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> FYC Treadmill User Manual - Model B0DHDD95CJ

FYC B0DHDD95CJ

FYC Treadmill User Manual

Model: B0DHDD95CJ

INTRODUCTION

Thank you for choosing the FYC Treadmill. 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 assembly and use, and keep it for future reference.

IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, read all instructions before using this treadmill. The manufacturer assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- Always place the treadmill on a level surface.
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear and clothing.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Consult a physician before starting any exercise program.
- Use the safety key clip at all times.
- Do not use the treadmill outdoors or in damp areas.

PACKAGE CONTENTS

Carefully unpack your treadmill and verify that all the following items are included:

- FYC Treadmill Main Unit
- Remote Control
- Safety Key
- Power Cord
- User Manual (this document)
- Assembly Tools (Allen wrench, screwdriver)

SETUP

1. Unpacking

Remove all packaging materials and place the treadmill components on a clear, flat surface. Inspect for any damage during transit. If any parts are missing or damaged, contact customer support immediately.

2. Placement

Choose a suitable location for your treadmill. Ensure there is at least 2 meters (6.5 feet) of clear space behind the treadmill and 0.6 meters (2 feet) on each side. Place it on a firm, level surface away from direct sunlight or heat sources.

3. Assembly

The FYC Treadmill is largely pre-assembled. Follow these steps to complete the setup:

1. Carefully lift the console uprights and secure them into position using the provided bolts and tools.
2. Attach the console to the uprights, ensuring all cables are connected securely.
3. Plug the power cord into the treadmill and then into a grounded electrical outlet.



Image: Assembly diagram illustrating the connection of the console and uprights.

OPERATING INSTRUCTIONS

1. Powering On/Off

Connect the power cord. Flip the main power switch located at the front of the treadmill to the 'ON' position. The LED display will illuminate. To turn off, flip the switch to 'OFF' and unplug the unit.

2. Safety Key

Attach the safety key clip to your clothing. Insert the safety key into its designated slot on the console. The treadmill will not operate without the safety key in place.

3. Control Panel Overview

The LED display shows time, speed, distance, calories, and incline. Use the buttons on the console or remote control to adjust settings.



Image: Detailed view of the treadmill's control panel.

4. Remote Control Usage

The remote control allows convenient adjustment of speed and incline during your workout. Ensure the remote has fresh batteries and is pointed towards the treadmill's receiver.

5. Starting a Workout

1. Stand on the side rails of the treadmill.
2. Insert the safety key.
3. Press the 'START' button on the console or remote. The belt will begin moving at a low speed after a 3-second countdown.
4. Carefully step onto the moving belt.

6. Adjusting Speed and Incline

Use the '+' and '-' buttons on the console or remote to increase or decrease the speed and incline levels. The treadmill offers a speed range suitable for walking, jogging, and running, and multiple incline levels for varied intensity.

7. Bluetooth Connectivity

To connect your device via Bluetooth:

1. Ensure Bluetooth is enabled on your smartphone or tablet.
2. Search for available devices and select 'FYC Treadmill'.
3. Once paired, you can stream audio or connect to compatible fitness apps (if applicable).

MAINTENANCE

1. Cleaning

Regularly wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents. Ensure the treadmill is unplugged before cleaning.

2. Belt Lubrication

The running belt requires periodic lubrication to ensure smooth operation and prolong its lifespan. Refer to the specific instructions provided with your lubrication kit (usually every 3-6 months depending on usage). Unplug the treadmill before lubricating.

3. Belt Adjustment

If the running belt becomes off-center or slips, it may need adjustment. Use the provided Allen wrench to turn the rear roller bolts slightly until the belt is centered and tensioned correctly. Refer to the detailed instructions in the troubleshooting section or contact support if unsure.

4. Storage

When not in use, the FYC Treadmill can be folded for space-saving storage. Ensure the treadmill is powered off and unplugged. Carefully lift the running deck until it locks into the upright position. Store in a dry, cool place.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Treadmill does not power on	Power cord not plugged in; Power switch off; Circuit breaker tripped	Check power connections; Turn power switch ON; Reset circuit breaker
Running belt stops suddenly	Safety key removed; Overload protection activated	Re-insert safety key; Reduce user weight or intensity; Restart treadmill
Unusual noise during operation	Loose parts; Belt misalignment; Lack of lubrication	Check and tighten all bolts; Adjust belt tension/alignment; Lubricate running belt
Remote control not working	Dead batteries; Obstruction between remote and receiver	Replace batteries; Ensure clear line of sight to console

SPECIFICATIONS

- **Model:** B0DHDD95CJ
- **Motor Power:** 2.5 HP (Peak)
- **Speed Range:** [Insert specific speed range, e.g., 1.0 - 12.0 km/h]
- **Incline:** Adjustable (Manual or Automatic, depending on model variant)
- **Display:** LED (Time, Speed, Distance, Calories, Incline)
- **Connectivity:** Bluetooth
- **Max User Weight:** [Insert specific weight capacity, e.g., 120 kg / 265 lbs]
- **Dimensions (Unfolded):** [Insert specific dimensions, e.g., 145cm L x 70cm W x 110cm H]
- **Dimensions (Folded):** [Insert specific dimensions, e.g., 150cm L x 70cm W x 20cm H]

WARRANTY AND CUSTOMER SUPPORT

Your FYC Treadmill is covered by a limited warranty. Please refer to the warranty card included in your package for specific terms and conditions. For technical assistance, parts, or service, please contact FYC customer support through the contact information provided on the warranty card or our official website.