renestar X918

RENESTAR X918 Treadmill User Manual

Model: X918 | Brand: RENESTAR

1. Introduction and Product Overview

This manual provides essential information for the safe and effective use of your RENESTAR X918 Treadmill. Please read it thoroughly before assembly or operation and retain it for future reference.

The RENESTAR X918 Treadmill is designed for home fitness, offering a versatile workout experience with features such as automatic incline, adjustable speed, and integrated connectivity.



Image: The RENESTAR X918 Treadmill in operation, highlighting its 15% auto incline capability.

2. Safety Information

Always consult with a healthcare professional before starting any new exercise program. Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it (at least 6 feet behind and 2 feet on each side).

- Keep children and pets away from the treadmill during operation.
- Always attach the safety key clip to your clothing before starting a workout.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Wear appropriate athletic footwear.
- Do not step on or off the treadmill while the belt is moving.
- Maximum user weight capacity: 300 lbs.



Image: The RENESTAR X918 Treadmill, emphasizing its 300 lbs weight capacity.

3. Package Contents

Verify that all components are present and undamaged before beginning assembly. If any parts are missing or damaged, contact customer support.

- RENESTAR X918 Treadmill (main unit)
- Power Cord
- Safety Key
- Tool Kit (for assembly)
- User Manual (this document)
- Knee Pads (if included as accessory)

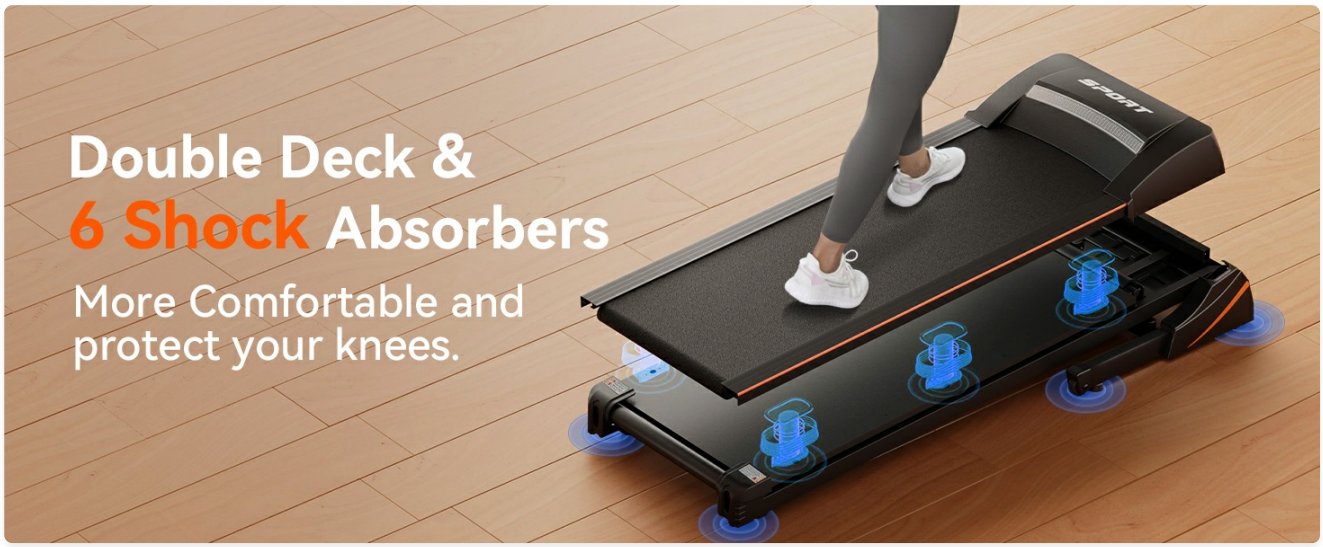


Image: Contents of the RENESTAR X918 Treadmill package, including assembly tools and accessories.

4. Setup and Assembly

The RENESTAR X918 Treadmill comes 95% pre-assembled, requiring minimal effort to set up. Follow these steps to complete the assembly:

1. Carefully remove the treadmill from its packaging.
2. Lift the console mast into the upright position.
3. Secure the console mast using the provided bolts and tools from the tool kit.
4. Connect any pre-labeled cables as instructed in the quick start guide (included in the package).
5. Plug the power cord into a grounded electrical outlet.
6. Attach the safety key to the designated slot on the console.

The treadmill features a hydraulic auto-folding system for easy storage. To fold, lift the running deck until it locks into place. To unfold, gently push the deck down, and the soft-drop system will lower it to the floor.



Image: The RENESTAR X918 Treadmill folded for storage, illustrating its hydraulic system and transport wheels.

5. Operating Instructions

5.1 Console Overview

The multi-functional control panel provides access to all treadmill features. It displays key metrics and allows for

easy adjustments.



Image: Detailed view of the RENESTAR X918 Treadmill's multi-functional control panel.

5.2 Starting a Workout

1. Ensure the safety key is properly inserted and clipped to your clothing.
2. Press the 'START' button on the console. The belt will begin moving at a low speed.
3. Gradually increase speed using the 'Speed +/-' buttons on the console or handrails.

5.3 Speed and Incline Adjustment

- **Speed:** Adjust from 0.5 to 10 MPH using the 'Speed +/-' buttons. Quick keys for 2/4/6/8 MPH are available.
- **Incline:** Adjust automatically from 0% to 15% using the 'Incline +/-' buttons. Quick keys for 3/6 incline levels are available.



Image: Speed ranges for various exercise types on the RENESTAR X918 Treadmill.

5.4 Preset Programs

The treadmill includes 12 preset workout programs. Select a program to automatically adjust speed and incline throughout your workout for varied training.

5.5 Bluetooth Connectivity and App Integration

Connect your device via Bluetooth to the treadmill's built-in speakers for audio playback. The treadmill is also compatible with fitness apps like Zwift and Kinomap for an interactive workout experience. A built-in USB charger is available for your convenience.

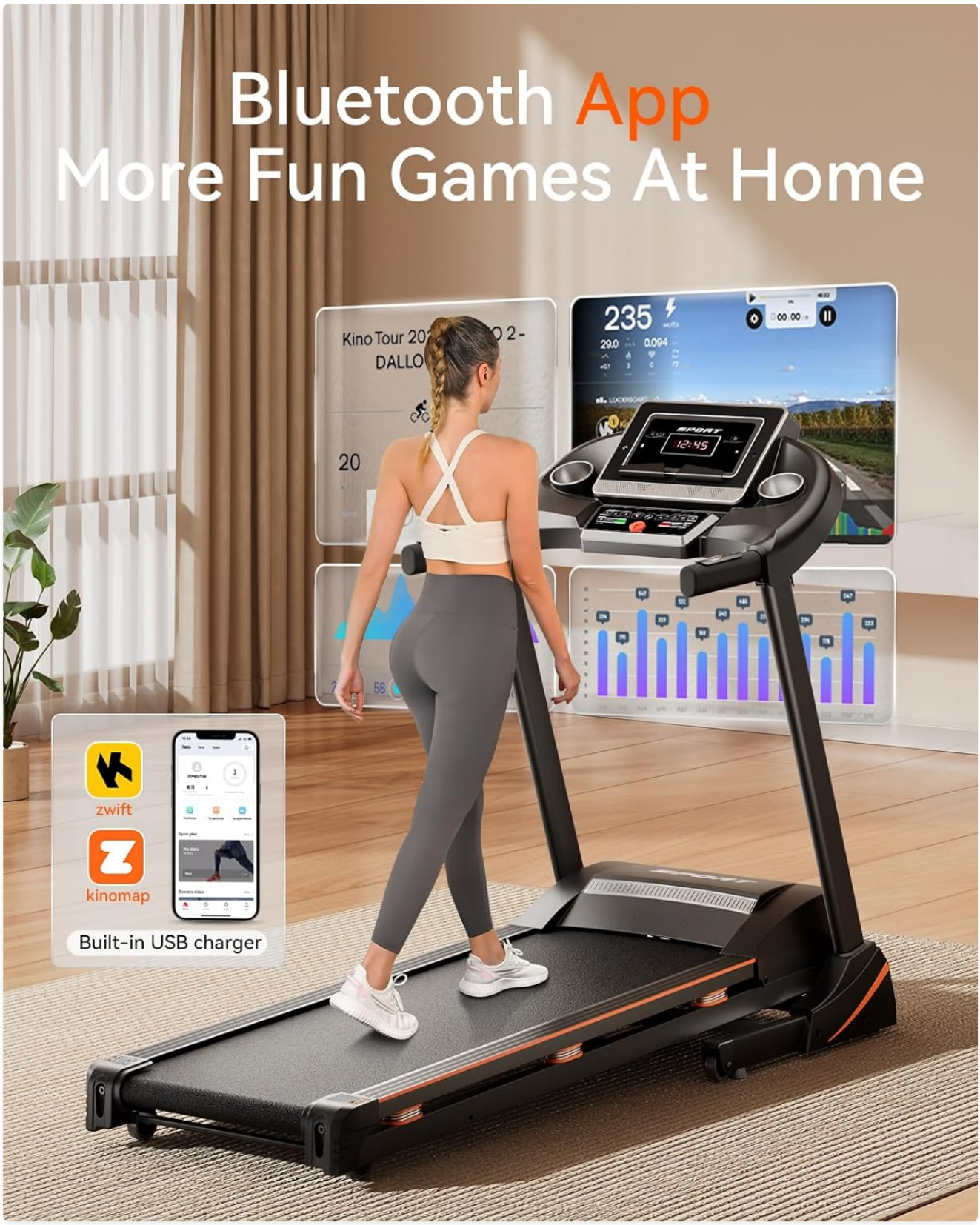


Image: Bluetooth app integration with the RENESTAR X918 Treadmill for interactive workouts.

5.6 Heart Rate Monitoring

Grasp the pulse sensors on the handrails to monitor your heart rate, displayed on the LCD screen. This feature helps you stay within your target heart rate zone.

6. Maintenance

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

- **Cleaning:** Wipe down the treadmill after each use with a damp cloth to remove sweat and dust. Do not use abrasive cleaners.
- **Belt Lubrication:** Refer to the quick start guide for specific lubrication intervals and instructions. Proper lubrication prevents friction and extends belt life.
- **Belt Tension:** Check belt tension periodically. If the belt slips or feels loose, adjust it according to the instructions in the quick start guide.
- **Motor Area:** Keep the area around the motor clean and free of dust and debris to ensure proper ventilation.

7. Troubleshooting

If you encounter any issues with your treadmill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not power on	Power cord not plugged in; Safety key not inserted; Circuit breaker tripped	Ensure power cord is securely plugged in; Insert safety key fully; Reset circuit breaker
Running belt slips	Belt too loose; Belt needs lubrication	Adjust belt tension (refer to quick start guide); Lubricate belt
Unusual noise during operation	Loose parts; Motor issue; Belt misalignment	Check and tighten all bolts; Contact customer support if motor noise persists; Adjust belt alignment
Heart rate monitor not working	Hands not firmly on sensors; Dry hands	Ensure firm contact with both sensors; Slightly moisten hands if too dry

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

8. Specifications

Detailed technical specifications for the RENESTAR X918 Treadmill:

Brand: RENESTAR

Model Name: X918 Treadmill

Color: Black

Product Dimensions: 50"D x 27"W x 58"H

Folded Size: 36"D x 27"W x 12"H

Item Weight: 115 Pounds

Material: Alloy Steel

Maximum Speed: 10 Miles per Hour

Minimum Speed: 0.5 Miles per Hour

Maximum Incline Percentage: 15% (Auto Incline)

Maximum Horsepower: 3 HP

Maximum Weight Recommendation: 300 Pounds

Running Belt Dimensions: 45.5"L x 16.5"W

Display Type: LCD

Connectivity Technology: Bluetooth, USB

Number of Preset Programs: 12

Metrics Measured: Calories Burned, Distance, Heart Rate, Speed, Time

Special Features: Auto Incline, Bluetooth, Foldable, Heart Rate Monitor, Water Bottle Holder, 6 Shock Absorbers (CEMTS patented)



Image: Dimensions of the RENESTAR X918 Treadmill's running belt.

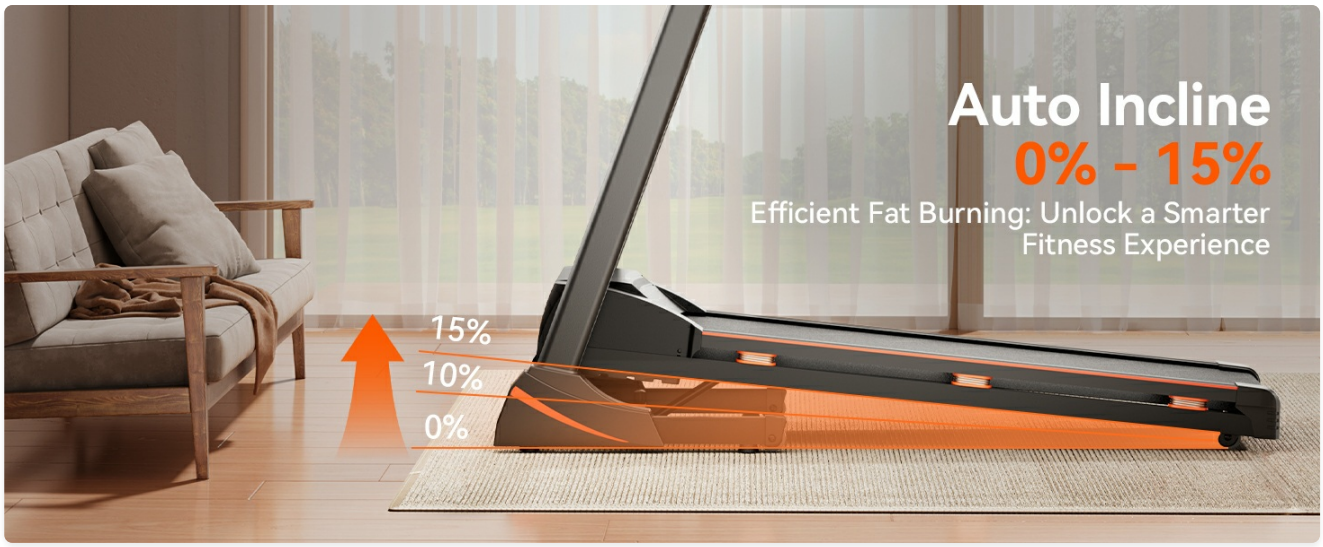


Image: Details of the RENESTAR X918 Treadmill's powerful and quiet motor.



Image: The double deck and six shock absorbers for enhanced comfort and joint protection.

9. Warranty and Support

The RENESTAR X918 Treadmill comes with a**2-year manufacturer's warranty**. This warranty covers defects in materials and workmanship under normal use.

For warranty claims, technical support, or any inquiries, please contact RENESTAR customer service. Refer to the contact information provided on the product packaging or the official RENESTAR website.

Prompt and reliable customer service is available to address any post-purchase concerns.

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