

SHAREWIN B0DRX6FLRN

SHAREWIN Under Desk Treadmill User Manual

Model: B0DRX6FLRN

1. INTRODUCTION

Thank you for choosing the SHAREWIN Under Desk Treadmill. This manual provides essential information for the safe and efficient operation, maintenance, and troubleshooting of your new treadmill. Please read this manual thoroughly before use and retain it for future reference.

1.1 Safety Instructions

- **WARNING:** Consult your physician before starting any exercise program.
- Place the treadmill on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Ensure adequate space around the treadmill for safe use and emergency stops.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Unplug the treadmill from the power outlet when not in use or before cleaning.
- Wear appropriate athletic footwear during use.
- Do not use the treadmill in wet or damp conditions.

2. PACKAGE CONTENTS

Carefully unpack all components and ensure you have received the following items:

- SHAREWIN Under Desk Treadmill (Main Unit)
- Remote Control
- Power Cord
- User Manual (This Document)
- Lubricant Oil (Small bottle)
- Hex Wrench (for adjustments)

If any items are missing or damaged, please contact customer support.

3. SETUP

The SHAREWIN Under Desk Treadmill is designed for minimal assembly. Follow these steps to set up your treadmill:

1. **Unpacking:** Remove the treadmill from its packaging. Place it on a flat, level surface in your desired exercise area.
2. **Positioning:** Ensure there is at least 2 feet (60 cm) of clear space behind the treadmill and 1 foot (30 cm) on each side.
3. **Power Connection:** Insert the power cord into the treadmill's power input port, then plug the other end into a grounded electrical outlet.
4. **Initial Inspection:** Before first use, visually inspect the running belt for any signs of damage or misalignment.

Note: No useful product images were found in the provided data to illustrate the setup process.

4. OPERATING INSTRUCTIONS

4.1 Powering On/Off

- **Power On:** Plug in the treadmill and press the power button on the main unit or the remote control. The display will illuminate.
- **Power Off:** Press the power button again. For complete power off, unplug the unit from the wall outlet.

4.2 Using the Remote Control

The remote control allows you to manage the treadmill's functions conveniently.

- **Start/Stop:** Press the "Start" button to begin walking. Press "Stop" to pause or end your workout.
- **Speed Adjustment:** Use the "+" and "-" buttons to increase or decrease the walking speed.
- **Mode Selection:** The treadmill features 12 pre-set programs. Use the "Mode" button to cycle through these programs. Each program offers varying speed profiles.

4.3 Starting a Workout

1. Step onto the treadmill belt carefully.
2. Press the "Start" button on the remote control. The treadmill will typically start at a low speed.
3. Adjust the speed to your desired level using the "+" or "-" buttons.
4. To use a pre-set program, press the "Mode" button until your desired program number is displayed.

4.4 Display Information

The treadmill's display shows key workout metrics:

- **Time:** Duration of your workout.
- **Speed:** Current walking speed.
- **Distance:** Total distance covered.

- **Calories:** Estimated calories burned.

Note: No official product videos were found in the provided data to demonstrate operating instructions.

5. MAINTENANCE

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

5.1 Cleaning

- **Frequency:** Clean after each use.
- **Procedure:** Wipe down the treadmill frame and display with a soft, damp cloth. Do not use abrasive cleaners or solvents.
- **Belt Cleaning:** Periodically wipe the running belt with a damp cloth to remove dust and debris.

5.2 Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan.

- **Frequency:** Lubricate every 30-50 hours of use, or every 1-2 months with regular use.
- **Procedure:**
 1. Unplug the treadmill.
 2. Carefully lift one side of the running belt.
 3. Apply a small amount of the provided silicone lubricant (or 100% silicone treadmill lubricant) in a thin line along the center of the deck, underneath the belt.
 4. Repeat on the other side.
 5. Plug in the treadmill and run it at a slow speed (e.g., 1.0 mph) for 5 minutes to distribute the lubricant evenly.

5.3 Belt Adjustment

If the running belt becomes off-center or slips, it may need adjustment.

- **Off-Center Belt:** If the belt drifts to one side, use the hex wrench to turn the adjustment bolt on the rear roller. Turn clockwise to move the belt to the right, counter-clockwise to move it to the left. Make small adjustments (1/4 turn) and run the treadmill for a minute to check.
- **Slipping Belt:** If the belt slips during use, it may be too loose. Turn both rear roller adjustment bolts clockwise by 1/4 turn simultaneously. Test the belt and repeat if necessary. Do not overtighten.

6. TROUBLESHOOTING

Refer to the table below for common issues and their solutions.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; power switch off; circuit breaker tripped.	Ensure power cord is securely plugged in; check power switch; reset circuit breaker.
Running belt stops or slips.	Belt too loose; insufficient lubrication; motor overload.	Adjust belt tension (see Section 5.3); lubricate belt (see Section 5.2); reduce user weight or speed.

Problem	Possible Cause	Solution
Belt drifts to one side.	Belt misalignment.	Adjust belt alignment (see Section 5.3).
Unusual noise during operation.	Loose components; lack of lubrication; foreign object.	Check all bolts and screws for tightness; lubricate belt; inspect for foreign objects.

7. SPECIFICATIONS

Feature	Detail
Model	B0DRX6FLRN
Motor Power	2.5 HP (Horsepower)
Programs	12 Pre-set Programs
Control Method	Remote Control
Date First Available	February 6, 2024

Specifications are subject to change without notice.

8. WARRANTY AND SUPPORT

SHAREWIN products are manufactured to high-quality standards. For specific warranty details, please refer to the warranty card included with your product or visit the official SHAREWIN website. Keep your purchase receipt as proof of purchase.

For technical support, replacement parts, or any questions regarding your SHAREWIN Under Desk Treadmill, please contact our customer service team:

- **Website:** [SHAREWIN Store on Amazon](#) (for general inquiries)
- **Email:** [Insert Customer Support Email Here - Not provided in data]
- **Phone:** [Insert Customer Support Phone Number Here - Not provided in data]

Please have your model number (B0DRX6FLRN) and date of purchase ready when contacting support.