

FITFIU Fitness MC-240

FITFIU Fitness MC-240 Foldable Treadmill User Manual

Model: MC-240

1. INTRODUCTION

Thank you for choosing the FITFIU Fitness MC-240 Foldable Treadmill. This manual provides essential information for the safe assembly, operation, and maintenance of your treadmill. Please read it thoroughly before first use and keep it for future reference.

The MC-240 treadmill is designed for home use, offering a convenient way to perform walking and moderate running sessions. Its ultra-compact folding system allows for easy storage, and the integrated PC/tablet support enhances your workout experience.

2. SAFETY INFORMATION

WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the treadmill.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the treadmill at all times.
- Place the treadmill on a level surface with at least 2 meters (6.5 feet) of clear space behind it and 0.6 meters (2 feet) on each side.
- Wear appropriate exercise clothing and athletic shoes. Do not use the treadmill barefoot.
- The emergency stop key must be attached to your clothing during operation. In case of an emergency, pulling the key will immediately stop the treadmill.
- Do not operate the treadmill if it has a damaged power cord or plug, or if it is not working properly.
- Do not attempt to service the treadmill yourself. Contact customer support for assistance.
- Maximum user weight capacity: 120 kg (264 lbs).

3. PACKAGE CONTENTS

Carefully unpack your treadmill and verify that all components are present. If any parts are missing or damaged, contact customer support.

- FITFIU Fitness MC-240 Treadmill
- Power Cable
- Emergency Stop Key
- Remote Control
- User Manual (this document)
- Assembly Tools (if required for minor adjustments)

4. SETUP

4.1 Unfolding the Treadmill

The MC-240 treadmill comes pre-assembled. To unfold it:

1. Place the treadmill on a flat, stable surface.
2. Gently lift the console/handlebar assembly until it locks into the upright position. Ensure it is securely locked before proceeding.
3. Lower the running deck until it is flat on the floor.



Image: Treadmill in unfolded position, ready for use.

4.2 Connecting Power

Plug the power cable into the treadmill's power port and then into a grounded electrical outlet. Ensure the power switch is in the OFF position before plugging in.

4.3 Adjusting Manual Incline

The MC-240 features a manual incline adjustment. To change the incline:

1. Ensure the treadmill is powered off and unplugged for safety.
2. Lift the rear of the running deck slightly.
3. Adjust the support feet at the rear of the treadmill to the desired incline level (0° to 5°). Ensure both sides are set to the same level.
4. Carefully lower the deck, ensuring it is stable before use.

12 PROGRAMMES de formation

Il conduit des sessions dynamiques avec les 12 programmes prédéterminés qu'il incorpore.

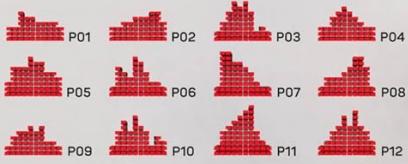


Image: Manual incline adjustment mechanism.

4.4 Using the PC/Tablet Support

The integrated support allows you to place a laptop or tablet for entertainment or work during your workout.

1. Place your device securely on the designated support area on the console.
2. Ensure the device is stable and does not obstruct your view of the control panel or the emergency stop key.



Image: User utilizing the integrated PC support with a laptop.

5. OPERATING INSTRUCTIONS

5.1 Powering On/Off

1. Plug the treadmill into a grounded outlet.
2. Flip the main power switch (usually located near the front of the treadmill) to the ON position.
3. Attach the emergency stop key to your clothing and insert the other end into the console's designated slot. The display will illuminate.
4. To turn off, remove the emergency stop key, then flip the main power switch to OFF.



Image: Control panel with emergency stop key.

5.2 Using the Control Panel and Remote Control

The treadmill can be controlled via the console or the included remote control.

- **Start/Stop:** Press the START button to begin the running belt movement. Press STOP to halt the belt.
- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the speed. The speed range is adjustable up to 16 km/h.
- **Program Selection:** Press the 'P' or 'MODE' button to cycle through the 12 pre-set training programs (P01-P12). Each program offers varying speed profiles.



Image: Treadmill remote control.



Image: Overview of 12 pre-set training programs.

5.3 Emergency Stop

The emergency stop key is a critical safety feature. If you feel unwell or need to stop the treadmill immediately,

pull the emergency stop key from the console. The treadmill will stop instantly.

5.4 App Connectivity and Bluetooth Speakers

The MC-240 treadmill supports connectivity with various fitness applications and features integrated Bluetooth speakers.

- **App Connection:** Download compatible fitness apps such as Kinomap, Zwift, or Fititime on your smartphone or tablet. Follow the app's instructions to connect to your treadmill via Bluetooth. This allows for real-time progress tracking and interactive workouts.
- **Bluetooth Speakers:** To play music through the treadmill's integrated speakers, enable Bluetooth on your device and pair it with the treadmill (look for 'FITFIU MC-240' or similar in your device's Bluetooth settings).



Image: Treadmill compatibility with Kinomap, Zwift, and Fititime apps.

5.5 Folding for Storage

To fold the treadmill for compact storage:

1. Ensure the treadmill is powered off and unplugged.
2. Lift the running deck upwards until it locks into the vertical folded position.
3. The treadmill can then be easily moved using its transport wheels.



Image: Treadmill in folded position for storage.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your treadmill.

6.1 Cleaning

- Wipe down the treadmill surfaces with a damp cloth after each use to remove sweat and dust.
- Do not use abrasive cleaners or solvents, as these can damage the finish.

6.2 Running Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the specific instructions provided with your treadmill's lubrication kit or contact customer support for guidance on the correct lubricant and frequency.

6.3 Running Belt Tension and Alignment

Over time, the running belt may become loose or shift to one side. If the belt feels loose or slips during use, or

if it is not centered, refer to the detailed instructions in the full manual (if provided separately) or contact customer support for adjustment procedures. Incorrect tension or alignment can cause premature wear and affect performance.

7. TROUBLESHOOTING

If you encounter issues with your treadmill, try the following solutions before contacting customer support.

Problem	Possible Cause	Solution
Treadmill does not power on	Power cable not plugged in; Main power switch off; Emergency stop key not inserted	Ensure power cable is securely plugged in; Turn main power switch ON; Insert emergency stop key fully
Running belt stops suddenly	Emergency stop key removed; Overload protection activated	Re-insert emergency stop key; Reduce load, wait a few minutes, then restart
Running belt slips	Belt too loose; Belt needs lubrication	Adjust belt tension (refer to full manual or support); Lubricate running belt
Unusual noise during operation	Loose parts; Belt friction; Motor issue	Check for loose screws and tighten; Lubricate belt; If noise persists, contact customer support

8. SPECIFICATIONS

The following are the technical specifications for the FITFIU Fitness MC-240 Treadmill:

- **Model Number:** 1100059
- **Color:** Black
- **Material:** Stainless Steel
- **Motor Power:** 1875 W (3 Horsepower)
- **Speed Range:** Up to 16 km/h (10 mph)
- **Running Surface:** 42 x 105 cm (16.5 x 41.3 inches)
- **Manual Incline:** 0° to 5°
- **Maximum User Weight:** 120 kg (264 lbs)
- **Product Dimensions (Unfolded):** 102 x 66 x 128 cm (40.1 x 26 x 50.4 inches)
- **Product Dimensions (Folded):** 38 x 42 x 128 cm (15 x 16.5 x 50.4 inches)
- **Item Weight:** 38 kg (83.8 lbs)
- **Display Type:** LED (Distance counter)
- **Special Features:** Foldable, PC/Tablet Support, App Connectivity, Bluetooth Speakers, 7-layer impact absorption system



16 km/h
Vitesse max.



42x107cm
Surface roulement



Ultra-compact
Pliage vertical



1875W
Puissance max.



1° / 5°
Inclinaison



130kg
Poids max.



Entraîne-toi sans rien sacrifier

Avec le tapis de course MC-240, associez productivité et bien-être. Courez, marchez ou travaillez depuis chez vous sans sacrifier ni espace ni confort grâce à son design et à son système de pliage ultra-compact.

Image: Treadmill dimensions and key features.

Support PC intégré

Vous pourrez travailler confortablement ou suivre vos programmes de divertissement préférés tout en courant.



Image: 7-layer impact absorption system.

9. WARRANTY AND SUPPORT

The FITFIU Fitness MC-240 Treadmill comes with a manufacturer's warranty. Please refer to the warranty card included with your purchase or visit the official FITFIU Fitness website for detailed warranty terms and conditions.

For technical support, spare parts, or any questions not covered in this manual, please contact FITFIU Fitness customer service through their official website or the contact information provided in your purchase documentation.