**Winfita T703**

# Winfita T703 Treadmill User Manual

Model: T703 | Brand: Winfita

## 1. INTRODUCTION AND PRODUCT OVERVIEW

Thank you for choosing the Winfita T703 Treadmill. This manual provides essential information for the safe and effective use of your new fitness equipment. The Winfita T703 is designed for home use, offering a comprehensive workout experience with its advanced features.

Key features include a powerful 4.0HP motor, 0-15% automatic incline, a spacious 18" x 50" running belt, and Bluetooth connectivity for app integration. It supports users up to 300 lbs and comes with 64 preset programs to diversify your workouts.

Figure 1.1: Winfita T703 Treadmill. This image shows the overall design of the treadmill, highlighting its robust frame and console.

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Video 1.1: Winfita Folding Treadmill for Home with Auto Incline. This video provides a general overview of the treadmill's features and functionality.

## 2. SAFETY INFORMATION

Before operating the Winfita T703 Treadmill, please read and understand all safety instructions. Failure to follow these instructions may result in injury or damage to the product.

- **Placement:** Place the treadmill on a flat, stable surface. Ensure there is adequate clear space around the treadmill (at least 6 feet behind and 2 feet on each side).
- **Power:** Connect the treadmill to a properly grounded outlet. Do not use extension cords or adapters.
- **User Weight:** Do not exceed the maximum user weight capacity of 300 lbs.
- **Children and Pets:** Keep children and pets away from the treadmill during operation. Always remove the safety key

when the treadmill is not in use.

- **Attire:** Wear appropriate athletic footwear and clothing. Avoid loose clothing that could get caught in moving parts.
- **Safety Key:** Always attach the safety key clip to your clothing before starting the treadmill. In case of an emergency, the safety key will detach, stopping the treadmill.
- **Maintenance:** Perform regular maintenance as described in this manual. Unplug the treadmill before cleaning or servicing.
- **Medical Conditions:** Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.



Figure 2.1: Console with Safety Warnings. Note the warning labels on the console, reminding users to read the manual and remove the safety key when not in use.

## 3. SETUP AND ASSEMBLY

The Winfita T703 Treadmill arrives 99% pre-assembled, requiring minimal setup. Follow these steps to complete the assembly:

1. **Unboxing:** Carefully remove the treadmill from its packaging. It is recommended to have two people for this step due to the weight of the unit.

2. **Positioning:** Place the main frame on a flat, stable surface where you intend to use it.

3. **Unfold the Uprights:** Gently lift the console and uprights into the upright position. Ensure they lock securely into place.

4. **Secure the Uprights:** Locate the pre-installed bolts and washers on the base of the uprights. Use the provided Allen wrench (5MM) to tighten these bolts. There are typically 6 screws in total that need tightening. Repeat this procedure on both sides of the treadmill.

5. **Attach Handrails (if separate):** If the handrails are not already attached, align them with the designated slots on the uprights and secure them with the provided hardware.

6. **Connect Safety Key:** Attach the red safety key to the designated slot on the console. The treadmill will not operate without the safety key in place.

7. **Power Connection:** Plug the power cord into a grounded electrical outlet.

8. **Lubrication (Initial):** Before first use, apply a small amount of the provided silicone oil under the running belt. Lift the belt slightly and apply the oil evenly across the deck. This ensures smooth operation and prolongs belt life.
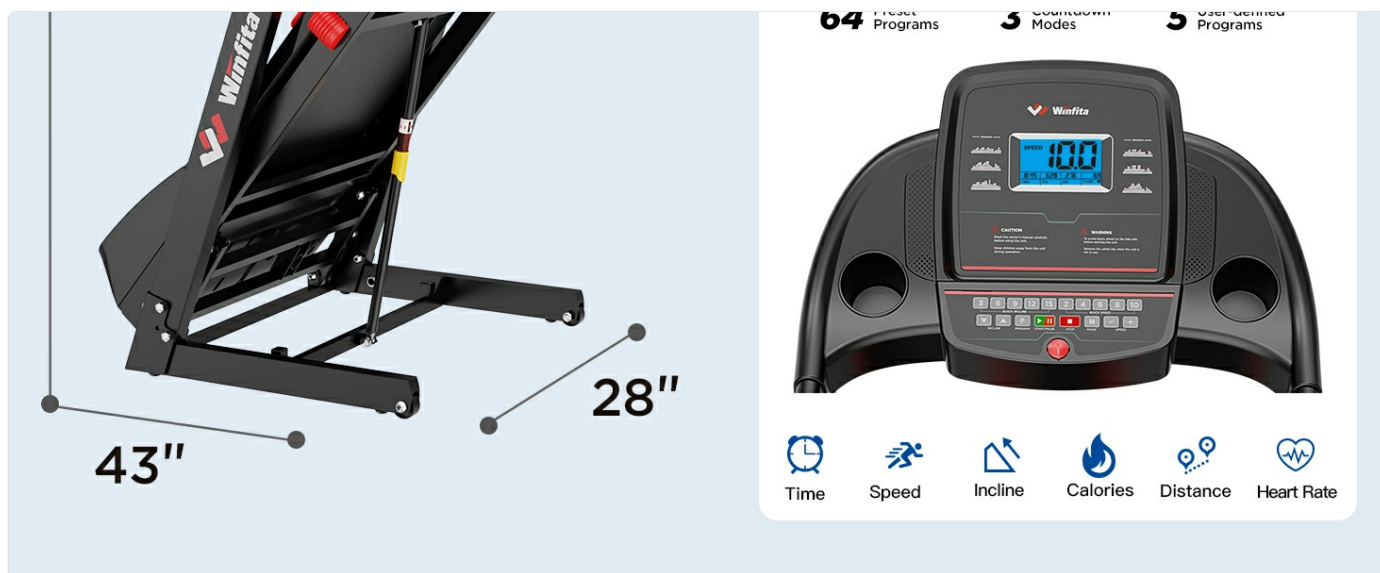


Figure 3.1: Pre-assembled Treadmill and Tools. This image illustrates the minimal assembly required, showing the main unit and the small tool kit.

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Video 3.1: Unboxing video of the Winfita treadmill. This video demonstrates the unboxing process and initial setup steps.

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Video 3.2: Just tighten 6 screws to install the treadmill. This video specifically shows the process of securing the uprights with the provided screws.

# 4. OPERATING INSTRUCTIONS

The Winfita T703 Treadmill offers various modes and programs to enhance your workout. Familiarize yourself with the console and its functions.

## 4.1 Console Overview

The user-friendly console features a 5-inch LCD display that provides real-time data such as speed, incline, time, distance, calories burned, and heart rate. It also includes quick-access buttons for speed and incline adjustments.

Figure 4.1: Multi-Function Console. This image highlights the various buttons and the LCD display for tracking workout metrics.

## 4.2 Starting a Workout

1. Ensure the safety key is properly attached to the console and your clothing.
2. Step onto the treadmill's side rails.
3. Press the **START** button. The belt will begin to move at a low speed.
4. Carefully step onto the running belt and begin walking.

## 4.3 Adjusting Speed and Incline

- **Speed:** Use the **SPEED +** and **SPEED -** buttons on the console or handrails to adjust the speed from 0.6 MPH to 10 MPH. Quick speed buttons (e.g., 3, 6, 9, 12 MPH) are also available for rapid changes.
- **Incline:** Use the **INCLINE +** and **INCLINE -** buttons on the console or handrails to adjust the automatic incline from 0% to 15% (8.5°). Quick incline buttons (e.g., 3, 6, 9, 12, 15%) are available.

Figure 4.2: Automatic Incline Feature. This image demonstrates the treadmill's ability to adjust incline automatically, ranging from 0% to 15%.

Figure 4.3: Speed Range. This image illustrates the treadmill's speed capabilities, from a slow walk to a brisk run.

## 4.4 Programs and Modes

The treadmill includes 64 preset programs, 5 user-defined programs, and 3 countdown modes (time, distance, calories) to vary your workouts.

- **Preset Programs:** Press the **PROGRAM** button to cycle through the 64 built-in programs. Each program has varying speed and incline profiles.
- **User-Defined Programs:** Create and save your own custom workout routines. Refer to the detailed instructions in the included user manual for setting up user-defined programs.
- **Countdown Modes:** Select a countdown mode (Time, Distance, or Calories) and set your desired target. The treadmill will stop once the target is reached.

## 4.5 Bluetooth Connectivity and App Integration

Connect your treadmill to compatible fitness apps via Bluetooth for enhanced tracking and interactive workouts.

1. Download a compatible app (e.g., Kinomap, FitShow) from your device's app store.

2. Enable Bluetooth on your mobile device.

3. Open the app and follow the on-screen instructions to connect to your Winfita T703 Treadmill.

4. Enjoy music through the built-in stereo speakers by connecting your device via Bluetooth.



Figure 4.4: Bluetooth Connectivity. This image highlights the treadmill's compatibility with popular fitness applications for an interactive workout experience.

## 4.6 Stopping a Workout

- Press the **STOP** button to gradually bring the treadmill to a halt.
- Alternatively, pull the safety key from the console for an immediate stop.

## 5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Winfita T703 Treadmill.

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use to remove sweat and dust. Avoid

abrasive cleaners.

- **Lubrication:** The running deck requires periodic lubrication with silicone oil. Apply oil every 3 months or after every 50 hours of use, whichever comes first. Lift the running belt and apply the oil evenly across the center of the deck.
- **Belt Tension and Alignment:** Check the running belt tension and alignment regularly. If the belt slips or drifts to one side, refer to the detailed instructions in the full user manual for adjustment procedures.
- **Motor Cover:** Periodically remove the motor cover (unplug the treadmill first) and vacuum any dust or debris that may have accumulated.

## 6. TROUBLESHOOTING

This section addresses common issues you might encounter with your treadmill. For more complex problems, please contact customer support.

| Problem | Possible Cause | Solution |
|---------|---------------|----------|
| Treadmill does not start. | Power cord unplugged, safety key not in place, circuit breaker tripped. | Ensure power cord is securely plugged in. Insert safety key fully. Check household circuit breaker. |
| Running belt slips. | Belt tension too loose, belt needs lubrication. | Adjust belt tension (refer to manual). Apply silicone oil. |
| Loud squeaking sound during operation. | Belt needs lubrication, loose components. | Apply silicone oil. Check and tighten all visible bolts and screws. |
| E02 error code. | Motor or controller issue. | Unplug the treadmill for 5 minutes, then plug it back in. If the error persists, contact customer service. |
| Incline not adjusting. | Incline motor issue, loose connection. | Check all connections. If the issue persists, contact customer service. |

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Video 6.1: Update on repairs on incline. This video shows a customer's experience with an incline issue, which may be helpful for troubleshooting.

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Video 6.2: Plugged in, looked fine. Tried to use and get E02 error. This video shows a customer encountering an E02 error, which can help in diagnosing similar issues.

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Video 6.3: Loud squeaking sound. This video demonstrates a common squeaking issue, which may indicate a need for lubrication or tightening.

## 7. SPECIFICATIONS

Detailed technical specifications for the Winfita T703 Treadmill:

| Feature | Specification |
|---------|--------------|
| Motor Horsepower | 4.0 HP |
| Speed Range | 0.6 - 10 MPH |

| Feature | Specification |
|---|---|
| Auto Incline | 0 - 15% (8.5°) |
| Running Belt Dimensions | 18" W x 50" L |
| Maximum User Weight | 300 lbs |
| Programs | 64 Preset, 5 User-defined, 3 Countdown Modes |
| Connectivity | Bluetooth (Kinomap, FitShow compatible) |
| Display Type | 5-inch LCD |
| Folded Dimensions (L x W x H) | 43" x 28" x 55" |
| Item Weight | 125 Pounds |
| Frame Material | Alloy Steel |
| Special Features | Built-In Speaker, Shock Absorbent, Wheeled, Foldable |

Figure 7.1: Compact Design and Dimensions. This image provides a visual representation of the treadmill's dimensions and its foldable nature for space-saving storage.

## 8. WARRANTY AND CUSTOMER SUPPORT

Winfita stands behind the quality of its products. Your Winfita T703 Treadmill comes with a **1-Year Warranty**.

For any questions, concerns, or technical support, please do not hesitate to contact our dedicated customer service team. We offer **7/24 Online Customer Service and Lifetime Technical Support**
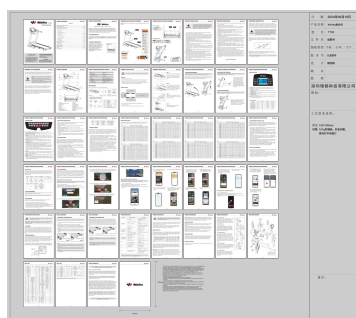
You can typically find contact information, including email, in the warranty section of the physical user manual included with your product.

Figure 8.1: Customer Service Information. This image outlines the steps to contact customer service for support.

Documents - Winfita – T703
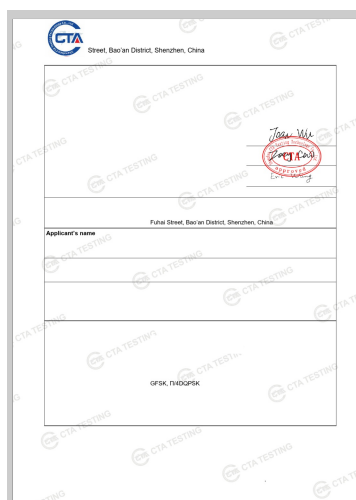


[pdf] User Manual Instructions

Winfita   T703       20240918 User manual SHENZHEN JINGDU TECHNOLOGY CO LTD T703 Treadmill 2AO85 2AO85T703 t703

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection againstharmful interference in a residential installation. This equipment generates, uses and can radiater...

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[pdf] Specifications Test Report

EMC TRF Template Tara Mitchell Test report part 1 SHENZHEN JINGDU TECHNOLOGY CO LTD T703 Treadmill 2AO85 2AO85T703 t703

Shenzhen CTA Testing Technology Co., Ltd. Room 106, Building 1, Yibaolai Industrial Park, Qiaotou Co ... ........................ : Compiled by position printed name signature . : CTA25030501101 2AO85-**T703** File administrators Joan Wu Supervised by position printed name signature . : Project Engin...

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