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› RHYTHM FUN Walking Pad Treadmill with Incline User Manual

RHYTHM FUN RF-AP01

RHYTHM FUN Walking Pad Treadmill with Incline User Manual

Model: RF-AP01

1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using the RHYTHM FUN Walking Pad Treadmill. Retain this manual for future reference.

- Ensure the treadmill is placed on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Do not exceed the maximum weight capacity of 300 lbs (136 kg).
- Always wear appropriate athletic footwear.
- If you experience any pain, dizziness, or discomfort, stop exercising immediately.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

2. PRODUCT OVERVIEW

The RHYTHM FUN Walking Pad Treadmill is a compact and versatile fitness device designed for walking, jogging, and light running, suitable for both home and office environments. Its key features include an adjustable incline and a powerful yet quiet motor.



Figure 2.1: RHYTHM FUN Walking Pad Treadmill with Incline in use.

Key Features:

- **8% Adjustable Incline:** Simulates climbing, increasing calorie burn by up to 50% compared to flat walking.
- **Powerful 2.5HP Quiet Motor:** Supports users up to 300 lbs (136 kg) with minimal noise.
- **LED Display:** Tracks essential workout metrics including speed, time, distance, and calories burned.
- **5-Layer Anti-Slip Running Belt:** Enhances safety and provides a comfortable walking surface.
- **Portable and Space-Saving:** Lightweight design (40 lbs) with built-in wheels for easy movement and storage under furniture.

Two Methods of Control the Treadmill

Better for Burning Calories and Building Muscle



Figure 2.2: Incline Benefits - 8% Incline vs. 0% Incline.

2.5HP Powerful Motor

More calories burned than
10,000 steps



Figure 2.3: Treadmill in an office setting, showcasing motor power and weight capacity.



Figure 2.4: Treadmill construction highlighting knee protection and multi-layer belt.

3-IN-1 Treadmill Walking Mode



Figure 2.5: Three-in-one Treadmill Walking Modes.

3. SETUP

The RHYTHM FUN Walking Pad Treadmill comes fully assembled, requiring no complex setup. Simply unbox and prepare for use.

3.1 Unboxing and Placement

1. Carefully remove the treadmill from its packaging.
2. Place the treadmill on a firm, level surface, ensuring adequate space around it for safe operation.
3. Ensure the power cord is easily accessible and not obstructed.

3.2 Initial Power-On

1. Plug the power cord into a grounded electrical outlet.
2. Locate the main power switch (usually at the front or side of the treadmill) and turn it to the 'ON' position.

3. The LED display should illuminate, indicating the treadmill is ready for operation.

4. OPERATING INSTRUCTIONS

The treadmill can be controlled via the included remote control or a compatible mobile application.



Figure 4.1: LED Display and Remote Control.

4.1 Using the Remote Control

1. **Power On/Off:** Press the power button on the remote to start or stop the treadmill.
2. **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the speed. The speed range is 0.8-6.0 KM/H (0.5-3.8 MPH).
3. **Mode Selection:** Some remotes may have a mode button to cycle through display metrics (Time, Distance, Calories, Speed).

4.2 Understanding the LED Display

The integrated LED display provides real-time feedback on your workout:

- **SPEED:** Current walking/running speed.
- **TIME:** Duration of your workout.
- **DIST:** Distance covered during your workout.
- **CAL:** Estimated calories burned.

4.3 Adjusting the Incline

The treadmill features a manual incline adjustment. To change the incline:

1. Ensure the treadmill is stopped and unplugged for safety.
2. Locate the incline adjustment mechanism at the rear of the treadmill (red levers/supports).
3. Adjust the supports to the desired incline level (e.g., 1.5%, 5%, or 8%). Ensure both sides are set equally.
4. Once adjusted, ensure the supports are securely locked in place before resuming use.

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. Lubricant is included with your purchase.

1. Turn off and unplug the treadmill.
2. Loosen the belt tension by turning the rear roller bolts counter-clockwise (usually 2-3 turns on each side).
3. Lift the edge of the running belt and apply a small amount of the provided silicone lubricant evenly onto the center of the deck, under the belt.
4. Tighten the belt tension by turning the rear roller bolts clockwise until the belt is snug but not overly tight.
5. Plug in the treadmill and run it at a low speed (e.g., 1 KM/H) for 2-3 minutes to distribute the lubricant.
6. Lubricate every 3-6 months depending on usage.

5.2 Cleaning

Regular cleaning helps maintain hygiene and appearance.

- Wipe down the treadmill surface with a damp cloth after each use.
- Avoid using abrasive cleaners or solvents that could damage the finish.
- Periodically vacuum under the treadmill to remove dust and debris.

5.3 Belt Adjustment

If the running belt shifts to one side or slips, it may need adjustment.

- **Centering the Belt:** If the belt drifts to the left, turn the left rear roller bolt clockwise in small increments (1/4 turn). If it drifts to the right, turn the right rear roller bolt clockwise. Run the treadmill at a low speed to check alignment. Repeat until centered.
- **Tightening the Belt:** If the belt slips during use, turn both rear roller bolts clockwise in small, equal increments (1/4 turn at a time) until the slipping stops. Do not overtighten.

6. TROUBLESHOOTING

This section addresses common issues you might encounter.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord unplugged, main switch off, circuit breaker tripped.	Check power connection, ensure main switch is ON, reset circuit breaker if necessary.
Running belt slips.	Belt too loose, insufficient lubrication.	Tighten the running belt (Section 5.3), apply lubricant (Section 5.1).
Running belt drifts to one side.	Belt out of alignment.	Adjust the running belt (Section 5.3).
Unusual noise during operation.	Loose parts, motor issue, belt friction.	Check for loose screws, lubricate belt. If noise persists, contact customer service.
Burning smell from motor.	Overuse, motor overheating.	Stop use immediately and unplug. Allow to cool down. Reduce workout duration/intensity. If issue persists, contact customer service.

If you encounter a problem not listed here or if the suggested solutions do not resolve the issue, please contact RHYTHM FUN customer service for assistance.

7. SPECIFICATIONS

Feature	Specification
Brand	RHYTHM FUN
Model Name	RF-AP01
Product Dimensions	44.8"D x 21.49"W x 4.9"H
Item Weight	48 Pounds (21.77 kg)
Material	Alloy Steel
Maximum Speed	6 Kilometers per Hour (3.8 MPH)
Minimum Speed	0.8 Kilometers per Hour (0.5 MPH)
Maximum Horsepower	2.5 Horsepower
Maximum Incline Percentage	8.00%
Maximum Weight Recommendation	300 Pounds (136 kg)
Display Type	LED
Metrics Measured	Calories Burned, Distance, Speed, Time
Assembly Required	No
Included Components	Lubricant, Tool Kit, User Manual, Remote Control

8. WARRANTY AND SUPPORT

8.1 Warranty Information

The RHYTHM FUN Walking Pad Treadmill comes with a **1-Year Warranty** from the date of purchase. This warranty covers manufacturing defects and issues arising from normal use. Please retain your proof of purchase for warranty claims.

8.2 Customer Support

RHYTHM FUN is committed to providing excellent customer service. If you have any questions, concerns, or require assistance with your treadmill, please do not hesitate to contact our support team. We offer 24-hour friendly customer service to ensure your satisfaction.

For support, please refer to the contact information provided on the product packaging or the official RHYTHM FUN website.

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