RHYTHM FUN RF-C5

RHYTHM FUN RF-C5 Foldable Treadmill User Manual

Model: RF-C5 | Brand: RHYTHM FUN

1. Introduction

Thank you for choosing the RHYTHM FUN RF-C5 Foldable Treadmill. This 2-in-1 walking pad and treadmill is designed for both home and office use, offering a convenient way to incorporate exercise into your daily routine. With its powerful 2.5HP motor and foldable design, it provides an effective and space-saving solution for walking, jogging, and light running. Please read this manual thoroughly before operation to ensure safe and proper use.

2. Safety Information

Your safety is paramount. Always adhere to the following safety guidelines:

- Place the treadmill on a flat, stable surface.
- Ensure adequate clear space around the treadmill (at least 20 inches on each side and 79 inches behind).
- Do not exceed the maximum weight capacity of 300 pounds.
- Always attach the safety key clip to your clothing before starting the treadmill. In case of emergency, the safety key will disengage, stopping the machine.
- Do not step on or off the running belt while it is in motion. Always start and stop the treadmill with your feet on the side rails.
- Keep children and pets away from the treadmill during operation.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.
- Consult a physician before starting any new exercise program.

3. Package Contents

Upon opening the package, verify that all the following components are included:

- RHYTHM FUN RF-C5 Foldable Treadmill Unit
- User Manual
- Safety Key
- Remote Control
- Tool Kit (Hex Tool)

- Lubricating Oil (2 bottles)
- PAD Board (for device holder)
- Knobs (2)



Figure 3.1: Included Components

4. Setup

The RHYTHM FUN RF-C5 treadmill arrives fully assembled. Follow these steps to set up your treadmill for first use:

1. **Unfolding the Handlebar:** Gently lift the handlebar from its folded position until it locks securely into place. Use the provided knobs to tighten the handlebar firmly.
2. **Power Connection:** Locate the power input at the front base of the treadmill. Plug the power cord into the treadmill and then into a grounded electrical outlet. Turn on the main power switch, usually located near the power cord input.
3. **Attaching the Safety Key:** Insert the red safety key into its designated slot on the console. Ensure the clip is attached to your clothing. The treadmill will not operate without the safety key in place.
4. **Installing the Device Holder (PAD Board):** If desired, attach the PAD board to the top of the handlebar. This provides a secure place for your phone or tablet during your workout.



Figure 4.1: Treadmill in upright position with device holder



Figure 4.2: Control methods: Console buttons and remote control

5. Operating Instructions

Familiarize yourself with the treadmill's controls for a smooth workout experience.

5.1 Power On/Off

- **Power On:** Ensure the safety key is in place. Press the 'ON/OFF' button on the console or the power button on the remote control. The LED display will illuminate.
- **Power Off:** Press the 'ON/OFF' button on the console or the power button on the remote control. The treadmill will gradually slow down and stop. Alternatively, pull the safety key to immediately stop the treadmill.

5.2 Speed Adjustment

The treadmill offers various speed modes for walking, jogging, and running:

- **Increase Speed:** Press the '+' button on the console or remote.

- **Decrease Speed:** Press the '-' button on the console or remote.
- **Quick Speed Buttons:** Use the '3/6' button on the console to quickly switch between 3 km/h (walking) and 6 km/h (jogging) modes.
- **Maximum Speed:** The treadmill supports speeds up to 10.8 km/h (6.7 mph) for running when the handlebar is upright, and up to 6 km/h (3.8 mph) when the handlebar is folded down (walking pad mode).



Figure 5.1: Adjustable Speed Modes

5.3 LED Display

The LED display provides real-time workout data:

- **Time:** Duration of your workout.
- **Speed:** Current speed in km/h or mph.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.



Figure 5.2: LED Display Metrics

5.4 Ypoofit APP Connection

Enhance your workout experience by connecting to the Ypoofit app via Bluetooth:

- Download the Ypoofit app from your device's app store.
- Enable Bluetooth on your smartphone or tablet.
- Open the Ypoofit app and follow the on-screen instructions to pair with your RHYTHM FUN treadmill.
- The app allows you to join course training, track exercise data, and engage with other users.



Figure 5.3: Ypoofit App Interface

6. Maintenance

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

6.1 Lubrication

The running belt requires periodic lubrication to reduce friction and wear. Use the provided lubricating oil:

- Turn off and unplug the treadmill.
- Loosen the belt tension by turning the rear rollers counter-clockwise (refer to the manual for specific instructions on belt tension adjustment).
- Lift the edge of the running belt and apply a small amount of lubricant evenly to the center of the running deck.
- Tighten the belt tension (clockwise) until it is properly centered and taut.
- Run the treadmill at a low speed for a few minutes to distribute the lubricant.

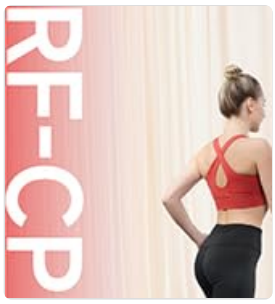


Figure 6.1: Lubrication Port

6.2 Cleaning

- Wipe down the treadmill surfaces with a damp cloth after each use.
- Avoid using abrasive cleaners or solvents.

7. Troubleshooting

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

Problem	Possible Cause	Solution
Treadmill does not start	Power cord unplugged, safety key not inserted, main power switch off	Check power connection, insert safety key fully, turn on main power switch
Running belt slips or hesitates	Belt too loose, insufficient lubrication	Adjust belt tension (tighten), apply lubricant (refer to Maintenance section)
Unusual noise during operation	Loose components, motor issue, belt misalignment	Check all screws and bolts, ensure belt is centered, contact customer support if noise persists
E05 Error Code	Motor overload or sensor issue	Turn off and unplug the treadmill for 5 minutes, then restart. If the error persists, contact customer support.

8. Specifications

Feature	Specification
Brand	RHYTHM FUN
Model Name	RF-C5
Product Dimensions (LxWxH)	49"D x 24.4"W x 44"H
Folded Size	24.5" x 24.4" x 22"
Item Weight	52 Pounds
Maximum Weight Recommendation	300 Pounds
Maximum Horsepower	2.5 Horsepower
Maximum Speed	10.8 Kilometers per Hour (6.7 mph)
Minimum Speed	0.8 Kilometers per Hour

Feature	Specification
Running Belt Dimensions	41.7" x 15.7" (approx. 42" x 16")
Running Belt Layers	5-layer non-slip
Display Type	LED
Special Feature	Foldable, Folding, Wheeled
Assembly Required	No



Figure 8.1: Key Specifications



Figure 8.2: Treadmill Features



Figure 8.3: 5-Layer Running Belt Construction



Figure 8.4: Strong & Powerful Motor

9. Storage

The RHYTHM FUN RF-C5 treadmill is designed for easy storage, making it ideal for small spaces.

- **Folding the Handlebar:** Loosen the knobs on the handlebar and gently fold it down towards the running deck. Secure it in the folded position.
- **Moving the Treadmill:** The treadmill features built-in wheels at the front. Once folded, you can easily tilt and roll the treadmill to your desired storage location, such as under a bed or against a wall.



Figure 9.1: Space-Saving Storage



Figure 9.2: Folding Mechanism

10. Official Product Video

Video 10.1: RHYTHM FUN Foldable Treadmill Overview. This video provides a comprehensive overview of the treadmill's features, setup, and usage.

11. Warranty and Support

RHYTHM FUN is dedicated to providing high-quality treadmills and excellent after-sales service.

- **Warranty:** This product comes with a 1-year warranty.
- **Customer Support:** If you have any questions, concerns, or require assistance, please contact RHYTHM FUN customer service. We are committed to providing satisfactory service to every customer.

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

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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