERVIEW

The CURSOR FITNESS Silicone Oil Lubricant is a high-quality, 100% silicone-based formula designed for various fitness machines. Each package contains two 30ml bottles, totaling 60ml of lubricant. It is suitable for treadmills, walking pads, elliptical machines, rowers, exercise bikes, and step machines.



Image: Two bottles of CURSOR FITNESS Silicone Oil Lubricant, each with a precision applicator nozzle.

## SETUP AND PREPARATION

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1. **Power Off:** Ensure your fitness equipment is completely powered off and unplugged from the electrical outlet before beginning any maintenance.
2. **Clean Surface:** If necessary, gently clean any dust or debris from the area where the lubricant will be applied, especially under the treadmill belt.
3. **Access Point:** For treadmills, identify the access point for lubricating the deck, typically by slightly lifting the running belt.

## OPERATING INSTRUCTIONS: APPLICATION

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Follow these steps to apply the silicone oil lubricant:

1. **Lift Belt:** For treadmills, carefully lift one side of the running belt to expose the deck surface underneath.
2. **Apply Lubricant:** Using the precision nozzle, apply approximately 2.5ml of the silicone oil in a line down the center of the treadmill deck, underneath the belt. Avoid over-application.
3. **Repeat (Optional):** If your treadmill is wide, you may repeat the application on the other side of the belt.
4. **Spread Evenly:** Plug in and power on the equipment. Run the treadmill at its lowest speed (e.g., 1-2 km/h) for 3-5 minutes to allow the lubricant to spread evenly across the deck and belt.
5. **Wipe Excess:** Wipe away any excess lubricant that may appear on the edges of the belt or deck with a clean cloth.

For other fitness equipment like ellipticals or rowers, apply a small amount of lubricant to moving parts or friction points as recommended by the equipment manufacturer's manual, then operate the machine briefly to distribute the oil.

## MAINTENANCE: LUBRICATION SCHEDULE

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Regular lubrication is essential to prevent product damage caused by wear and tear and to maintain the smooth operation of your fitness equipment. The frequency of lubrication depends on your usage.



Image: A visual guide illustrating the recommended lubrication schedule based on usage frequency.

### Recommended Lubrication Schedule

Usage Frequency	Maintenance Frequency
Less than 3 Hours/Week	Every 2 Months
4-7 Hours/Week	Every 1 Month
8 Hours/Week or More	Every 2 Weeks

Under normal circumstances, one 30ml bottle can last approximately one year if used according to the 4-7 hours/week schedule (2.5ml per month).

## TROUBLESHOOTING

If you experience issues with your fitness equipment that may be related to lubrication, consider the following:

- **Squeaking or Grinding Noises:** This often indicates insufficient lubrication. Refer to the Maintenance section and apply lubricant as recommended.
- **Belt Sticking or Dragging:** A dry treadmill belt can cause friction and drag. Ensure the deck is adequately lubricated.
- **Overheating:** Excessive friction due to lack of lubrication can cause motors to work harder and overheat. Regular lubrication helps reduce this strain.

If problems persist after proper lubrication, consult your equipment's specific user manual or contact the equipment manufacturer for further assistance.

## SPECIFICATIONS

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- **Product Name:** CURSOR FITNESS 100% Silicone Oil Lubricant
- **Model Reference:** CF-01
- **Material:** Silicone
- **Item Form:** Oil
- **Liquid Volume:** 30 Millilitres per bottle (60 Millilitres total)
- **Number of Items:** 2 bottles
- **Recommended Product Uses:** Home gym equipment (Treadmills, Ellipticals, Rowers, Exercise Bikes, Step Machines, Walking Pads)
- **Specific Uses for Product:** Prevent Corrosion, Reduce Friction, Extend Equipment Lifespan
- **Package Dimensions:** Approximately 16.1 x 12.09 x 5.41 cm
- **Package Weight:** Approximately 118 g
- **Manufacturer:** CURSOR FITNESS

## SAFETY INFORMATION

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- Keep out of reach of children and pets.
- Avoid contact with eyes. In case of contact, rinse thoroughly with water.
- Do not ingest. If swallowed, seek medical attention immediately.
- Store in a cool, dry place away from direct sunlight and heat.
- Use in a well-ventilated area.
- Dispose of empty bottles according to local regulations.

## WARRANTY AND SUPPORT

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Specific warranty details for the CURSOR FITNESS 100% Silicone Oil Lubricant are not provided within this manual. For any product-related inquiries, technical support, or warranty information, please contact CURSOR FITNESS directly through their official customer service channels.