

LONTEK LONTEK SF10

LONTEK SF10 Home Treadmill User Manual

Model: SF10

INTRODUCTION

Thank you for choosing the LONTEK SF10 Home Treadmill. This manual provides essential information for the safe and effective assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before initial use and retain it for future reference.

The LONTEK SF10 is designed for home use, featuring a powerful yet quiet brushless motor, a foldable design for easy storage, and a comprehensive console to track your workout progress.

IMPORTANT SAFETY INFORMATION

Before using this treadmill, please observe the following safety precautions:

- Always consult with a physician before starting any new exercise program.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Ensure the safety key is properly attached to your clothing before starting the treadmill. In case of an emergency, the safety key will detach and stop the machine.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Wear appropriate athletic footwear and clothing.
- Do not step on or off the treadmill while the belt is moving.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

PACKAGE CONTENTS

Please check the box for the following components:

- LONTEK SF10 Treadmill (main unit)

- Power Cord
- Safety Key
- Lubricant (for running belt)
- Tool Kit (for assembly)
- User Manual (this document)

SETUP AND ASSEMBLY

The LONTEK SF10 treadmill comes largely pre-assembled. Follow these steps to complete the setup:

1. **Unpacking:** Carefully remove the treadmill from its packaging. Place all components on a clear, flat surface.
2. **Unfolding the Upright Posts:** Gently lift the console and upright posts from their folded position until they lock into place.
3. **Securing the Console:** Use the provided screws from the tool kit to secure the console to the upright posts. Typically, there are two screws at the bottom and two at the top of the console attachment points. Ensure they are tightened securely.
4. **Connecting Cables:** Connect any pre-labeled cables between the console and the main frame if they are not already connected.
5. **Power Connection:** Plug the power cord into the treadmill's power input and then into a grounded electrical outlet.
6. **Safety Key Placement:** Place the safety key into its designated slot on the console. The treadmill will not operate without the safety key in place.



Image: The LONTEK SF10 treadmill in an upright, operational position with a user running.

OPERATING INSTRUCTIONS

Console Overview

Multi-functional Console



Image: Close-up view of the multi-functional console displaying Distance, Speed, Time, Calories, and Heart Rate. Buttons for Speed +/-, Volume +/-, Start/Stop, Mode, and Program are visible.

The console features three LED screens displaying real-time workout data: time, distance, calories, speed, and heart rate. It also includes integrated controls for speed, volume, and program selection.

Getting Started

1. **Power On:** Ensure the treadmill is plugged in and the safety key is in place.
2. **Start:** Press the **START** button on the console. The treadmill will begin at a low speed.
3. **Adjust Speed:** Use the **SPEED +/-** buttons on the console or the handrail to increase or decrease the belt speed. The maximum speed is 7.5 MPH.
4. **Stop:** Press the **STOP** button to gradually bring the treadmill to a halt. Alternatively, pulling the safety key will immediately stop the treadmill.

Workout Programs

The treadmill offers 12 pre-set scientific running programs (P1-P12) to cater to different fitness needs. Press the **PROGRAM** button to cycle through the available programs. Each program has varying speed profiles over time.

Heart Rate Monitoring

To monitor your heart rate, place your hands on the heart rate sensors located on the handrails. Your heart rate will be displayed on the console after a few seconds.

Console Features and Storage

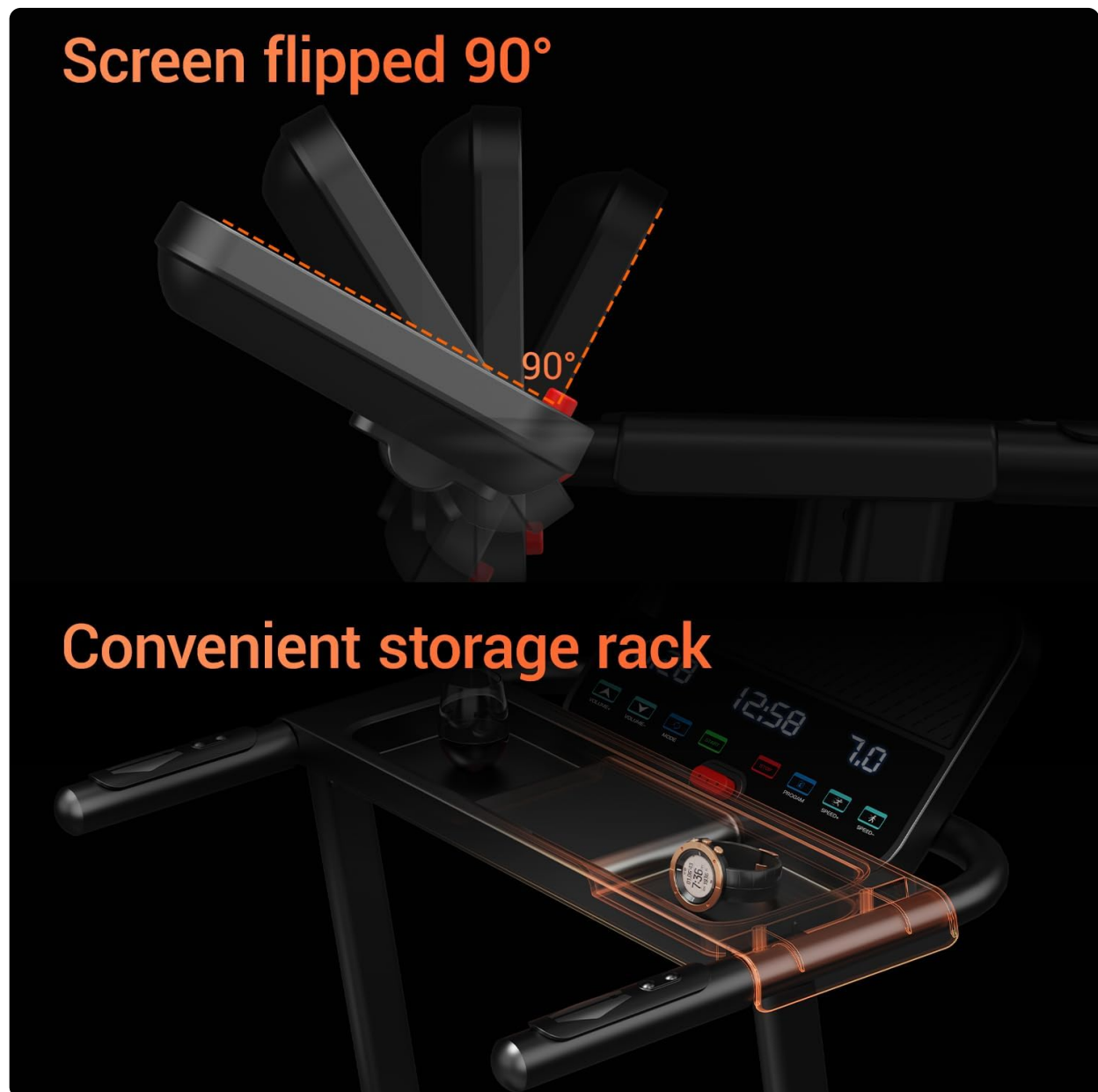


Image: The top panel shows the console screen can be flipped 90 degrees for optimal viewing. The bottom panel illustrates a convenient storage rack on the console for personal items like phones or tablets.

The console screen can be adjusted by flipping it up to 90 degrees for optimal viewing angle. A convenient storage rack is integrated into the console, providing space for water bottles, mobile phones, or tablets, ensuring a comprehensive workout experience.

MAINTENANCE

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

Cleaning

- Wipe down the console and frame with a damp cloth after each use. Avoid using abrasive cleaners.
- Keep the area around the treadmill clean and free of dust and debris.

Running Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided lubricant or a silicone-based treadmill lubricant.

1. Unplug the treadmill from the power outlet.
2. Lift the edge of the running belt on one side.
3. Apply a thin line of lubricant along the center of the deck, underneath the belt.
4. Repeat on the other side.
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 evenly.

Lubricate the belt every 3-6 months, depending on usage frequency.

Running Belt Adjustment

If the running belt shifts to one side or slips, it may need adjustment. Refer to the detailed instructions in the full user manual for belt centering and tensioning using the provided tool kit.

TROUBLESHOOTING

Here are solutions to common issues you might encounter:

| Problem | Possible Cause | Solution |
|--------------------------------|--|--|
| Treadmill does not start | Power cord not plugged in; Safety key not in place; Circuit breaker tripped. | Check power connection; Ensure safety key is fully inserted; Reset circuit breaker. |
| Running belt slips | Belt too loose; Belt needs lubrication. | Adjust belt tension (refer to full manual); Lubricate the running belt. |
| Unusual noise during operation | Loose parts; Belt friction; Motor issue. | Check and tighten all screws; Lubricate belt; If noise persists, contact customer support. |
| Heart rate monitor not working | Hands not properly placed; Dry hands. | Ensure full contact with both sensors; Moisten hands slightly if dry. |

For issues not listed here, please contact LONTEK customer support.

SPECIFICATIONS



Image: The treadmill highlighting its 300 LBS (approx. 136 kg) load capacity and a running surface width of 15.4 inches (39.1 cm).

| Feature | Detail |
|--------------------------------|--|
| Model | LONTEK SF10 |
| Motor | 3.0 HP Brushless Motor |
| Speed Range | 0.6 - 7.5 MPH (1 - 12 km/h) |
| Max Load Capacity | 300 lbs (approx. 136 kg) |
| Running Surface (L x W) | 102.1 cm x 39.1 cm (40.2 in x 15.4 in) |
| Product Dimensions (L x W x H) | 116.84 x 101.6 x 50.8 cm (46 x 40 x 20 inches) |
| Product Weight | 25.4 kg (56 lbs) |
| Programs | 12 Pre-set Programs |

| Feature | Detail |
|------------------|--|
| Display Metrics | Speed, Time, Distance, Calories, Heart Rate |
| Special Features | Foldable design, Silicone Damping System, Heart Rate Sensors |
| Material | Acrylonitrile Butadiene Styrene (ABS) |

Brushless Motor



2.5HP Brushless Motor

Lifespan: 3500 Hours

Lower Noise: < 45 dB

Lower Maintenance

Environment Friendly

Lower Power Consumpt

1.5HP Brushed Motor

Lifespan: 900 Hours

Higher Noise: 60 dB

Higher Maintenance

Environment Unfriendly

Higher Power Consumption

Image: Illustrates the benefits of the 2.5HP Brushless Motor used in the treadmill, including longer lifespan (3500 hours), lower noise (<45 dB), lower maintenance, and lower power consumption compared to a 1.5HP Brushed Motor.

Double Shock Absorption



Multi-layer Running Belt

Image: Depicts the double shock absorption system with silicone blocks and the multi-layer running belt designed for comfort and joint protection.

WARRANTY AND SUPPORT

LONTEK offers a 365-day Quality Assurance (QA) service for this product. For any questions, concerns, or warranty claims, please contact LONTEK customer service through the platform where you purchased the product. Please have your model number (SF10) and purchase details ready when contacting support.