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CITYSPORTS CS-WP6

CITYSPORTS Electric Treadmill User Manual

Model: CS-WP6

INTRODUCTION

This manual provides essential information for the safe and efficient operation, maintenance, and troubleshooting of your CITYSPORTS Electric Treadmill. Please read this manual thoroughly before using the product and retain it for future reference.

The CITYSPORTS Electric Treadmill is designed for home and office use, offering a convenient way to incorporate walking or light jogging into your daily routine. It features a 440W motor, adjustable speed, Bluetooth connectivity, and an LED display.

SAFETY INSTRUCTIONS

Always follow basic safety precautions when using electrical appliances to reduce the risk of fire, electric shock, and personal injury.

- Ensure the treadmill is placed on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Do not use the treadmill if you weigh more than 110 kg (242 lbs).
- Unplug the treadmill from the power outlet when not in use or before cleaning.
- Wear appropriate athletic footwear.
- Consult a physician before starting any exercise program.

PRODUCT OVERVIEW

Components

- Treadmill Unit (Main Body)
- Remote Control

- Power Cable
- Lubricating Oil (for maintenance)
- User Manual

Key Features

- **440W Powerful and Quiet Motor:** Supports up to 110 kg, designed for low noise operation.
- **Adjustable Speed:** Range from 1 to 6 km/h, suitable for walking and light jogging.
- **6% Fixed Incline:** Provides an uphill walking experience to enhance fitness and calorie burning.
- **LED Display:** Shows real-time workout data including speed, distance, time, and calories burned.
- **Bluetooth Connectivity:** Allows connection to external devices for audio playback through built-in speakers.
- **5-Layer Shock-Absorbing Belt:** Provides comfort, reduces impact on joints, and minimizes noise.
- **Compact and Foldable Design:** Easy to move and store, occupying less than 0.12 m² when folded.

SETUP

The CITYSPORTS Electric Treadmill comes fully assembled and ready for use. Follow these steps for initial setup:

1. **Unpacking:** Carefully remove the treadmill from its packaging. Retain packaging for future storage or transport.
2. **Placement:** Place the treadmill on a flat, stable, and level surface. Ensure there is adequate space around the unit for safe operation.
3. **Power Connection:** Locate the power input port, typically at the front of the unit. Connect the power cable to the treadmill and then plug it into a grounded electrical outlet.
4. **Incline Adjustment (Optional):** The treadmill features a fixed 6% incline. To activate this, locate the two small feet underneath the front of the treadmill and unfold them. This will raise the front of the treadmill, creating the incline.
5. **Remote Control Battery:** Insert the provided battery into the remote control.



Image: The CITYSPORTS Electric Treadmill in a home setting, demonstrating its compact design and how it can be used both for walking and under a standing desk. The image highlights the 6% incline feature.

OPERATING INSTRUCTIONS

Getting Started

1. **Power On:** Plug in the treadmill. The LED display will illuminate.
2. **Start:** Press the 'Start' button on the remote control. The treadmill will begin at a low speed (e.g., 1 km/h) after a brief countdown.
3. **Adjust Speed:** Use the '+' and '-' buttons on the remote control to increase or decrease the speed. The speed range is 1 to 6 km/h.
4. **Stop:** Press the 'Stop' button on the remote control to gradually slow down and stop the treadmill.

Display Functions

The LED display provides real-time workout metrics:

- **TIME:** Duration of your workout.
- **DIST:** Distance traveled.
- **CAL:** Calories burned.

- **SPEED:** Current walking/jogging speed.

BIGGER LED DISPLAY

Workout Data at a Glance



Current Speed



Time Elapsed



Distance Traveled



Calories Burned

EASY TO CONTROL

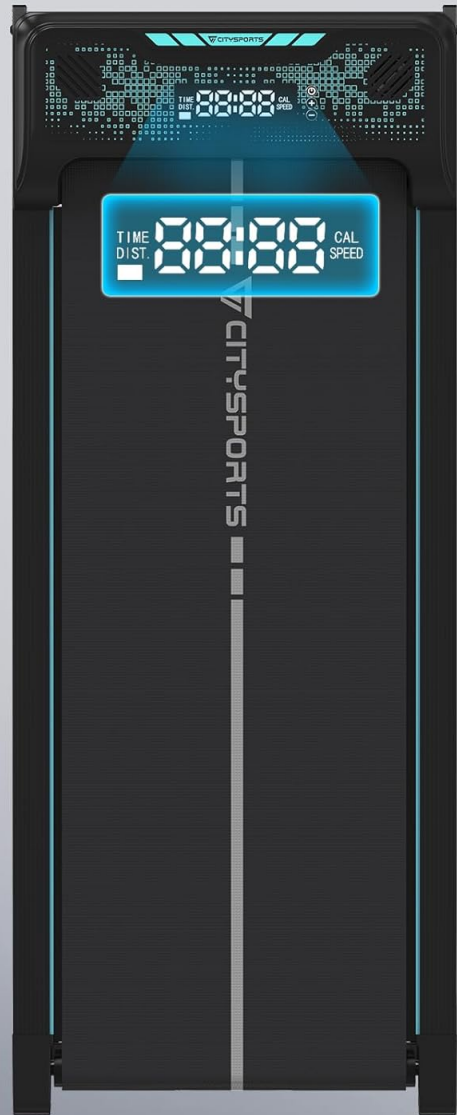


Image: A detailed view of the treadmill's LED display, showing time, distance, calories, and speed. The remote control is also visible, illustrating its simple interface for easy operation.

Bluetooth Connection

To connect your device via Bluetooth:

1. Ensure the treadmill is powered on.
2. On your mobile device, enable Bluetooth and search for available devices.
3. Select "CITYSPORTS" (or similar name) from the list to pair.
4. Once connected, you can play audio through the treadmill's built-in speakers.

MAINTENANCE

General Cleaning

- Wipe down the treadmill with a damp cloth after each use to remove sweat and dust.
- Do not use abrasive cleaners or solvents.

Lubrication

Regular lubrication of the running belt is crucial for optimal performance and longevity. Use the provided silicone oil.

1. Unplug the treadmill.
2. Lift the edge of the running belt.
3. Apply a small amount of silicone oil evenly onto the center of the deck, underneath the belt.
4. Run the treadmill at a low speed (e.g., 1 km/h) for 2-3 minutes to distribute the lubricant.
5. Lubricate every 30-50 hours of use, or every 1-2 months with regular use.

Belt Adjustment

If the running belt shifts to one side or slips, it may need adjustment.

- **Centering:** If the belt drifts to the left, turn the left rear roller bolt clockwise a quarter turn. If it drifts to the right, turn the right rear roller bolt clockwise a quarter turn. Run the treadmill for a minute and re-check. Repeat until centered.
- **Tension:** If the belt slips during use, it may be too loose. Turn both rear roller bolts clockwise a quarter turn simultaneously. Test and repeat if necessary. Do not overtighten.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Treadmill does not start.	Not plugged in; Power switch off; Remote control battery low.	Ensure power cable is securely plugged in; Turn on power switch; Replace remote control battery.
Running belt slips.	Belt too loose; Insufficient lubrication.	Adjust belt tension (see Maintenance); Lubricate the running belt (see Maintenance).
Unusual noise during operation.	Lack of lubrication; Loose components.	Lubricate the running belt; Check and tighten any loose screws or bolts.
Bluetooth connection issues.	Device not discoverable; Treadmill not in pairing mode.	Ensure Bluetooth is enabled on your device; Restart treadmill and try pairing again.

SPECIFICATIONS

Feature	Detail
Model Number	CS-WP6
Motor Power	440W
Speed Range	1 - 6 km/h
Maximum Load Capacity	110 kg (242 lbs)
Incline	Fixed 6%
Display Type	LED (Time, Distance, Calories, Speed)
Connectivity	Bluetooth
Product Dimensions (L x W x H)	123 x 49 x 12.1 cm (48.4 x 19.3 x 4.8 inches)
Product Weight	20 kg (44 lbs)
Material	Metal, Plastics

WARRANTY AND SUPPORT

Your CITYSPORTS Electric Treadmill comes with a standard manufacturer's warranty. Please refer to the warranty card included in your packaging for specific terms and conditions.

For technical support, spare parts, or any inquiries not covered in this manual, please contact CITYSPORTS customer service through the official website or the contact information provided with your purchase.

You can also visit the official CITYSPORTS store on Amazon for more information and product updates: [CITYSPORTS Store](#).