ANCHEER TR5970AN2_BL

ANCHEER Under Desk Treadmill Instruction Manual

Model: TR5970AN2_BL

Introduction

This manual provides essential information for the safe and effective operation of your ANCHEER Under Desk Treadmill. Please read it thoroughly before first use and retain it for future reference.
The ANCHEER Under Desk Treadmill is a portable 2-in-1 walking pad designed for home and office use. It features a 2.5HP brushless motor, a 300lb weight capacity, and smart Bluetooth app control, offering a quiet and efficient exercise experience.

Key Features

- **Highly Elastic Material:** The running belt provides excellent wear resistance and anti-slip performance for stable foot placement.
- **2.5HP High-performance Brushless Motor:** Offers efficient, stable, quiet operation with a longer lifespan and higher energy efficiency.
- **300-pound Weight Capacity:** Designed to stably support users across various weight ranges for safe exercise.
- **Smart Bluetooth App Control:** Easily adjust speed, modes, and monitor workout progress via a mobile app.
- **Compact and Portable:** Minimal space footprint, ideal for small apartments or offices, with mobile scroll wheels for easy movement.
- **Enhanced User Experience:** Includes a 1-year free parts replacement service.

Setup

The ANCHEER Under Desk Treadmill requires minimal assembly. It is largely pre-assembled for your convenience.

1. **Unpacking:** Carefully remove the treadmill from its packaging.
2. **Placement:** Place the treadmill on a very flat surface without any slant. Avoid thick rugs to ensure proper airflow ventilation for the motor.
3. **Power Connection:** Plug the power cord into a suitable electrical outlet.
4. **Remote Control Setup:** Remove the tab from the remote control where the battery is located to activate it.



Figure 1: ANCHEER Under Desk Treadmill in a typical home office and living room setup.

Operating Instructions

Using the Remote Control

The treadmill is controlled primarily via the included wireless remote control. The remote allows you to power on/off, start/stop, and adjust speed.

1. **Power On:** Press the power button on the remote control. The LED display on the treadmill will illuminate.
2. **Start Exercise:** Press the 'Start' button on the remote. The treadmill will count down (e.g., 3-2-1) and begin moving at its slowest speed (0.6 MPH).
3. **Adjust Speed:** Use the '+' button to increase speed and the '-' button to decrease speed. The maximum speed is 3.9 MPH.
4. **Pause/Stop:** Press the 'Pause' button to temporarily stop the belt. Press 'Stop' to end your workout.



Figure 2: Remote control and Bluetooth app connection for the treadmill.

LED Display

The integrated LED display provides real-time workout data:

- **Speed:** Current walking/running speed.
- **Distance:** Total distance covered during the session.
- **Time:** Duration of your workout.
- **Calories:** Estimated calories burned.



Figure 3: The LED display provides essential workout metrics.

Bluetooth App Control

Connect your treadmill to a mobile app via Bluetooth for enhanced control and tracking. The app allows for personalized settings and monitoring of your workout progress.

Portability and Storage

The treadmill is lightweight and features wheels on the front for easy movement. It can be stored upright against a wall or slid under furniture like a bed or couch.



Figure 4: Easy portability and storage of the treadmill.

Maintenance

- **Belt Lubrication:** It is imperative that you lubricate the belt periodically (e.g., every 2-3 months) with a special silicone-based lubricant to ensure smooth operation and prevent wear.
- **Belt Adjustment:** The running belt may tend to deviate from the center if not on a flat surface. Readjust the belt with the provided Allen wrench as needed.
- **Cleaning:** Regularly wipe down the treadmill with a damp cloth to remove dust and sweat.
- **Storage:** When not in use, store the treadmill in a dry, cool place.



Figure 5: Multi-layer running belt for enhanced performance and durability.

Troubleshooting

If you encounter any issues with your ANCHEER Under Desk Treadmill, please refer to the following common solutions:

- **Treadmill Not Starting:** Ensure the power cord is securely plugged in and the power button on the remote or treadmill is pressed. Check if the safety key is properly placed.
- **Belt Slipping or Sticking:** This often indicates insufficient lubrication. Apply silicone lubricant as per maintenance instructions. Also, check belt tension and alignment.
- **Unusual Noises:** Verify that the treadmill is on a flat, stable surface. Check for any loose parts or debris under the belt. Lubricate the belt if a squeaking noise is present.
- **Display Not Working:** Ensure the power connection is stable. If the issue persists, contact customer support.

For persistent issues or problems not listed here, please contact ANCHEER customer support.

Specifications

Feature	Detail
Brand	ANCHEER
Model Name	TR5970AN2_BL
Color	Blue
Product Dimensions	52"D x 25"W x 5"H
Item Weight	48 Pounds
Material	Alloy Steel
Maximum Speed	4 Miles per Hour
Maximum Horsepower	2.5 Horsepower
Maximum Weight Recommendation	300 Pounds
Deck Length	42 Inches
Deck Width	17 Inches
Display Type	LCD
Connectivity Technology	Power Cord, Bluetooth
Number of Programs	12
Assembly Required	No

Warranty and Support

The ANCHEER Under Desk Treadmill comes with a **1-year warranty** for parts replacement. This service aims to enhance your purchasing and usage experience, providing timely support and solutions for any issues that may arise within the first year.
For customer support or warranty claims, please refer to the contact information provided with your product packaging or visit the official ANCHEER website.
Additionally, the product offers a **30-day easy returns** policy.

Official Product Videos

Below are official product videos from the seller demonstrating key features and usage of the ANCHEER Under Desk Treadmill.

Your browser does not support the video tag.

Video Description: This video provides a brief overview of the Ancheer Walking Pad, demonstrating its compact size and ease of use. It highlights the quiet operation and portability, showing how it can be easily moved and stored. This is a preview video.

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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.

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