

RHYTHM FUN M4138

RHYTHM FUN Foldable Incline Treadmill

Model: M4138

User Manual

1. IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using this treadmill. Keep this manual for future reference.

- Always place the treadmill on a flat, stable surface.
- Ensure adequate clearance around the treadmill (at least 2 meters behind and 0.6 meters on each side).
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Always attach the safety key clip to your clothing before starting the treadmill. The treadmill will stop if the safety key is disengaged.
- Wear appropriate athletic footwear. Do not use the treadmill barefoot.
- Do not exceed the maximum user weight of 136 kg (300 lbs).
- Consult a physician before starting any exercise program.

2. PRODUCT OVERVIEW AND COMPONENTS

The RHYTHM FUN Foldable Incline Treadmill is designed for home and office use, offering a compact and versatile solution for walking, jogging, and light running.



Figure 2.1: The RHYTHM FUN Foldable Incline Treadmill in its upright position with handles, demonstrating its use for walking and light running. The image also shows the treadmill folded flat for storage.

Included Components:

- RHYTHM FUN Treadmill Unit
- Power Cord
- Remote Control
- Safety Key
- User Manual (this document)
- Lubricant (2 bottles)
- Belt Adjustment Tool
- AA Batteries for Remote (2)
- Pads for underneath legs (4)



Figure 2.2: Key features of the treadmill, highlighting the 2.5 HP motor, 300 lbs (136 kg) max weight capacity, knee protection system, and the 5-layer running belt for durability and comfort.

2.5HP Powerful Motor

More calories burned than
10,000 steps



< 65db
low noise



Figure 2.3: Illustration of the treadmill's compact dimensions (15 inches wide, 36.6 inches long running area) and its quiet operation, rated at less than 65dB, suitable for home or office environments.

3. SETUP AND ASSEMBLY

3.1 Unpacking

Carefully remove the treadmill from its packaging. It is recommended to have two people for lifting due to its weight (approx. 19.5 kg / 43 lbs).

3.2 Placement

Choose a flat, stable surface for the treadmill. Ensure there is sufficient space around the unit for safe operation and access. Place the provided pads underneath the legs to protect your flooring.

3.3 Unfolding the Treadmill

1. Lay the treadmill flat on the floor.

2. Gently lift the handle bar until it locks into the upright position.
3. Ensure all locking mechanisms are securely engaged before use.

Easy to Move and Space Saving

Balance Work and Life



Figure 3.1: The treadmill's space-saving design, showing how it can be easily folded flat to a height of 4.4 inches for storage under furniture like a sofa or bed, balancing work and life.

3.4 Power Connection

Connect the power cord to the treadmill's power input and then plug it into a standard electrical outlet. Ensure the power switch is in the 'ON' position.

3.5 Adjusting Incline

The treadmill features a manual 3-level incline adjustment (1.5%, 5%, and 8%). To adjust the incline, locate the incline pins at the rear of the treadmill. Lift the rear of the treadmill slightly and insert the pins into the desired incline level holes. Ensure both sides are set to the same level for stability.

4. OPERATING THE TREADMILL

4.1 Safety Key

Before starting, attach the safety key clip to your clothing. Insert the magnetic end of the safety key into the designated slot on the console. The treadmill will not operate without the safety key in place.

4.2 Control Methods

The treadmill can be controlled via the console, the remote control, or the Ypoofit mobile application.

Three Methods of Control the Treadmill



Figure 4.1: Overview of the three control methods for the treadmill: the Ypoofit App on a smartphone, the integrated console display, and the handheld remote control, allowing for flexible operation.

4.2.1 Console Control

The LED display on the console shows speed, time, distance, and calories. Use the buttons on the console to start/stop and adjust speed.

4.2.2 Remote Control

The remote control allows for convenient adjustment of speed and instant stopping. Ensure batteries are installed correctly.

4.2.3 Ypoofit App Control

1. Download the "Ypoofit" app from your device's app store.
2. Enable Bluetooth on your mobile device.
3. Open the Ypoofit app and follow the instructions to pair with your treadmill.
4. The app allows for detailed exercise data tracking, course training, and interaction with other users.

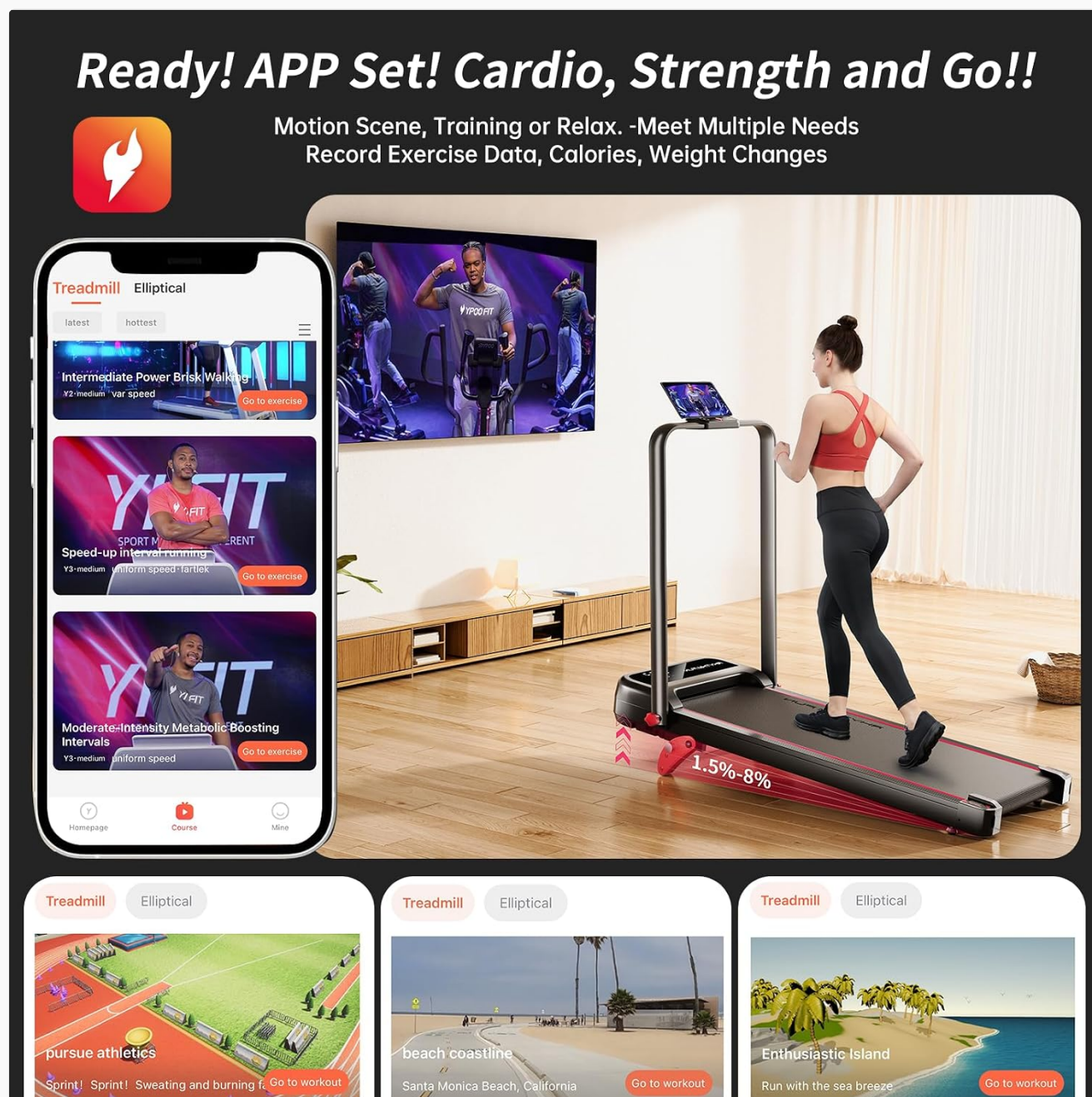


Figure 4.2: The Ypoofit App interface, demonstrating its capabilities for tracking exercise data, participating in guided workouts, and connecting with a community, enhancing the treadmill experience.

4.3 Starting and Adjusting Speed

Press the 'Start' button on the console or remote. The treadmill will begin at a low speed. Use the '+' and '-' buttons to increase or decrease the speed. The speed range is 0.8 km/h to 8 km/h (0.5 MPH to 5.0 MPH).

4.4 Treadmill Modes

The treadmill supports various modes suitable for different fitness levels and goals:

- **Incline Walking Mode:** Ideal for casual walking or desk work (0.5-1.5 MPH).

- **Incline Jogging Mode:** For a more intense cardio workout (1.5-3.4 MPH).
- **Incline Running Mode:** For higher intensity exercise (3.7-5.0 MPH).

3-IN-1 Treadmill Walking Mode

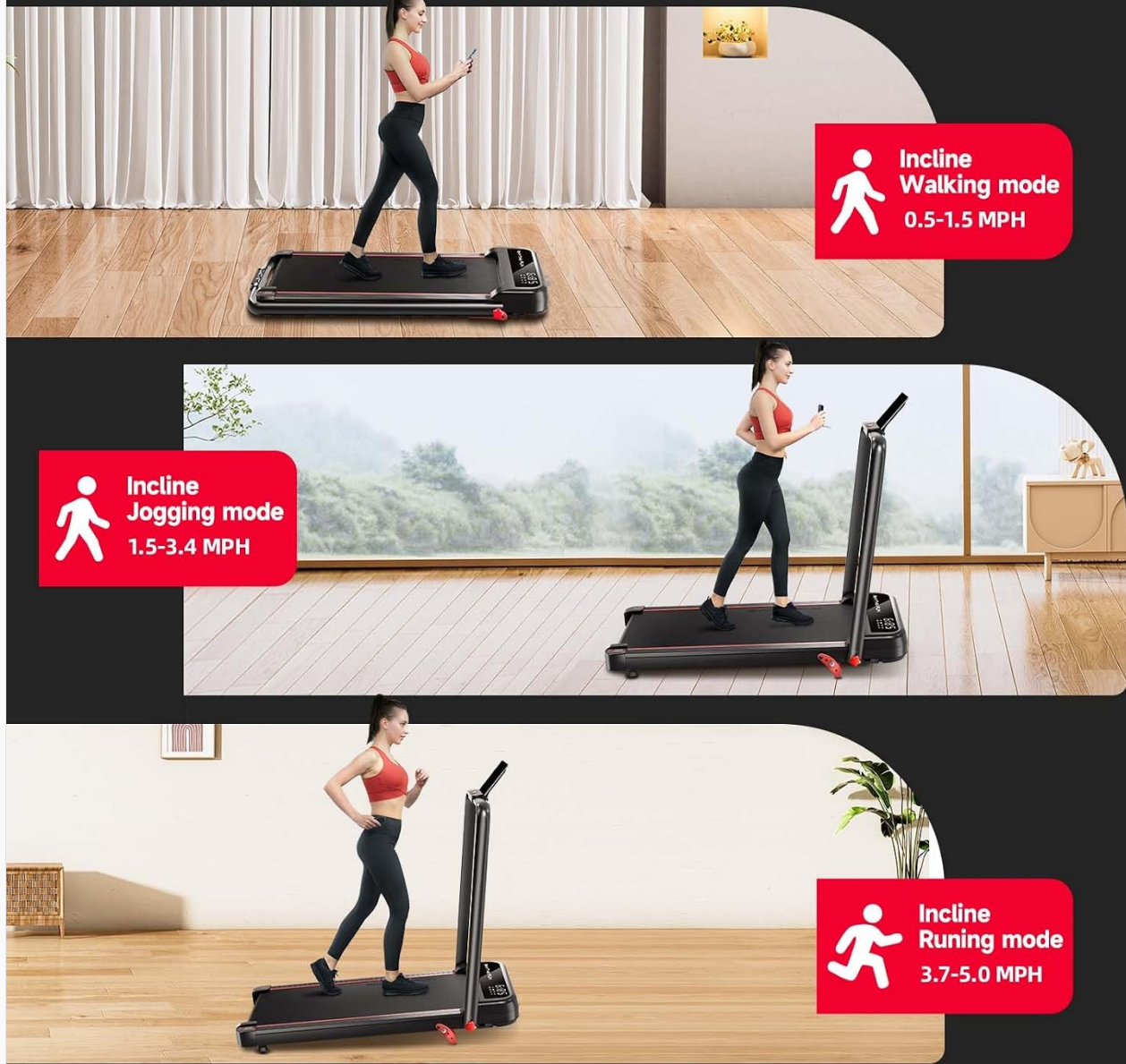


Figure 4.3: Visual representation of the three primary modes: Incline Walking (0.5-1.5 MPH), Incline Jogging (1.5-3.4 MPH), and Incline Running (3.7-5.0 MPH), illustrating the versatility of the treadmill for various exercise intensities.

4.5 Phone Holder

Utilize the integrated phone holder on the handle bar to secure your mobile device for entertainment or app viewing during your workout.

5. MAINTENANCE

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

5.1 Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Apply lubricant every 3-6 months or after 100 hours of use, whichever comes first. Use the provided lubricant or a 100% silicone treadmill

lubricant.

1. Turn off and unplug the treadmill.
2. Loosen the rear roller bolts slightly to lift the belt.
3. Apply a thin line of lubricant evenly under the center of the running belt.
4. Tighten the rear roller bolts.
5. Run the treadmill at a low speed (e.g., 1 km/h) for 5 minutes to distribute the lubricant.

5.2 Belt Adjustment

If the running belt slips or drifts to one side, it may need adjustment. Use the provided belt adjustment tool.

- **To center the belt:** If the belt drifts to the right, turn the right rear roller bolt clockwise in small increments (1/4 turn). If it drifts to the left, turn the left rear roller bolt clockwise. Run the treadmill for a minute after each adjustment to check alignment.
- **To tighten the belt:** If the belt slips during use, turn both rear roller bolts clockwise by 1/4 turn simultaneously. Do not overtighten.

5.3 Cleaning

Wipe down the treadmill surfaces with a damp cloth after each use. Do not use abrasive cleaners or solvents. Regularly vacuum dust from around the motor cover.

6. TROUBLESHOOTING

Refer to the table below for common issues and their solutions.

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord not plugged in; Safety key not in place; Power switch off.	Check power connection; Ensure safety key is fully inserted; Turn power switch ON.
Running belt slips.	Belt too loose; Belt needs lubrication.	Adjust belt tension (Section 5.2); Lubricate belt (Section 5.1).
Belt drifts to one side.	Belt alignment issue.	Adjust belt alignment (Section 5.2).
Unusual noise during operation.	Loose parts; Lack of lubrication; Motor issue.	Check for loose screws; Lubricate belt; If noise persists, contact customer support.
Console display not working.	Power issue; Loose connection.	Check power cord; Restart treadmill; Contact customer support.

If you encounter issues not listed here or if problems persist, please contact RHYTHM FUN customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	RHYTHM FUN

Feature	Detail
Model Number	M4138
Motor Horsepower	2.5 HP
Speed Range	0.8 - 8 km/h (0.5 - 5.0 MPH)
Max User Weight	136 kg (300 lbs)
Incline Levels	3 Manual Levels (1.5%, 5%, 8%)
Running Belt Dimensions	93 x 38 cm (36.6 x 15 inches)
Frame Material	Alloy Steel
Display Type	LED
Product Dimensions (Unfolded)	115.6 cm (L) x 62 cm (W) x 106.7 cm (H)
Product Dimensions (Folded)	115.82 cm (L) x 62.48 cm (W) x 12.45 cm (H) (approx. 4.4 inches height)
Item Weight	19.5 kg (43 lbs)
Power Source	Corded Electric
Special Features	Portable, Foldable, Manual Incline, Quiet Operation, App Control

8. WARRANTY AND CUSTOMER SUPPORT

RHYTHM FUN is dedicated to providing high-quality treadmills and excellent after-sales service. For warranty information, technical assistance, or any questions regarding your treadmill, please contact our customer support team.

Please refer to your purchase documentation for specific warranty terms and contact details. You can also visit the official RHYTHM FUN website for support resources.

Your fitness journey is important to us, and we are here to help.