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BORGUSI CTM5314

BORGUSI Auto Incline Treadmill User Manual

Model: CTM5314 | Brand: BORGUSI

1. IMPORTANT SAFETY INFORMATION

Please read this entire manual carefully before operating the treadmill. Keep this manual for future reference. Failure to follow these instructions could result in injury or damage to the product.

- Always place the treadmill on a solid, level surface.
- Keep children and pets away from the treadmill during operation.
- Wear appropriate exercise attire and athletic shoes.
- Ensure the safety key is properly attached to your clothing before starting.
- Do not operate the treadmill if it is damaged or malfunctioning.
- The maximum user weight capacity for this treadmill is 320 lbs.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

2. INCLUDED COMPONENTS

Verify that all components are present before beginning assembly:

- Treadmill Main Frame
- User Manual
- Safety Key
- Lubricant
- Tool Kit (includes Allen wrenches and screwdriver)

3. SETUP AND ASSEMBLY

The BORGUSI CTM5314 treadmill is 90% pre-assembled. Follow these steps for quick setup:

1. Step 1: Unpack and Position

Open the carton and carefully remove all parts. Place the main frame on a level ground surface.

2. Step 2: Lock the Upright Frame

Secure the upright frame to the base frame using the provided bolts (70, 51) and lock washers (64). Use the 5# Allen wrench (12) to tighten.

3. Step 3: Pre-lock the Computer Bracket

First, connect the computer bottom wire with the computer top wire. Then, align the metal plate of the computer bracket with the upright frame hole and pre-lock it using bolts (51) and lock washers (64).

4. Step 4: Lock the Computer Bracket

Hold the computer bracket with one hand and fold it in the direction of the arrow. Fully secure the computer bracket onto the upright frame using the remaining bolts and the 5# Allen wrench.

5. Step 5: Lock the Rollers

Attach the rollers (23) to the main frame using the bolts (51) and lock washers (55, 67). Use the 5# Allen wrench (12).

6. Step 6: Secure the Back End Caps

Attach the back end caps (21, 22) to the main frame using the bolts (60) and the wrench with screwdriver (76).

7. Step 7: Secure the Bottom Covers

Secure the bottom covers (30, 36) onto the upright frame using the bolts (77) and the wrench with screwdriver (76).

8. Step 8: Secure the Bottle Cage

Secure the bottle cage onto the right upright frame using the bolts (77) and the wrench with screwdriver (76).

Your browser does not support the video tag.

Video: BORGUSI CTM5314 Treadmills Installation Guide. This video demonstrates the step-by-step assembly process for the treadmill.

Elevated Console Design for Tall Users

Foldable and Movable Design



Image: The treadmill's elevated console design and folding capability for space-saving storage.

4. OPERATING INSTRUCTIONS

Familiarize yourself with the treadmill's functions for an effective workout.

4.1 Basic Operation

- **Power On/Off:** Connect the power cord to a grounded outlet. Press the power button on the console to turn the treadmill on or

off.

- **Safety Key:** Always attach the safety key clip to your clothing before starting. The treadmill will not operate without the safety key in place. Pulling the safety key will immediately stop the treadmill in an emergency.
- **Start/Stop:** Press the 'START' button to begin your workout. The belt will start moving at a low speed. Press the 'STOP' button to gradually slow down and stop the belt.

4.2 Speed and Incline Adjustment

- **Speed Control:** Use the '+' and '-' buttons on the console or handrails to adjust the speed from 0.5 MPH to 10 MPH. Quick speed buttons (e.g., 3, 6, 9 MPH) are also available for instant changes.
- **Auto Incline:** Use the 'INCLINE +' and '-' buttons to adjust the incline from 0% to 15%. Quick incline buttons (e.g., 3%, 6%, 9%) are available for rapid changes.

4.3 Preset Programs and App Connectivity

- **Preset Programs:** The treadmill features 36 built-in preset programs (P1-P36), as well as unique L and U programs with 8 levels of intensity. Select a program using the 'PROGRAM' button and press 'START' to begin.
- **Bluetooth App:** Connect your device via Bluetooth to the treadmill to use compatible fitness apps such as KINOMAP, Zwift, and Fitshow. These apps allow for customized workouts, virtual routes, and tracking of your progress.

4.4 Monitoring Your Workout

- **LCD Display:** The upgraded backlit LCD panel displays key metrics including Time, Speed, Distance, Calories Burned, Incline, and Heart Rate.
- **Heart Rate Monitor:** Grip the heart rate sensors on the handrails to monitor your pulse during your workout.

Your browser does not support the video tag.

Video: BORGUSI CTM5314 Auto Treadmill Overview. This video highlights the key features and operational aspects of the treadmill, including speed, incline, and program functions.



Image: The treadmill in use, showcasing its auto-incline capability.

Upgraded LCD Display



Time



Speed



Distance



Calories



Pulse



Incline



Image: Detailed view of the upgraded LCD display, providing real-time workout data.

5. MAINTENANCE

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

- Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use. Avoid using abrasive cleaners.
- Lubrication:** The running belt requires periodic lubrication to reduce friction. Refer to the specific instructions in the included lubricant packaging for frequency and application method.

- **Belt Adjustment:** If the running belt becomes off-center or slips, refer to the detailed instructions in the full user manual for proper adjustment.
- **Storage:** When not in use, the treadmill can be folded vertically to save space. Ensure it is securely locked in the folded position.

6. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Treadmill does not start	Power cord not plugged in; Safety key not in place; Power switch off.	Ensure power cord is securely plugged in; Insert safety key fully; Turn on the power switch.
Running belt slips	Belt too loose; Insufficient lubrication.	Adjust belt tension (refer to full manual); Apply lubricant as per instructions.
Error Code E01 (Driver communication failure)	Loose connection between upper and lower control boards.	Unplug the treadmill, check and re-connect all system wires. If the issue persists, contact customer support.
Unusual noise or burning smell	Motor issue; Belt friction; Loose components.	Immediately stop the treadmill and unplug it. Check for any visible damage or loose parts. Do not operate and contact customer support.

For issues not listed here or if solutions do not resolve the problem, please contact BORGUSI customer support.

7. PRODUCT SPECIFICATIONS

Specification	Detail
Brand	BORGUSI
Model Name	CTM5314
Product Dimensions (D x W x H)	55.3" x 26.2" x 52.1"
Folded Size (D x W x H)	33.1" x 26.2" x 52.2"
Item Weight	110 Pounds
Material	Alloy Steel
Maximum Speed	10 Miles per Hour
Minimum Speed	0.5 Miles per Hour
Maximum Horsepower	3.5 HP
Maximum Incline Percentage	15%
Maximum Weight Recommendation	320 Pounds
Running Surface Dimensions	45.5" x 16.5"

Specification	Detail
Number of Programs	36 Preset Programs (plus L and U programs)
Connectivity Technology	Bluetooth (KINOMAP, Zwift, Fitshow App compatible)
Display Type	Upgraded LCD Panel
Shock Absorption	10+4 Silicone Shock Absorbers



Image: Visual representation of the treadmill's robust 320 lbs weight capacity and 15% auto incline.

Longer & Safer running platforms



Image: The spacious running platform, measuring 45.5 inches in length and 16.5 inches in width.

10+4 Silicone Shock Absorbers

Reduce 30% Pressure



Image: Illustration of the 10+4 silicone shock absorption system designed to reduce impact.

8. WARRANTY AND SUPPORT

Your BORGUSI CTM5314 Treadmill comes with a **1 Year Parts Protection Plan**. This warranty covers manufacturing defects in materials and workmanship under normal use and service.

For warranty claims, technical support, or any questions regarding your product, please refer to the contact information provided in your product packaging or visit the official BORGUSI website.

Related Documents - CTM5314

 <p>BORGUSI USER'S MANUAL MOTORIZED TREADMILL Model: CTM5104</p> <p>Read all instructions carefully before using this treadmill. Return this user's manual for future reference.</p>	<p>BORGUSI CTM5104 Motorized Treadmill User Manual</p> <p>Comprehensive user manual for the BORGUSI CTM5104 motorized treadmill, covering safety precautions, assembly, operation, maintenance, and troubleshooting. Learn how to use your treadmill effectively for a safe and beneficial workout.</p>
 <p>BORGUSI USER'S MANUAL MOTORIZED TREADMILL Model: CTM5104</p> <p>Read all instructions carefully before using this treadmill. Return this user's manual for future reference.</p>	<p>BORGUSI CTM5104 Motorized Treadmill User Manual</p> <p>Comprehensive user manual for the BORGUSI CTM5104 Motorized Treadmill, covering safety precautions, assembly, operation, maintenance, troubleshooting, and exercise guidance.</p>
 <p>BORGUSI USER'S MANUAL MOTORIZED TREADMILL Model: CTM5103</p> <p>Read all instructions carefully before using this treadmill. Return this user's manual for future reference.</p>	<p>BORGUSI CTM5103 Motorized Treadmill User's Manual</p> <p>Comprehensive user's manual for the BORGUSI CTM5103 Motorized Treadmill, covering safety precautions, assembly, operation, maintenance, and troubleshooting.</p>
 <p>USER'S MANUAL Model: CTM5208</p> <p>Read all instructions carefully before using this treadmill. Return this user's manual for future reference.</p>	<p>BORGUSI CTM5208 Treadmill User Manual: Operation, Maintenance, and Safety</p> <p>Comprehensive user manual for the BORGUSI CTM5208 treadmill, covering safety precautions, assembly, operation, maintenance, troubleshooting, and exercise guidelines.</p>