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FUNMILY Treadmill with Incline

FUNMILY Walking Pad Treadmill (Model: Treadmill with Incline) - Instruction Manual

Your guide to safe and effective use of your FUNMILY Walking Pad Treadmill.

1. Introduction

Thank you for choosing the FUNMILY Walking Pad Treadmill. This versatile and foldable exercise equipment is designed for both home and office use, offering a convenient way to incorporate physical activity into your daily routine. It features an adjustable incline, remote control, and an LED display to track your progress. Please read this manual thoroughly before initial use to ensure safe operation and optimal performance.

Image 1.1: The FUNMILY Walking Pad Treadmill shown in both its upright position for walking/jogging and its folded-down, under-desk configuration, highlighting its adaptability for various environments.

2. Important Safety Information

To reduce the risk of serious injury, always read and follow all warnings and instructions before using this treadmill. Keep this manual for future reference.

- Ensure the safety key is always attached to the designated spot on the treadmill and to your clothing during operation. Removing the safety key will immediately stop the treadmill.

- Place the treadmill on a flat, stable surface with adequate clearance around it (at least 2 feet on all sides).
- Wear appropriate athletic footwear and clothing. Avoid loose clothing that could get caught in moving parts.
- Do not allow children or pets near the treadmill while it is in operation.
- Do not use the treadmill if you feel dizzy, faint, or experience any pain. Consult a physician before starting any new exercise program.
- Maximum user weight capacity: 300 lbs.

3. Setup and Assembly

The FUNMILY Walking Pad Treadmill requires minimal assembly. Follow these steps to get started:

3.1 Unboxing

Carefully remove the treadmill and all components from the packaging. Inspect for any damage. The package includes the treadmill, remote control, iPad holder, lubricant, safety key, wrench, and user manual.

Image 3.1: All components included in the FUNMILY Walking Pad Treadmill package.

3.2 Raising the Handlebar

1. Locate the quick-release wrenches on both sides of the treadmill base.
2. Twist the wrenches to loosen them.
3. Carefully raise the handlebar to the upright position.
4. Twist the quick-release wrenches in the opposite direction to secure the handlebar firmly in place. Ensure both sides are locked.

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Video 3.2: Demonstrates the unboxing process and how to raise and secure the handlebar of the FUNMILY Walking Pad Treadmill.

3.3 Attaching Phone/Tablet Holder and Safety Key

1. The phone/tablet holder clips securely onto the top of the handlebar.
2. The safety key is magnetic. Attach the magnetic end to the yellow dot on the control panel. Clip the other end to your clothing during use.

Image 3.3: The LED display and handlebar with remote, phone holder, and safety key in position.

3.4 Connecting Power

Plug the power cord into the front of the treadmill and then into a suitable wall outlet. Turn on the power switch located near the power cord connection point.

3.5 Adjusting Incline

The treadmill offers an adjustable incline feature. To increase the incline:

1. Slightly lift the rear of the treadmill.
2. Locate the incline adjustment pins on both sides of the treadmill base.
3. Pull out the pin and allow the rubberized support to drop down.
4. Insert the pin into the higher slot to secure the incline. Repeat on the other side.
5. To return to a flat surface, reverse these steps.

Image 3.5: Visual representation of the treadmill's flat and incline settings.

4. Operating Instructions

4.1 Control Panel Overview

The LED touch screen on the handlebar displays speed, distance, time, and calories. It also features quick-speed buttons and program selection.

Image 4.1: The multi-functional LED screen and remote control.

4.2 Remote Control Functions

The remote control allows for convenient adjustment of speed and selection of programs without reaching the main panel.

- **Power Button:** Turns the treadmill on/off.
- **Speed Adjustment:** Use the up/down arrows to increase or decrease speed incrementally.
- **Quick Speed Buttons (2, 4, 6):** Instantly set the speed to 2, 4, or 6 MPH.
- **Mode (M) Button:** Cycles through display modes (time, distance, calories).
- **Program (P) Button:** Selects from 12 pre-set exercise programs.

4.3 Walking and Jogging Modes

The treadmill supports two primary modes of operation:

- **Running Mode (Handlebar Up):** With the handlebar raised, the speed range is 0.6-7.6 MPH. This mode is suitable for brisk walking, jogging, and light running.
- **Walking Mode (Handlebar Down/Under-Desk):** With the handlebar folded down, the speed range is 0.6-4 MPH. This mode is ideal for walking while working or for a gentle exercise.

Image 4.3: Various usage modes and corresponding speed ranges.

4.4 Incline Operation

The treadmill's 8% incline feature allows for a more challenging workout, burning more calories compared to a flat surface. Adjust the incline as described in Section 3.5 to suit your fitness goals.

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Video 4.4: Demonstrates the treadmill's operation, including under-desk use, incline adjustment, and jogging with the handle up.

5. Maintenance

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

5.1 Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided silicone lubricant. Refer to the detailed instructions in the included user manual for the correct application frequency and method.

5.2 Cleaning

Wipe down the treadmill surfaces with a damp cloth after each use. Avoid using abrasive cleaners or solvents. Keep the area around the treadmill clean and free of dust.

5.3 Belt Adjustment

Over time, the running belt may become misaligned or loose. Refer to the detailed instructions in the included user manual for how to adjust the belt tension and centering using the provided wrench.

6. Storage

The FUNMILY Walking Pad Treadmill is designed for easy folding and storage.

1. Ensure the treadmill is powered off and unplugged.
2. Remove the safety key and phone/tablet holder.

3. Loosen the quick-release wrenches on the handlebar and fold the handlebar down. Secure the wrenches.
4. If the incline is set, return it to the flat position.
5. The treadmill features built-in wheels for easy relocation. Lift the rear end and roll it to your desired storage location. It can be stored horizontally under a bed/sofa or vertically against a wall.

Image 6.1: The treadmill folded for compact storage.

Image 6.2: Different storage configurations for the treadmill.

7. Troubleshooting

If you encounter any issues, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not connected, power switch off, or outlet issue.	Ensure power cord is securely plugged in, power switch is ON, and test the outlet with another device.
Treadmill displays "E7" error.	Safety key is not properly attached.	Ensure the magnetic safety key is firmly placed on the yellow dot of the control panel.
Running belt slips or hesitates.	Belt tension too loose or insufficient lubrication.	Adjust belt tension as per manual or apply silicone lubricant.
Unusual noise during operation.	Loose components, belt misalignment, or motor issue.	Check for loose screws, adjust belt, or contact customer support if noise persists.

8. Specifications

- **Brand:** FUNMILY
- **Model Name:** Treadmill with Incline
- **Product Dimensions:** 54"D x 25.99"W x 5.9"H
- **Material:** Alloy Steel
- **Maximum Speed:** 7.5 Miles per Hour
- **Minimum Speed:** 0.6 Miles per Hour
- **Maximum Incline Percentage:** 8.00%
- **Maximum Horsepower:** 2.5 HP
- **Weight Capacity:** 300 lbs
- **Display Type:** LED
- **Power Source:** Corded Electric (1865 Watts)
- **Assembly Required:** No (minimal setup)
- **Folded Size:** 54"D x 25.99"W x 5.9"H

- **Included Components:** Treadmill, Remote Control, iPad Holder, Lubricant, Safety Key, Wrench, User Manual

Image 8.1: Key performance specifications of the treadmill.

Image 8.2: The wide running belt for comfortable exercise.

9. Warranty and Support

For warranty information, please refer to the specific terms and conditions provided with your purchase or contact FUNMILY customer support directly. For any questions, technical assistance, or service requests, please reach out to the manufacturer's customer support channels.

Customer Support: Refer to the contact information provided in your product packaging or on the official FUNMILY website.

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	[2-in-1 Treadmill User Manual and Guide] Comprehensive user manual for the 2-in-1 Treadmill, covering setup, operation, safety precautions, maintenance, and troubleshooting. Includes detailed instructions and advice for optimal use.
	[Fithrill Treadmill FT-SE02 User Manual] Comprehensive user manual for the Fithrill Treadmill Model FT-SE02, covering setup, operation, maintenance, troubleshooting, and warranty information.
	[UREVO CyberPad for Office Auto Incline Smart Walking Pad Treadmill User Manual] This comprehensive user manual for the UREVO CyberPad for Office Auto Incline Smart Walking Pad Treadmill (Model URTM051) guides users through setup, operation, safety protocols, maintenance, and troubleshooting. Discover features like the auto incline system and UREVO SmartCoach App integration for a smarter fitness experience.
	[ACTFLAME Walking Pad User Manual] Comprehensive user manual for the ACTFLAME Walking Pad, covering safety precautions, assembly, operation, maintenance, and troubleshooting.
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