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## RHYTHM FUN CP05

# RHYTHM FUN Treadmill with Incline and Handle Bar User Manual

Model: CP05

## 1. INTRODUCTION

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Thank you for choosing the RHYTHM FUN Treadmill with Incline and Handle Bar. This compact and versatile fitness equipment is designed to enhance your walking, jogging, and light running experience in the comfort of your home or office. Featuring a manual incline, a sturdy handle bar for safety, and smart APP connectivity, this treadmill is built for convenience and effective workouts. Please read this manual thoroughly before operation to ensure safe and optimal use.



Figure 1: RHYTHM FUN Treadmill with Incline and Handle Bar in use, showing both flat and inclined positions.

## 2. SAFETY INFORMATION

Your safety is paramount. Adhere to all warnings and instructions to prevent injury or damage to the equipment.

### General Safety Precautions:

- Always place the treadmill on a solid, level surface.
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate athletic footwear. Do not use barefoot.
- Use the safety key at all times. In case of emergency, the safety key will immediately stop the treadmill.
- Do not put hands or feet near the moving belt.
- Maximum user weight: 300 lbs.

## Electrical Safety:

- Plug the treadmill into a properly grounded outlet.
- Do not use an extension cord.
- Unplug the treadmill from the power outlet before cleaning, maintenance, or moving.

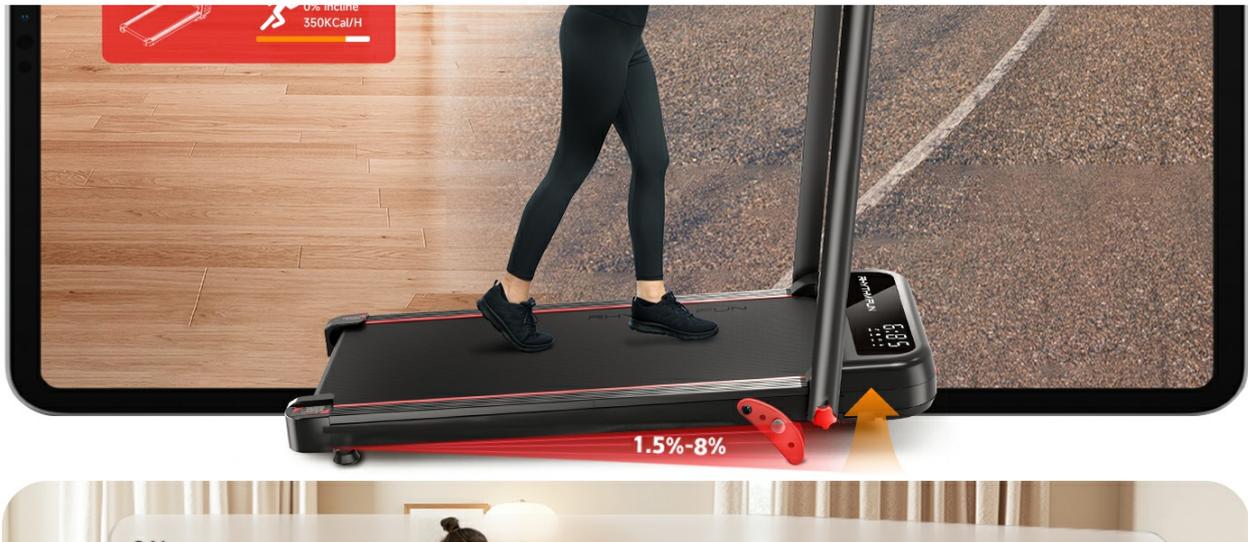


Figure 2: The detachable power cord ensures safer and more convenient operation and storage.

## 3. PACKAGE CONTENTS

Carefully unpack your RHYTHM FUN Treadmill and verify that all items listed below are included:

- Treadmill Unit (with Handle Bar)
- Power Cord
- Remote Control
- Safety Key
- Tool Kit (Allen Wrench, Incline Bolts)
- User Manual (this document)



Figure 3: Visual representation of included components: Fixing Knob (x2), User Manual (x1), Safety Lock (x1), Allen Wrench (x1), Incline Bolt (x2), Remote Control (x1), Power Cord (x1).

## 4. SETUP

Follow these steps to set up your treadmill:

1. **Unpack:** Remove all packaging materials and place the treadmill on a flat, stable surface.
2. **Unfold Handle Bar:** Carefully lift the handle bar into the upright position.

3. **Secure Handle Bar:** Use the provided fixing knobs to secure the handle bar in place. Ensure they are tightened securely.
4. **Connect Power:** Plug the power cord into the treadmill's port and then into a grounded electrical outlet.
5. **Attach Safety Key:** Place the safety key into its designated slot on the console. The treadmill will not operate without the safety key in place.

## Adjusting Incline:

This treadmill features a manual incline adjustment. To change the incline:

1. Ensure the treadmill is off and unplugged for safety.
2. Locate the red incline adjustment bolts at the rear base of the treadmill.
3. Unscrew and remove the bolts.
4. Lift the rear of the treadmill to the desired incline level (1.5%, 5%, or 8%).
5. Reinsert and tighten the bolts securely to lock the incline in place.

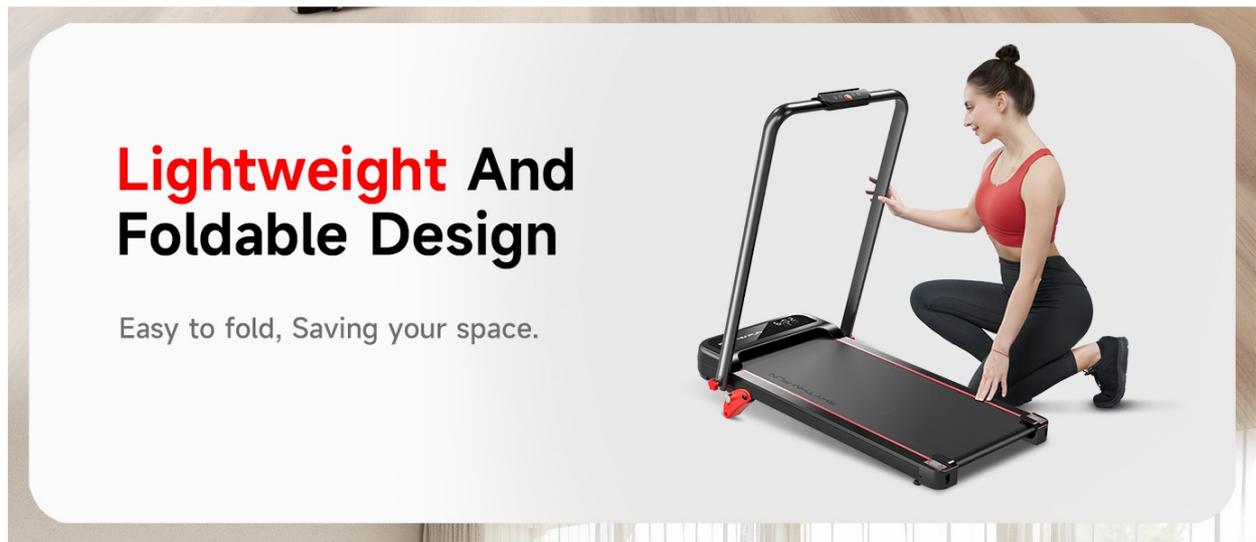


Figure 4: The manual incline can be adjusted to 1.5%, 5%, or 8% for varied workout intensity.

## 5. OPERATING INSTRUCTIONS

Your RHYTHM FUN Treadmill offers multiple ways to control your workout.

### Control Methods:

- **Console:** The integrated display on the handle bar allows for direct control.
- **Remote Control:** Use the included remote for convenient adjustments during your workout.
- **Ypoofit APP:** Connect your smartphone or tablet via Bluetooth to the Ypoofit APP for advanced tracking and control.

# Three Methods of Control the Treadmill



Speed



Calorie



Time



Distance

## Console/APP/Remote Control



Figure 5: The treadmill can be controlled via the console, remote, or the Ypoofit APP.

### Starting a Workout:

1. Ensure the safety key is properly inserted.
2. Press the 'Start' button on the console or remote. The treadmill will begin at a low speed (0.5 MPH).
3. Gradually increase the speed using the '+' button on the console or remote to your desired pace.

### Workout Modes & Speed Ranges:

- **Working Mode:** 0.5 - 1.5 MPH (Ideal for light activity while working or relaxing).
- **Walking Mode:** 0.5 - 2.5 MPH (Suitable for brisk walking).
- **Running Mode:** 3.5 - 5.0 MPH (For jogging or light running).

## 3-IN-1 Treadmill Walking Mode

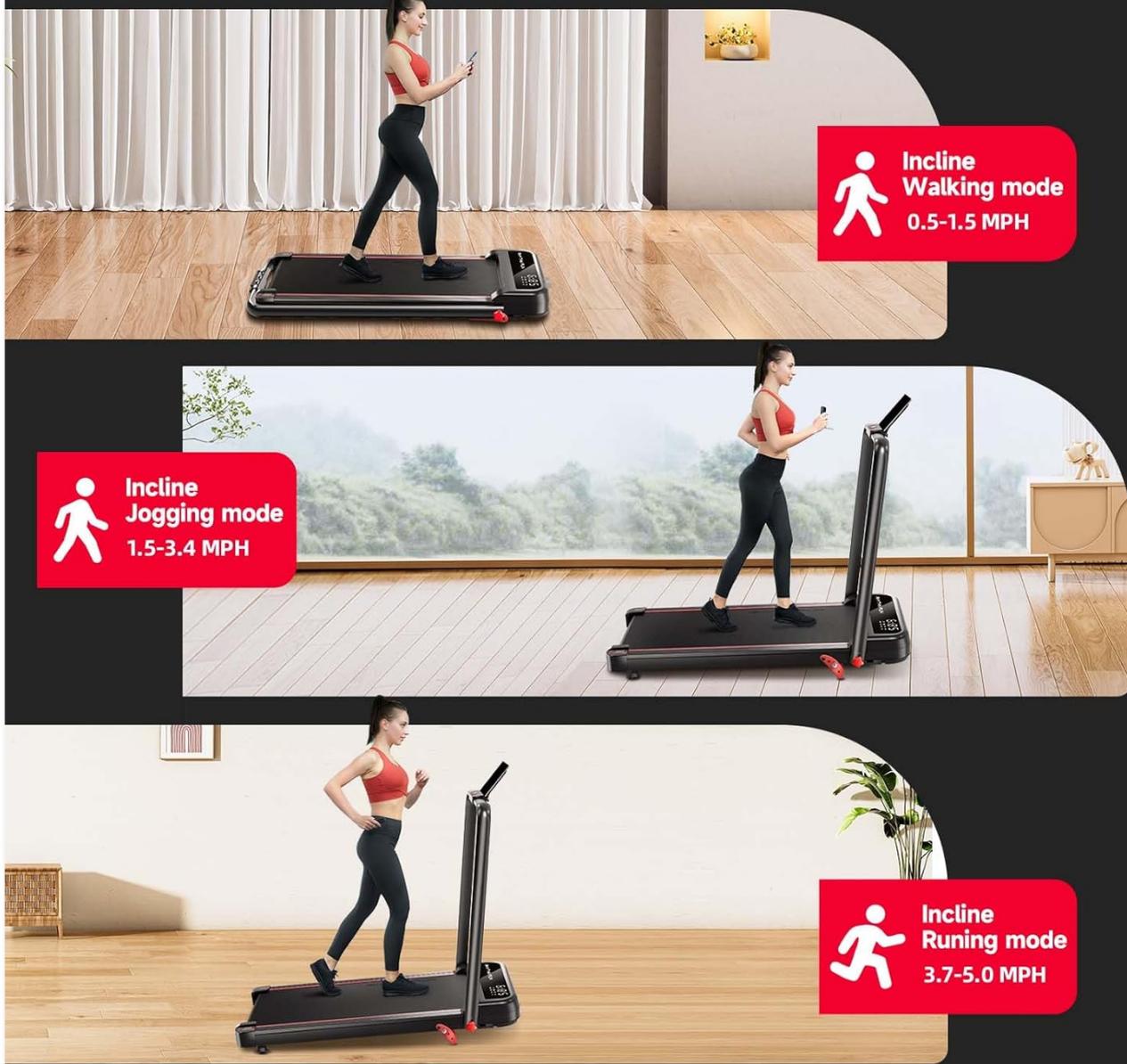


Figure 6: Illustration of the three distinct operating modes: Incline Walking, Incline Jogging, and Incline Running.

### Using the Ypoofit APP:

Download the Ypoofit APP from your device's app store. Once installed, open the app and follow the on-screen instructions to connect to your treadmill via Bluetooth. The APP allows you to:

- Track your progress (speed, distance, calories, time).
- Adjust speed and start/stop the treadmill.
- Access interactive workout programs and scenes.

# Ready! APP Set! Cardio, Strength and Go!!



Motion Scene, Training or Relax. -Meet Multiple Needs  
Record Exercise Data, Calories, Weight Changes

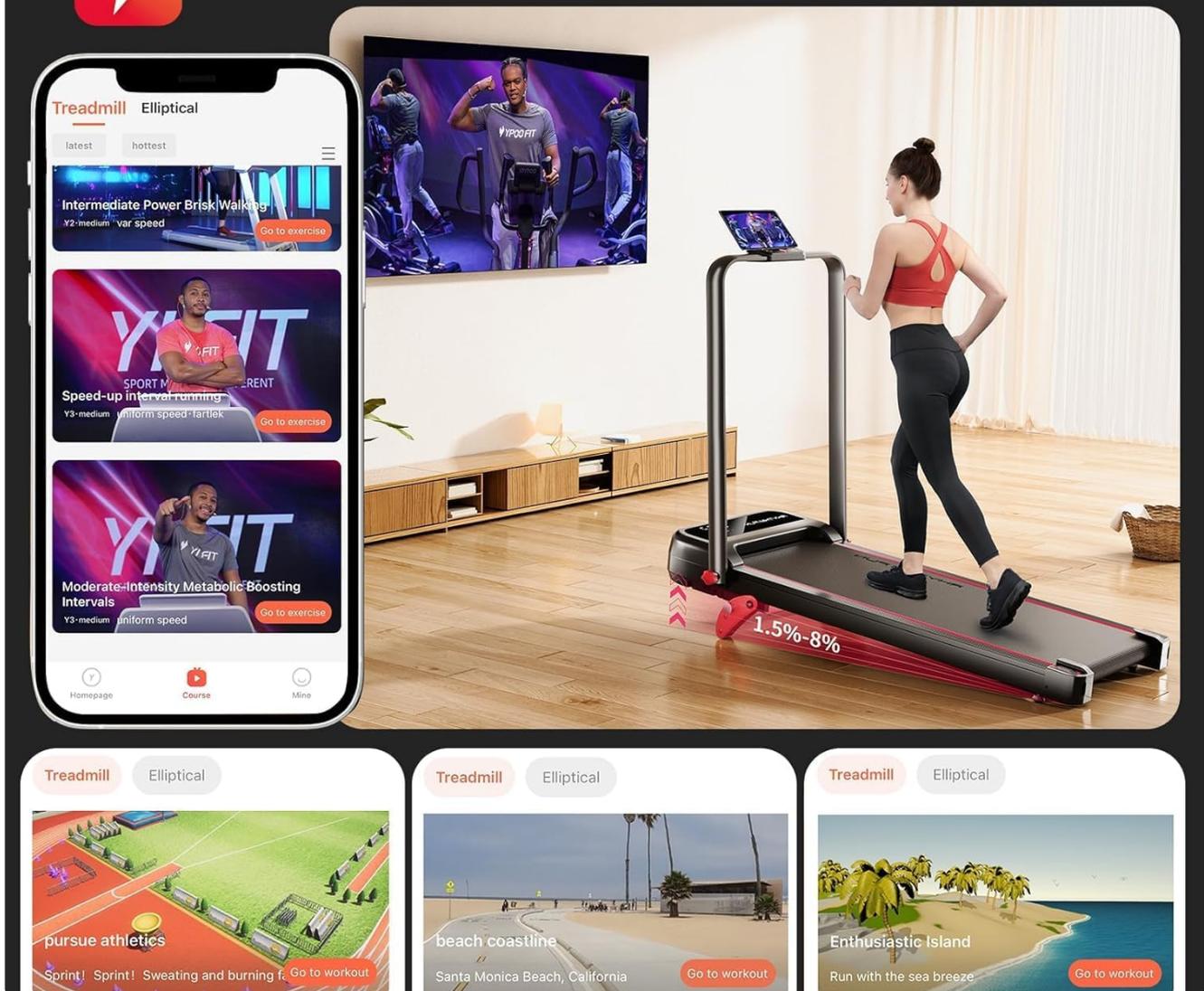


Figure 7: The Ypoofit APP provides interactive workouts and tracks your fitness data.

## Tablet/Phone Holder:

The handle bar features a built-in holder for your tablet or smartphone, allowing you to enjoy entertainment or follow workout routines while exercising. The suction cups on the holder ensure your device remains secure.

## 6. MAINTENANCE

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

### 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:

This treadmill features a lubrication-free running belt, eliminating the need for regular lubrication.

## Storage:

The RHYTHM FUN Treadmill is designed for easy folding and compact storage.

1. Ensure the treadmill is turned off and unplugged.
2. Remove the fixing knobs from the handle bar.
3. Gently fold the handle bar down towards the running deck.
4. The treadmill can then be stored upright against a wall or horizontally under furniture like a couch or bed.

# Easy to Move and Space Saving

## Balance Work and Life



Figure 8: The treadmill's compact design allows for easy storage under a couch or bed, saving space.

## 7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not connected; Safety key not inserted; Power switch off.	Ensure power cord is securely plugged in; Insert safety key fully; Turn on the main power switch.
Running belt stops or slips.	Belt tension too loose; Belt needs adjustment.	Adjust belt tension using the rear rollers (refer to detailed instructions in the full manual); Center the belt if it's off-track.
Unusual noise during operation.	Loose parts; Foreign object under belt; Motor issue.	Check and tighten all visible bolts and screws; Inspect under the belt for obstructions; If noise persists, contact customer support.
Remote control not working.	Battery low/dead; Remote not paired.	Replace remote battery; Refer to pairing instructions in the full manual.

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

## 8. SPECIFICATIONS

Feature	Specification
Brand	RHYTHM FUN
Model Name	CP05
Product Dimensions	45.5"D x 24"W x 42"H
Item Weight	43 Pounds
Material	Alloy Steel
Maximum Speed	5 Miles per Hour
Minimum Speed	0.5 Miles per Hour
Maximum Horsepower	2.5 Horsepower
Maximum Weight Recommendation	300 Pounds
Running Belt Size (Approx.)	37 x 15 inches
Special Feature	Foldable, Manual Incline, Portable, Wheeled
Included Components	Power Cord, Remote Control, Safety Key, Tool Kit, User Manual



Figure 9: Key features of the treadmill, including the 2.5 HP motor, 300 lbs max weight capacity, knee protection, and 5-layer running belt.

## 9. WARRANTY AND SUPPORT

### Warranty:

The RHYTHM FUN Treadmill (Model CP05) comes with a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use. Please retain your proof of purchase for warranty claims.

### Customer Support:

For any questions, technical assistance, or warranty claims, please contact RHYTHM FUN customer support through the retailer's platform or visit the official RHYTHM FUN website for contact information.

