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CITYSPORTS CS-WP6

CITYSPORTS CS-WP6 Electric Incline Treadmill

User Manual

1. INTRODUCTION

Thank you for choosing the CITYSPORTS CS-WP6 Electric Incline Treadmill. This manual provides essential information for the safe and effective use, setup, operation, and maintenance of your new fitness equipment. Please read it thoroughly before first use and keep it for future reference.

Key Features:

- **4-in-1 Design for Home and Office:** This electric treadmill allows you to walk, run, jog, or train on an incline without leaving your home. Its silent operation is ideal for daily activity, improving fitness, and saving time in any setting.
- **Adjustable Incline (8% to 10%):** Manually adjust the incline to 8% or 10% to increase exercise difficulty and burn more calories compared to flat walking. This feature helps strengthen legs, improve endurance, and diversify workouts.
- **Compact and Easy to Store:** Designed for small spaces, this treadmill can be easily stored under a sofa, bed, or in an office corner. Its lightweight and practical design makes it perfect for apartments or home offices.
- **Clear LED Display and Remote Control:** The integrated LED screen displays real-time data including speed, duration, distance covered, and calories burned. The included remote control allows for easy and safe speed adjustments between 1 and 6 km/h.
- **Walking Comfort and Optimal Safety:** Features a non-slip running surface and shock-absorbing pads to protect your joints. This solid and stable treadmill supports up to 120 kg, providing comfort, safety, and performance for various fitness goals.

2. SAFETY INFORMATION

Before using the treadmill, please observe the following safety precautions:

- Always consult a physician before starting any new exercise program.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Ensure the safety key is properly attached to your clothing before starting the treadmill. In case of

emergency, the safety key will stop the machine.

- Do not allow children or pets near the treadmill while it is in operation.
- Wear appropriate athletic footwear and clothing.
- Do not use the treadmill if you feel dizzy, faint, or experience any pain.
- Maximum user weight: 120 kg.

3. SETUP

Follow these steps to set up your CITYSPORTS CS-WP6 treadmill:

1. **Unpacking:** Carefully remove all components from the packaging. Retain packaging for future storage or transport.
2. **Placement:** Choose a suitable location with a stable, level floor. Ensure there is at least 0.6 meters (2 feet) of clear space on each side and 2 meters (6.5 feet) behind the treadmill for safety.
3. **Handlebar Assembly (if applicable):** If your model includes handlebars, follow the specific instructions in the quick start guide to secure them.
4. **Power Connection:** Plug the power cord into a grounded electrical outlet.
5. **Safety Key:** Attach the safety key to the designated slot on the console. The treadmill will not operate without the safety key in place.
6. **Initial Check:** Before stepping on, turn on the treadmill at a low speed to ensure the belt runs smoothly and is centered.

3-level 8% & 9% & 10% Adjustable Incline

Enjoy Hiking at Home Anytime



Image 3.1: Overview of the CITYSPORTS CS-WP6 treadmill in a home environment.

8%-10% Adjustable Incline Walking Pad Fitness Treadmill



Image 3.2: Demonstrating the treadmill's portability and ease of storage.

4. OPERATING INSTRUCTIONS

4.1 Powering On/Off

- **To Power On:** Ensure the safety key is in place. Press the 'START' button on the console or the remote control. The display will light up, and the belt will begin to move at a low speed.
- **To Power Off:** Press the 'STOP' button on the console or remote control. The belt will gradually slow down and stop. Remove the safety key to completely power off the machine.

4.2 Adjusting Speed

The treadmill offers a speed range of 1 to 6 km/h.

- Use the '+' and '-' buttons on the remote control or console to increase or decrease the speed.
- The LED display will show the current speed.
- Different speed modes are suitable for various activities:
 - **Office Mode:** 1-2 km/h (for light activity while working)
 - **Walking Mode:** 2-4 km/h (for brisk walking)

- **Jogging Mode:** 4-6 km/h (for light jogging)

Adjust Speed with Remote Controller

Reaching up to **6KM/H** for all fitness levels



Image 4.1: Illustration of various speed settings for different exercise intensities.

4.3 Adjusting Incline

The CITYSPORTS CS-WP6 features a manual incline adjustment with settings at 8% and 10%.

- To adjust the incline, **first ensure the treadmill is stopped and unplugged.**
- Locate the manual incline adjustment points at the rear of the treadmill.
- Lift the rear of the treadmill and secure the support legs into the desired incline position (8% or 10%).
- Ensure both support legs are securely locked in place before resuming use.

Easy to Transport & Space Saving

Easy to Move



Image 4.2: Visual representation of the treadmill's incline capability.

4.4 LED Display

The integrated LED display provides real-time feedback on your workout:

- **Time:** Duration of your workout.
- **Speed:** Current speed in km/h.
- **Distance:** Total distance covered during the session.
- **Calories:** Estimated calories burned.

Affichage LED en temps réel



Image 4.3: Detailed view of the LED display and its functions.

4.5 Safety Stop

The safety key is a critical safety feature. If the safety key is pulled from its slot, the treadmill will immediately stop. Always ensure the safety key is attached to your clothing during use.

5. MAINTENANCE

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

5.1 Cleaning

- **After each use:** Wipe down the console and other surfaces with a damp cloth to remove sweat and dust.
- **Weekly:** Vacuum under the treadmill to prevent dust and debris from accumulating in the motor area.
- Do not use abrasive cleaners or solvents.

5.2 Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. A small bottle of lubricant is included with your purchase.

- **Frequency:** Lubricate the belt every 30-50 hours of use, or every 1-2 months, depending on usage.
- **Procedure:**
 - a. Turn off and unplug the treadmill.
 - b. Loosen the belt tension bolts slightly to lift the belt.
 - c. Apply a thin line of silicone lubricant evenly under the center of the running belt.
 - d. Tighten the belt tension bolts.
 - e. Run the treadmill at a low speed for 5 minutes to distribute the lubricant.

5.3 Belt Adjustment

If the running belt is off-center or slipping, it may need adjustment.

- **Centering the Belt:** If the belt drifts to one side, use the provided Allen wrench to turn the corresponding rear roller bolt a quarter turn clockwise. If it drifts to the other side, turn the opposite bolt a quarter turn clockwise. Run the treadmill for a few minutes and re-adjust if necessary until the belt is centered.
- **Tightening the Belt:** If the belt slips during use, turn both rear roller bolts a quarter turn clockwise simultaneously. Do not overtighten.

5.4 Storage

When not in use, the treadmill can be folded and stored to save space.

- Ensure the treadmill is powered off and unplugged.
- Follow the folding mechanism instructions (refer to quick start guide if available) to fold the handlebars down.
- Utilize the built-in transport wheels to move the treadmill to a suitable storage location, such as under a bed or sofa.

6. TROUBLESHOOTING

Here are solutions to common issues you might encounter:

Problem	Possible Cause	Solution
Treadmill does not start	Safety key not in place; Power cord unplugged; Power switch off.	Ensure safety key is correctly inserted; Check power cord connection; Turn on power switch.
Running belt slips	Belt too loose; Belt needs lubrication.	Adjust belt tension (see Maintenance section); Lubricate the belt (see Maintenance section).
Unusual noise during operation	Loose parts; Belt friction; Motor issue.	Check and tighten all visible bolts and screws; Lubricate the belt; If noise persists, contact customer support.
Display not working correctly	Loose connection; Electronic fault.	Check all cable connections; Power cycle the treadmill; If issue continues, contact customer support.

7. SPECIFICATIONS

Detailed specifications for the CITYSPORTS CS-WP6 Electric Incline Treadmill:

- **Brand:** CITYSPORTS
- **Model Number:** CS-WP6
- **Product Dimensions (L x W x H):** 123 x 49 x 12.1 cm
- **Item Weight:** 19 Kilograms
- **Material:** Metal, Aluminum Frame
- **Color:** Green
- **Power:** 440 Watt
- **Maximum Speed:** 6 Kilometers per hour

- **Incline:** Manual, 8% to 10%
- **Display Type:** LED (shows Time, Speed, Distance, Calories)
- **Power Source:** Corded Electric
- **Special Features:** Bluetooth, Portable
- **Included Components:** Remote Control
- **Recommended Uses:** Running, Walking, Jogging, Personal Use, Light Commercial Use, Small Spaces
- **Target Audience:** Adult

440W Advanced Brushless Motor



Quiet Operation



Safe and Efficient



No Disturbance



Long-lasting



Image 7.1: Internal view of the 440W brushless motor, emphasizing its quiet and efficient design.

Advanced Shock Absorption for Knee Protection



5-Layer of Anti-Slip Belt



Silicone Shock Absorbers



Soft Cushions



Image 7.2: Explanation of the multi-layer shock absorption system for joint protection.

8. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the warranty card included with your product or contact CITYSPORTS customer service through the retailer where you purchased the treadmill. Please have your model number (CS-WP6) and purchase date ready when contacting support.