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› FUNMILY Folding Treadmill User Manual

FUNMILY FUNMILY 3.25HP Folding Treadmill

FUNMILY Folding Treadmill User Manual

Model: FUNMILY 3.25HP Folding Treadmill

1. INTRODUCTION

Thank you for choosing the FUNMILY Folding Treadmill. This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before initial use and retain it for future reference.

This treadmill is designed for home use, offering a powerful 3.0 HP motor, automatic incline, and smart app connectivity to enhance your workout experience.

2. IMPORTANT SAFETY INFORMATION

Before operating the treadmill, please observe the following safety precautions:

- Always consult with a physician before starting any new exercise program.
- Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it.
- Keep children and pets away from the treadmill during operation.
- Use the safety key at all times. Attach the clip to your clothing before starting your workout.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Wear appropriate athletic footwear during use.
- Do not exceed the maximum weight capacity of 300 pounds (136 kg).
- Unplug the treadmill from the power source when not in use or before cleaning/maintenance.
- The treadmill features a flexible suspension shock absorption system designed to protect knee joints.

3. PACKAGE CONTENTS

Carefully unpack your FUNMILY Folding Treadmill and verify that all items listed below are present and undamaged:

- 1x FUNMILY Folding Treadmill
- 1x Tool Kit
- 1x Lubricant (for maintenance)
- 1x Safety Key

- 1x Power Cord
- 1x User Manual (this document)



Image: Placeholder for product components. This image indicates that a specific product image was not available.

4. SETUP AND INITIAL PREPARATION

The FUNMILY Folding Treadmill is designed for minimal assembly. It comes largely pre-assembled, requiring only a few simple steps to prepare for use.

1. **Unpacking:** Carefully remove the treadmill from its packaging. Retain packaging materials for potential future transport or storage.
2. **Placement:** Place the treadmill on a firm, level surface. Ensure there is at least 6 feet (1.8 meters) of clear space behind the treadmill and 2 feet (0.6 meters) on each side.
3. **Unfolding:** The treadmill features a soft drop folding system. Gently release the hydraulic lift mechanism to lower the running deck into position. Ensure it locks securely.
4. **Power Connection:** Connect the power cord to the treadmill's power inlet and then to a grounded electrical outlet.
5. **Safety Key:** Before starting, always place the safety key into its designated slot on the console and attach the clip to your clothing. The treadmill will not operate without the safety key in place.

5. OPERATING INSTRUCTIONS

Familiarize yourself with the control panel and functions before beginning your workout.

5.1 Control Panel and Display

The multifunctional LCD display shows key workout metrics:

- **Distance:** Total distance covered during the workout.
- **Calories Burned:** Estimated calories expended.
- **Time:** Duration of the workout.
- **Speed:** Current running/walking speed (0.6 - 9 MPH).
- **Scan:** Cycles through various metrics automatically.
- **Target Zone Heart Rate Monitoring:** (If applicable, typically via hand sensors or external device).

5.2 Starting a Workout

1. Ensure the safety key is properly inserted and clipped to your clothing.
2. Step onto the side rails of the treadmill.
3. Press the **START** button. The belt will begin to move at a low speed.
4. Carefully step onto the moving belt.
5. Adjust speed using the **SPEED +/-** buttons. The speed range is 0.6 to 9 MPH (0.97 to 14.5 KM/H).
6. Adjust incline using the **INCLINE +/-** buttons. The automatic incline ranges from 0% to 13%.

5.3 Preset Programs (P1-P12)

The treadmill includes 12 preset programs (P1-P12) designed to vary speed and incline automatically for different workout

goals. Consult the program chart (if provided separately or on the console) for details on each program's profile.

- To select a program, press the **PROGRAM** button repeatedly until your desired program (P1-P12) is displayed.
- Press **START** to begin the selected program.

5.4 App Connectivity (SPAX Application)

The FUNMILY treadmill can connect to the SPAX application via Bluetooth for enhanced control and custom workout programs.

1. Download the SPAX application from your device's app store.
2. Ensure Bluetooth is enabled on your mobile device.
3. Open the SPAX app and follow the on-screen instructions to pair with your FUNMILY treadmill.
4. Once connected, you can control the treadmill, track progress, and access additional features through the app.

5.5 Stopping a Workout

- Press the **STOP** button to gradually slow down and stop the treadmill belt.
- Alternatively, pulling the safety key will immediately stop the treadmill for emergency situations.

6. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Belt Lubrication:** The running belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided lubricant or a silicone-based treadmill lubricant.
 - Frequency: Lubricate every 3-6 months, or after approximately 100-150 miles of use, depending on usage intensity.
 - Procedure: Lift the edge of the running belt and apply a thin line of lubricant evenly across the center of the deck. Run the treadmill at a low speed (e.g., 2 MPH) for 5 minutes to distribute the lubricant.
- **Belt Tension and Alignment:** Periodically check the running belt for proper tension and alignment. If the belt slips or drifts to one side, refer to the troubleshooting section or contact customer support.
- **Motor Cover:** Keep the motor cover clean and free of dust to ensure proper ventilation.
- **Storage:** When not in use for extended periods, fold the treadmill using the hydraulic lift system and store it in a cool, dry place away from direct sunlight.

7. TROUBLESHOOTING

This section addresses common issues you might encounter. For problems not listed here, please contact customer support.

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord not connected; Safety key not inserted; Circuit breaker tripped.	Ensure power cord is securely plugged in; Insert safety key fully; Check household circuit breaker.

Problem	Possible Cause	Solution
Running belt slips.	Belt tension too loose; Belt needs lubrication.	Adjust belt tension (refer to specific instructions in a more detailed manual or contact support); Apply lubricant to the running deck.
Running belt drifts to one side.	Belt alignment is off.	Adjust belt alignment using the rear roller bolts (turn 1/4 turn clockwise on the side the belt is drifting towards, or counter-clockwise on the opposite side, then run for 2 minutes and re-check).
Unusual noise during operation.	Loose components; Lack of lubrication; Motor issue.	Check for and tighten any loose bolts; Lubricate the running belt; If noise persists, contact customer support.
App (SPAX) not connecting.	Bluetooth off; App not updated; Treadmill not powered on.	Ensure Bluetooth is enabled on your device; Update SPAX app to the latest version; Power cycle the treadmill.

8. PRODUCT SPECIFICATIONS

Feature	Specification
Brand	FUNMILY
Model	FUNMILY 3.25HP Folding Treadmill
Motor Horsepower	DC 3.0 HP (Peak 3.25HP)
Speed Range	0.6 - 9 MPH (0.97 - 14.5 KM/H)
Incline Range	0 - 13% Automatic Incline
Running Belt Dimensions	48.4 x 17 inches (122.9 x 43.2 cm)
Maximum Weight Capacity	300 lbs (136 kg)
Number of Programs	12 Preset Programs (P1-P12)
Display Type	LCD (Distance, Calories, Time, Speed, Scan, Heart Rate)
Connectivity	Bluetooth (for SPAX App)
Material	Steel, Rubber, Plastic
Assembly Required	No (Minimal setup)
Power Source	Corded Electric

9. WARRANTY AND CUSTOMER SUPPORT

Specific warranty details for your FUNMILY Folding Treadmill may vary. Please refer to the warranty card included with your product or visit the official FUNMILY website for the most up-to-date warranty information.

For technical assistance, troubleshooting beyond this manual, or to inquire about replacement parts, please contact FUNMILY customer support. Contact information can typically be found on the product packaging, the official brand website, or your purchase receipt.

Note: Keep your purchase receipt as proof of purchase for warranty claims.

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