

CITYSPORTS B0DGXPDGTF

CITYSPORTS Treadmill with Incline - User Manual

MODEL: B0DGXPDGTF

Introduction

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

1. Setup

1.1 Unpacking and Placement

Carefully remove the treadmill from its packaging. Ensure all components are present. Place the treadmill on a flat, stable surface, away from direct sunlight and moisture. Maintain a clear space of at least 2 meters behind the treadmill and 0.5 meters on each side for safety.

1.2 Unfolding the Treadmill

To unfold the treadmill for use, gently lift the handlebar assembly until it locks into an upright position. Ensure all locking mechanisms are securely engaged before stepping onto the belt.

Space Saving & Easy to Move

Foldable with 2 wheels



Image 1.1: The treadmill can be easily unfolded for use and folded for compact storage. It features transport wheels for convenient movement. Dimensions are approximately 124cm (length) x 107cm (height) when unfolded, and 16.5cm (height) when folded flat.

1.3 Connecting Power

Plug the power cord into a grounded electrical outlet. Ensure the power switch on the treadmill is in the 'ON' position.

1.4 Safety Key

Attach the safety key clip to your clothing before starting any workout. The treadmill will not operate without the safety key in place. In case of an emergency, pulling the safety key will immediately stop the treadmill.

2. Operating Instructions

2.1 Control Panel and Display

The treadmill features an LED display that shows key workout metrics. Familiarize yourself with the display and control buttons before starting your exercise.

LCD Display



Image 2.1: The LED display provides real-time feedback on your workout, including speed, time, distance covered, and calories burned.

2.2 Starting a Workout

1. Ensure the safety key is properly attached to your clothing and inserted into the treadmill.
2. Step onto the treadmill belt.
3. Press the **START** button on the control panel or remote control. The treadmill will begin at a low speed.

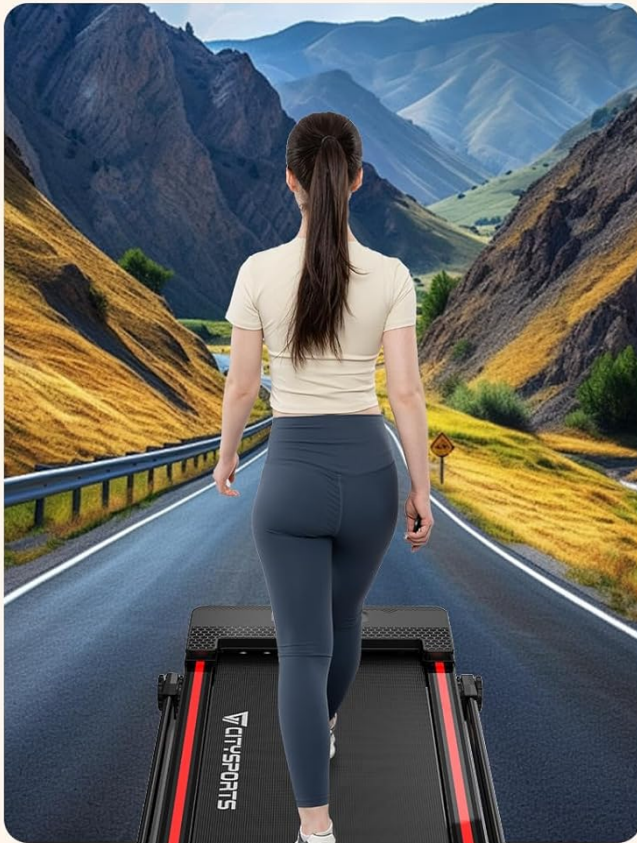
2.3 Adjusting Speed

Use the +/- buttons on the control panel or remote control to increase or decrease the speed. The speed range is 1 to 12 km/h.

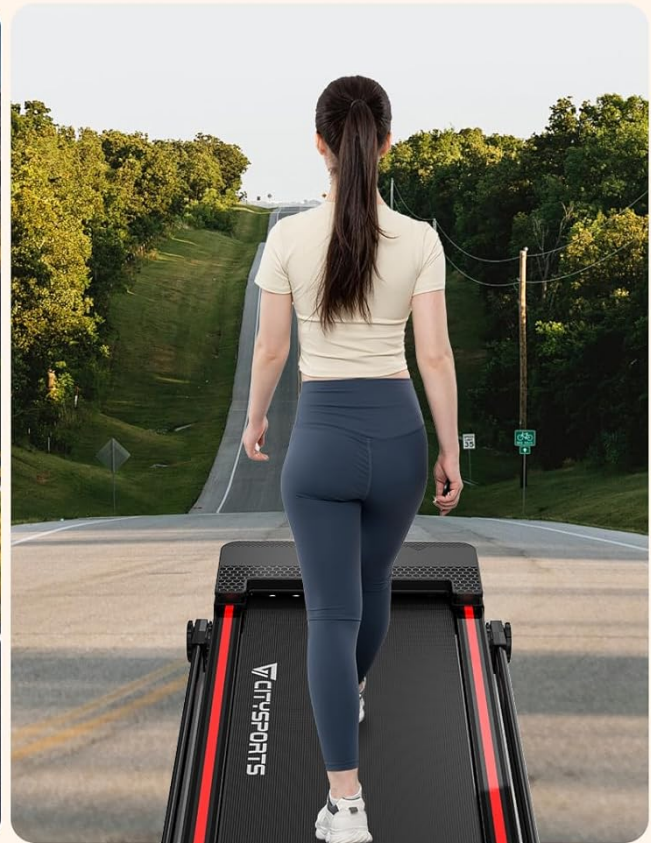
2.4 Adjusting Incline

This treadmill features an adjustable incline up to 8%. Refer to the specific incline adjustment controls on your model, typically located near the main control panel. Adjusting the incline can simulate uphill walking or running, increasing workout intensity and calorie expenditure.

Burn Calories More Effectively with a **8% Incline**



0% Incline:
200Kcal/H



8% Incline:
550Kcal/H



Image 2.2: Utilizing the 8% incline feature can significantly increase calorie burn compared to a flat surface, providing a more effective workout.

2.5 Workout Modes

The treadmill supports various exercise modes to suit your fitness goals:

- **Walking Mode:** Ideal for light exercise or warm-ups.
- **Running Mode:** For moderate to intense cardiovascular workouts.
- **Climbing Mode:** Engages the incline feature for a more challenging, uphill simulation.
- **Working Mode:** Allows for light walking while performing other tasks, such as working at a standing desk.



Image 2.3: The treadmill supports multiple modes, including Climbing, Running, Walking, and Working, to accommodate diverse fitness routines and daily activities.

2.6 Stopping a Workout

To stop the treadmill, press the **STOP** button. The belt will gradually slow down and come to a complete stop. Alternatively, pull the safety key to immediately stop the treadmill.

2.7 Folding for Storage

To fold the treadmill for storage, ensure it is powered off and unplugged. Release the handlebar locking mechanisms and gently lower the handlebar assembly until it lies flat against the running deck. Use the transport wheels to move the folded treadmill to a suitable storage location, such as under a bed or sofa.

Your browser does not support the video tag.

Video 2.1: This video demonstrates the setup, operation, and folding process of the CITYSPORTS Treadmill, highlighting its ease of use and space-saving design.

3. Maintenance

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

3.1 Cleaning

After each use, wipe down the console and other surfaces with a soft, damp cloth. Do not use abrasive cleaners or solvents. Periodically vacuum under the treadmill to prevent dust and debris from accumulating.

3.2 Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to your treadmill's specific lubrication instructions, typically found in a separate guide or on the product itself. Use only silicone-based treadmill lubricant.

3.3 Belt Adjustment

If the running belt becomes off-center or slips, it may need adjustment. Consult the specific instructions for belt centering and tensioning provided with your treadmill. Typically, this involves using an Allen wrench to adjust the rear roller bolts.

4. Troubleshooting

This section addresses common issues you might encounter with your treadmill.

- **Treadmill does not power on:**

Check if the power cord is securely plugged into a grounded outlet. Ensure the power switch is in the 'ON' position. Verify that the safety key is correctly inserted.

- **Treadmill stops unexpectedly:**

Ensure the safety key is firmly in place and has not been dislodged. Check for any loose connections.

- **Running belt slips or hesitates:**

The belt may require tension adjustment or lubrication. Refer to the 'Maintenance' section for instructions.

- **Unusual noise during operation:**

Inspect the treadmill for any loose parts. Ensure the treadmill is on a level surface. If the noise persists, contact customer support.

5. Specifications

Feature	Specification
Brand	CITYSPORTS
Color	Black Red
Product Dimensions (L x W x H)	124 cm x 42 cm x 107 cm
Item Weight	25.35 kg
Material	Aluminum
Max Speed	12 km/h
Special Feature	Compact Design
Target Audience	Adult
Max Motor Power	1400 Watt

1400W QUITE & POWERFUL MOTOR

	OUR	OTHERS
MOTOR	1400W	500W
SPEED	1-12KM/H	1-6KM/H
WEIGHT CAPACITY	110KG	100KG



Image 5.1: The treadmill is equipped with a powerful 1400W motor, designed for quiet and efficient operation, supporting users up to 110 kg.

6. Warranty Information

Your CITYSPORTS Treadmill is covered by a manufacturer's warranty. Please refer to the warranty card included with your product for specific terms, conditions, and duration. Keep your proof of purchase for any warranty claims.

7. Customer Support

If you have any questions, require assistance, or need to report an issue with your CITYSPORTS Treadmill, please contact our customer support team. Contact details can typically be found on our official website or on the product packaging.

For online support, visit: [CITYSPORTS Official Store](#)

