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## Fitfiu Fitness MC-140

# FITFIU Fitness MC-140 Treadmill User Manual

Model: MC-140

## 1. INTRODUCTION

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Thank you for choosing the FITFIU Fitness MC-140 Treadmill. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before using the treadmill to ensure proper function and to prevent injury.

## 2. SAFETY INFORMATION

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Your safety is paramount. Please observe the following 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 magnetic safety key at all times. Attach the clip to your clothing. In case of an emergency, the treadmill will stop immediately if the safety key is dislodged.
- Do not exceed the maximum user weight of 120 kg.
- Wear appropriate athletic footwear and clothing.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Unplug the treadmill from the power outlet when not in use or before cleaning and maintenance.

## 3. PACKAGE CONTENTS

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Upon unpacking, please verify that all components are present:

- FITFIU Fitness MC-140 Treadmill unit
- User Manual (this document)
- Tool Kit for assembly
- Magnetic Safety Key

## 4. PRODUCT OVERVIEW

The FITFIU Fitness MC-140 is a versatile 2-in-1 foldable treadmill designed for both walking and running. It features a powerful motor, adjustable incline, and smart connectivity options.



Image 4.1: The FITFIU Fitness MC-140 Treadmill, shown in both its unfolded operational state and its compact folded storage position.

### Key Features:

- **Motor:** 1500W quiet motor for smooth operation.
- **Speed Range:** Adjustable from 1 km/h up to 12 km/h.
- **Incline:** 2 manual incline levels (approximately 1.6° and 5°).
- **Running Surface:** Spacious 42 x 100 cm non-slip belt.
- **Programs:** 12 pre-defined training programs.
- **Connectivity:** Bluetooth for app integration (Zwift, Kinomap, ASP) and music playback through integrated speakers.
- **Convenience:** Foldable design for compact storage, transport wheels, and a built-in PC/tablet holder.
- **Safety:** Magnetic emergency stop system.



## NON-SLIP running surface

With a spacious 42x100cm surface, you can walk or jog safely and with full freedom of movement.

Image 4.2: Close-up view of the treadmill's non-slip running surface, highlighting its dimensions of 42 cm width and 100 cm length.



## 12 PROGRAMAS de entrenamiento ALTAVOCES integrados y conexión BLUETOOTH

Realiza sesiones dinámicas con los 12 programas predeterminados que incorpora y la música que elijas.

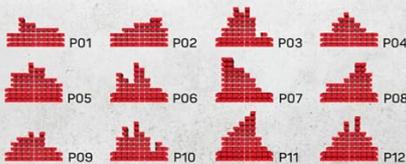


Image 4.3: Diagram illustrating the 7-layer shock absorption system (VCS - Variable Cushioning System) of the treadmill, designed for comfort and safety during exercise.

## Built-in PC support

You can work comfortably or follow your favourite entertainment programmes while you run.

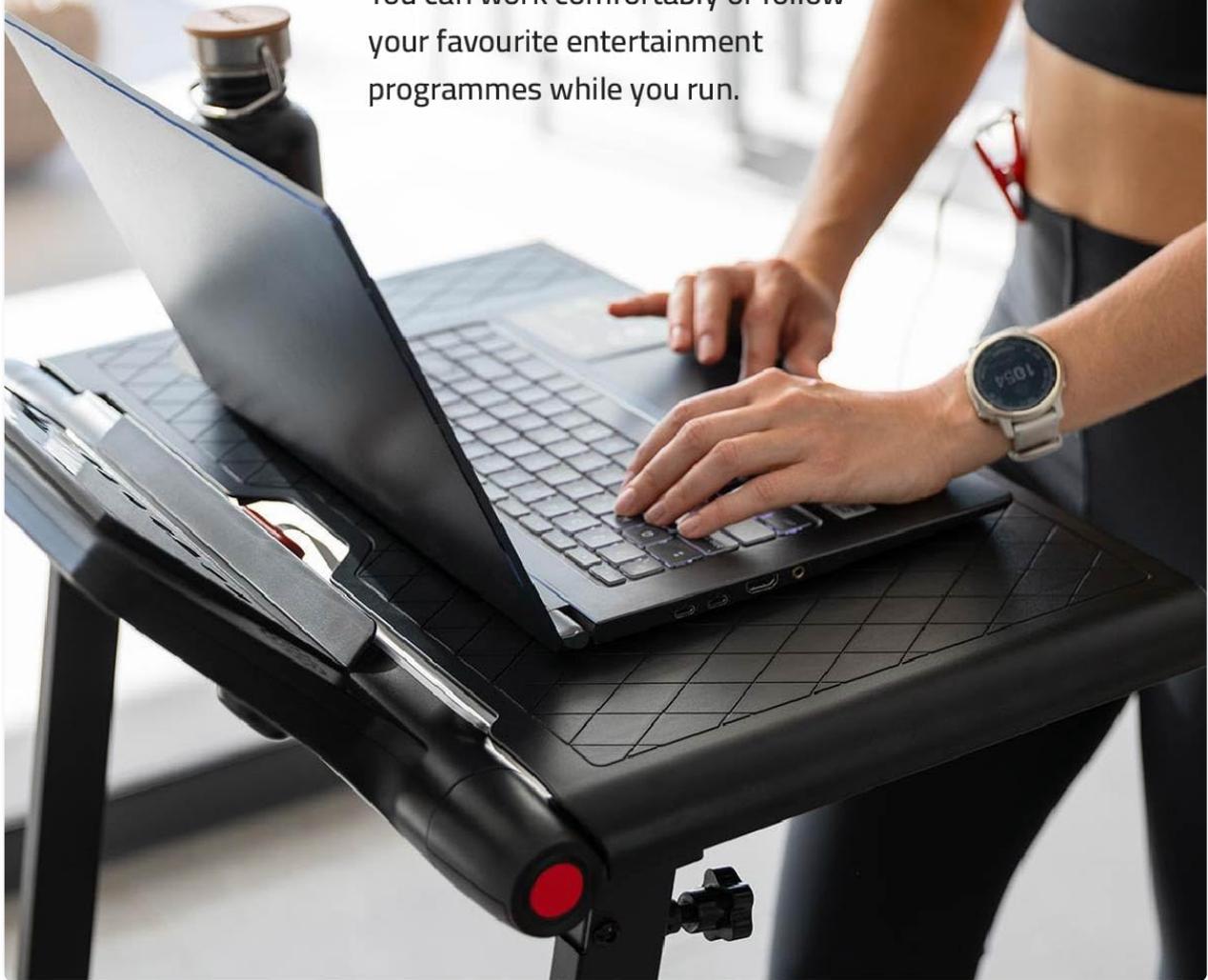


Image 4.4: The treadmill's console area featuring a built-in support designed to hold a laptop or tablet, allowing users to work or enjoy entertainment while exercising.

## 5. SETUP INSTRUCTIONS

The FITFIU Fitness MC-140 Treadmill is designed for easy assembly. Follow these steps to set up your treadmill:

1. **Unpack:** Carefully remove all components from the packaging.
2. **Position:** Place the main treadmill unit on a flat, stable surface in your desired exercise area. Ensure there is sufficient space around the unit for safe operation and access.
3. **Unfold:** Gently lift the console and handlebars into the upright position. Secure them according to the specific locking mechanism (refer to the included quick-start guide for visual instructions if available).
4. **Connect:** Plug the power cord into a grounded electrical outlet.
5. **Safety Key:** Attach the magnetic safety key to the designated spot on the console. The treadmill will not operate without it.
6. **Initial Check:** Before first use, ensure all bolts and connections are secure.

## 6. OPERATING INSTRUCTIONS

### 6.1 Basic Operation

1. **Power On:** Ensure the safety key is in place and the treadmill is plugged in. Press the 'Start' button on the console.
2. **Adjust Speed:** Use the '+' and '-' buttons to increase or decrease the running speed. The speed can be adjusted up to 12 km/h.
3. **Stop:** Press the 'Stop' button to gradually slow down and stop the treadmill. In an emergency, pull the magnetic safety key to stop the treadmill immediately.

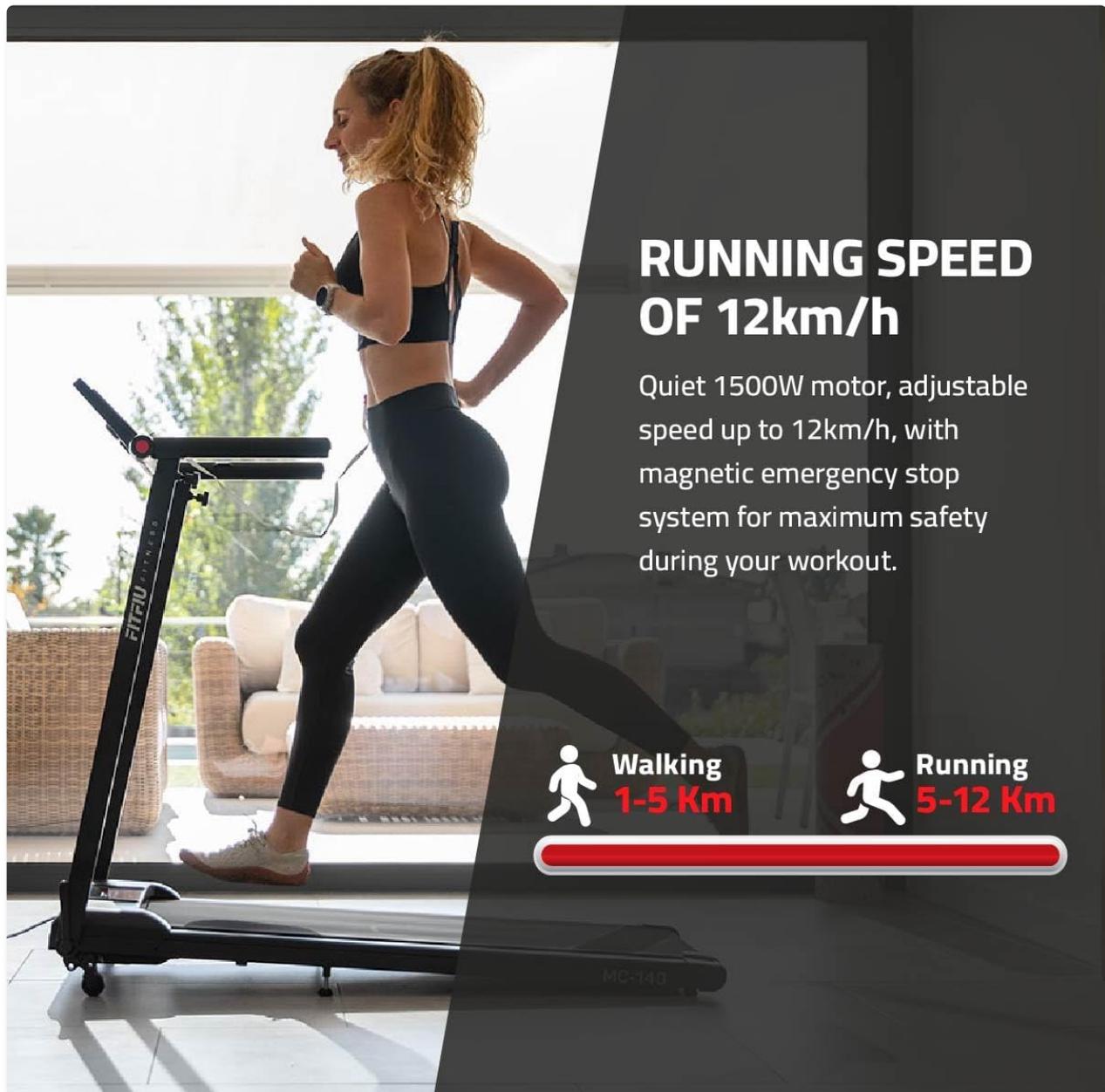


Image 6.1: Illustration of the treadmill's speed capabilities, indicating a range of 1-5 km/h for walking and 5-12 km/h for running.

### 6.2 Training Programs

The MC-140 includes 12 pre-defined training programs (P01-P12) to vary your workout intensity.

1. **Select Program:** While the treadmill is stopped or in standby mode, press the 'Program' button to cycle through the available programs.

2. **Start Program:** Once your desired program is displayed, press 'Start' to begin the workout. The treadmill will automatically adjust speed according to the program's profile.

## 12 training PROGRAMMES

It conducts dynamic sessions with the 12 predefined programmes it incorporates.

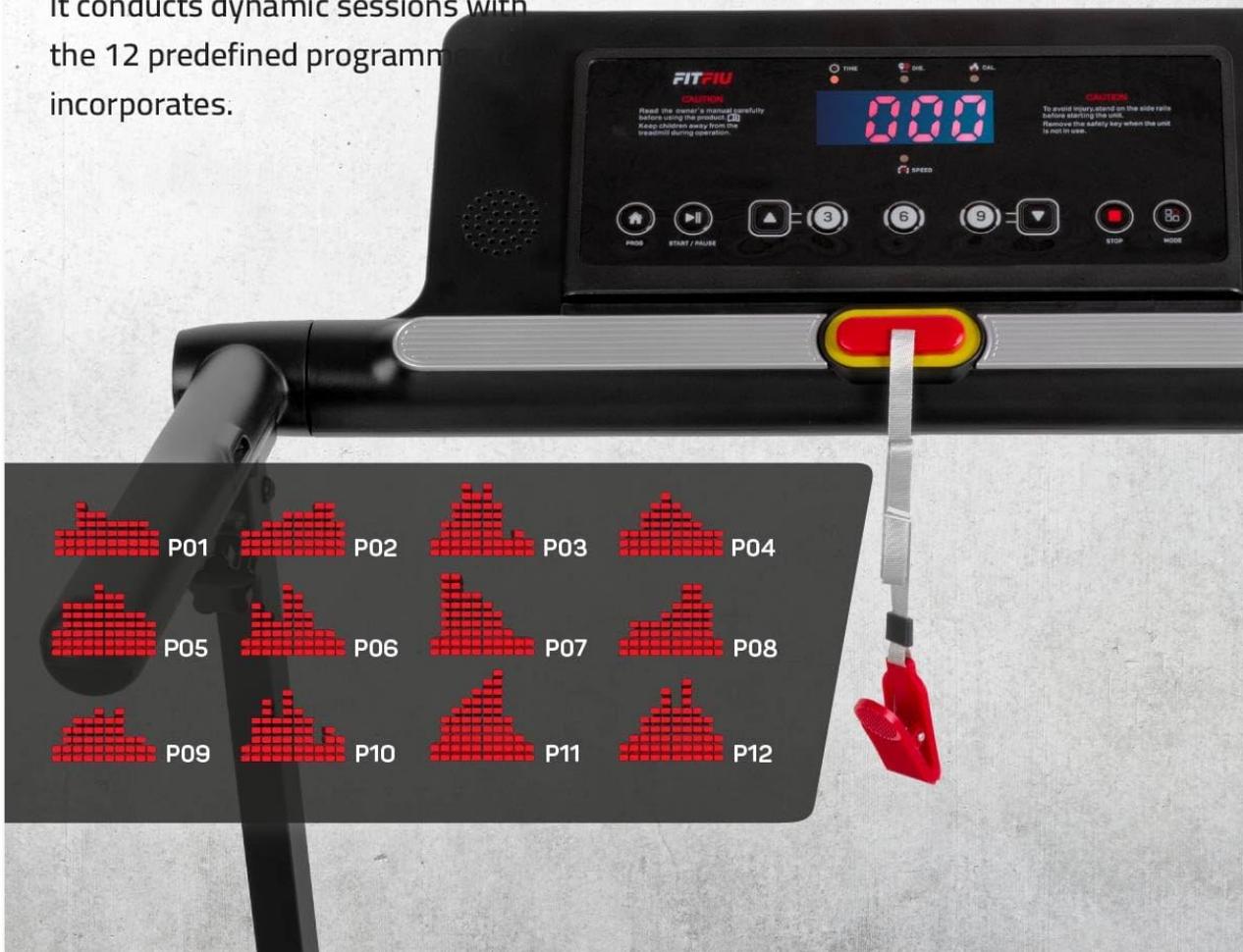


Image 6.2: The treadmill's control panel, showing the digital display and buttons, with an overlay illustrating the 12 predefined training programs (P01-P12) available for varied workouts.

### 6.3 Incline Adjustment

The MC-140 features 2 manual incline levels to increase workout intensity.

1. **Adjust Incline:** To change the incline, you must manually adjust the support feet at the rear of the treadmill. Ensure the treadmill is stopped and unplugged before making adjustments.
2. **Levels:** The two levels provide approximately 1.6° and 5° of incline.



Image 6.3: A visual representation of the treadmill's manual incline feature, showing how the running surface can be set to two different angles (1.6° and 5°) to increase workout difficulty.

## 6.4 App Connectivity (Bluetooth)

Enhance your training experience by connecting your treadmill to compatible fitness applications via Bluetooth.

1. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone or tablet.
2. **Download App:** Download and install a compatible app such as Zwift, Kinomap, or ASP from your device's app store.
3. **Pair Device:** Follow the instructions within the chosen app to pair it with your MC-140 treadmill.
4. **Music Playback:** You can also connect your device via Bluetooth to play music through the treadmill's integrated speakers.



Image 6.4: The treadmill's control panel alongside graphics indicating compatibility with popular fitness applications like Kinomap and Zwift, allowing for interactive and immersive workouts.

## 7. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill after each use with a damp cloth to remove sweat and dust. Do not use abrasive cleaners.
- **Lubrication:** Periodically check the running belt for proper lubrication. If the belt feels dry or sticky, apply silicone lubricant as per the instructions in the quick-start guide (usually every 3-6 months depending on usage).
- **Belt Tension:** Check the running belt tension and alignment regularly. Adjust if necessary using the provided tools, following the instructions in the quick-start guide.
- **Storage:** When not in use, the treadmill can be folded for compact storage. Use the transport wheels to move it easily.

## Practical and easy to STORE

Fold the treadmill and store it conveniently wherever you need, thanks to its compact horizontal folding design (108 x 59 x 11 cm). Transport it easily thanks to its wheels.



Image 7.1: The treadmill in its folded, compact state, demonstrating its space-saving design and ease of storage, with dimensions of 108 x 59 x 11 cm.

## 8. TROUBLESHOOTING

If you encounter issues with your MC-140 treadmill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not start	Safety key not in place; Power cord unplugged; Power switch off	Ensure safety key is correctly placed; Check power cord connection; Turn on power switch
Running belt slips or hesitates	Belt tension too loose; Lack of lubrication	Adjust belt tension (refer to manual); Apply silicone lubricant
Unusual noise during operation	Loose components; Belt misalignment; Motor issue	Check and tighten all bolts; Adjust belt alignment; If noise persists, contact customer support

Problem	Possible Cause	Solution
Console display not working	Loose cable connection; Power issue	Check console cable connections; Verify power supply

If the problem persists after attempting these solutions, please contact FITFIU Fitness customer support.

## 9. SPECIFICATIONS

Detailed technical specifications for the FITFIU Fitness MC-140 Treadmill:



Image 9.1: A summary graphic detailing the key specifications of the FITFIU Fitness MC-140 Treadmill, including maximum speed, running surface, power, incline, and maximum user weight.

- **Brand:** Fitfiu Fitness
- **Model Number:** 1100058
- **Product Dimensions (Unfolded):** 108 cm (length) x 59 cm (width) x 120 cm (height)
- **Product Dimensions (Folded):** 108 cm (length) x 59 cm (width) x 11 cm (height)

- **Product Weight:** 22 kg
- **Material:** Stainless Steel
- **Maximum Speed:** 12 Kilometers per hour
- **Motor Power:** 1500W
- **Running Surface:** 42 x 100 cm
- **Incline Levels:** 2 manual levels (approx. 1.6° and 5°)
- **Maximum User Weight:** 120 kg
- **Special Features:** Foldable, Manual Incline, Transport Wheels, Bluetooth Connectivity, App Compatibility (Zwift, Kinomap, ASP), PC/Tablet Holder
- **Recommended Uses:** Running, Walking, Home and Office Exercise, Fitness, Rehabilitation, Daily Exercise, Weight Loss, Training, Cardiovascular Exercise, Indoor Use
- **Target Audience:** Adult
- **Country of Origin:** China

## 10. WARRANTY AND SUPPORT

For warranty information, product support, or to purchase replacement parts, please refer to the warranty card included with your product or visit the official FITFIU Fitness website. Keep your purchase receipt as proof of purchase for warranty claims.

### Related Documents - MC-140

 <p><b>MC-100</b></p> <ul style="list-style-type: none"> <li>MANUAL DE USUARIO 2</li> <li>QUICK MANUAL 11</li> <li>MANUAL DE UTILIZACIÓN 20</li> <li>MANUAL DE USO 29</li> <li>MANUAL DE USO 42</li> <li>BRUKTIDSMANUELL 51</li> <li>MANUAL DE USUARIO 61</li> </ul>	<p><a href="#">Manual de Usuario FITFIU MC-100: Guía Completa para tu Cinta de Correr</a></p> <p>Descubre cómo usar, montar y mantener tu cinta de correr FITFIU MC-100 con este manual de usuario completo. Incluye precauciones, especificaciones técnicas y solución de problemas.</p>
 <p><b>MC-80</b></p>	<p><a href="#">Manual de Usuario de la Cinta de Correr FITFIU Fitness MC-80</a></p> <p>Manual de usuario para la cinta de correr FITFIU Fitness MC-80. Incluye instrucciones de uso, precauciones, mantenimiento, solución de problemas y especificaciones técnicas para entrenamientos cardiovasculares en casa.</p>
 <p><b>MC-80</b></p>	<p><a href="#">FITFIU Fitness MC-80 Treadmill User Manual and Maintenance Guide</a></p> <p>Comprehensive user manual for the FITFIU Fitness MC-80 treadmill, covering operation, maintenance, troubleshooting, and safety precautions. Designed for home cardiovascular training, this guide ensures optimal performance and longevity of your fitness equipment.</p>
 <p><b>MC-80</b></p>	<p><a href="#">FITFIU Fitness MC-80 Treadmill User Manual and Product Guide</a></p> <p>Comprehensive user manual for the FITFIU Fitness MC-80 treadmill, designed for home cardiovascular training. Learn about its features, operation, maintenance, troubleshooting, and warranty information. This compact treadmill offers a max speed of 8km/h, 12 preset programs, an LCD display, and MP3 Bluetooth connectivity, making it ideal for domestic fitness routines.</p>

 <p><b>MC-80</b></p>	<p><a href="#">FITFIU Fitness MC-80 Treadmill User Manual and Guide</a></p> <p>Discover the FITFIU Fitness MC-80 Treadmill, a compact and efficient cardiovascular training machine designed for home use. This comprehensive user manual provides detailed instructions for operation, maintenance, and troubleshooting, ensuring optimal performance and longevity for your fitness journey.</p>
 <p><b>MC-160</b></p>	<p><a href="#">FITFIU MC-160 Treadmill User Manual</a></p> <p>Comprehensive user manual for the FITFIU MC-160 treadmill, covering setup, operation, maintenance, and troubleshooting.</p>

Documents - Fitfiu Fitness – MC-140



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