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Mobvoi Treadmill SE

Mobvoi Home Treadmill SE Incline User Manual

Model: Treadmill SE

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1. INTRODUCTION

Thank you for choosing the Mobvoi Home Treadmill SE Incline. This manual provides essential information for the safe and efficient use of your new fitness equipment. Please read it thoroughly before assembly and operation, and keep it for future reference.

The Mobvoi Home Treadmill SE Incline is a versatile 3-in-1 folding treadmill designed for walking, working, and running. It features a 6% manual incline, a powerful yet quiet 2.5 HP motor, remote control, LED display, and smartwatch connectivity, making it suitable for various fitness levels and home environments.

2. IMPORTANT SAFETY INFORMATION

Before using this treadmill, please observe the following safety precautions to prevent injury or damage to the equipment:

- Read all instructions in this manual before using the treadmill.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Ensure the safety key is properly attached before starting the treadmill. In case of emergency, the safety key will stop the machine.
- Wear appropriate athletic footwear and clothing.
- Do not use the treadmill if you feel dizzy, faint, or experience any pain. Consult a physician.
- Do not attempt to service the treadmill yourself. Contact qualified service personnel.
- Maximum user weight capacity is 120 kg.

Szczegóły Wyświetlacz



This image illustrates key safety features such as the safety lock and emergency stop, ensuring secure operation.

3. SETUP AND ASSEMBLY

3.1 Unboxing and Initial Inspection

The Mobvoi Home Treadmill SE Incline comes securely packaged. Upon opening the box, you will find the treadmill protected by foam corners, along with a tool kit and parts required for minimal assembly. Please inspect all components for any damage before proceeding.

3.2 Assembly Steps

1. **Unfold the Treadmill:** Carefully lift the handrails into the upright position.
2. **Install Security Handles:** Attach the security handles using the provided screws (one for each arm).
3. **Attach Device Rest:** Snap the device rest into place to hold your mobile phone or tablet.
4. **Connect Power:** Plug the power cable into the treadmill and then into a suitable power outlet. Turn on the main power switch.



This image demonstrates the unfolding process and the compact dimensions of the treadmill, emphasizing its portability.

3.3 Package Contents

Ensure all items listed below are present in your package:



This image shows the complete set of items included in the package, including the treadmill, manual, tablet holder, handrails, safety lock, remote control, tools, and lubricating oil.

- Mobvoi Treadmill SE (main unit)
- User Manual
- Tablet Holder
- Handrails (x2)
- Safety Lock
- Remote Control
- Tools (L-shaped wrench set, socket wrench, step screws, wave washers)
- Lubricating Oil
- Power Cord (1.8m)

4. OPERATING INSTRUCTIONS

4.1 Understanding the 3-in-1 Modes

The treadmill offers three distinct modes to suit your activity:

- **Walking Mode:** Speed range from 1 to 6 km/h. Ideal for light exercise or walking while working.
- **Working Mode (Under Desk):** Speed range from 1 to 6 km/h. With the handrails folded down, the treadmill can be placed under a standing desk.
- **Running Mode:** Speed range from 1 to 12 km/h. For more intense cardio workouts, with handrails in the upright position.

Składana bieżnia 3 w 1

Oszczędzaj miejsce w swoim domu.



This image illustrates the treadmill's versatility, showing it in running, working, and walking configurations with their respective speed ranges.

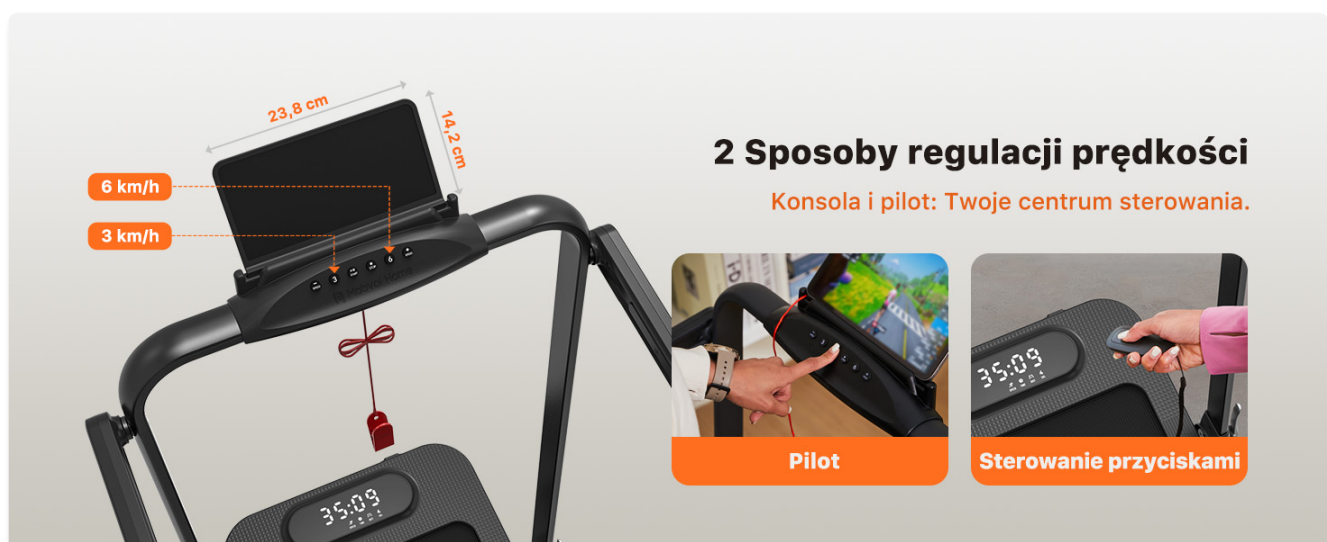
4.2 Manual Incline Adjustment

The treadmill features a 6% manual incline. To adjust the incline, you will need to manually position the support legs underneath the treadmill. This feature helps to increase calorie burn and workout intensity.

4.3 Control Methods: Remote and Quick Access Buttons

You can control the treadmill's speed and functions using either the included remote control or the quick access buttons on the panel.

- **Remote Control:** Use the remote to easily adjust speed (up/down) and stop the treadmill. This is particularly useful when the handrails are folded down for working mode.
- **Quick Access Buttons:** The control panel includes buttons for instant speed settings, such as 3 km/h and 6 km/h.



2 Sposoby regulacji prędkości

Konsola i pilot: Twoje centrum sterowania.

This image highlights the two control methods: the console buttons and the remote control, providing convenient speed adjustments.

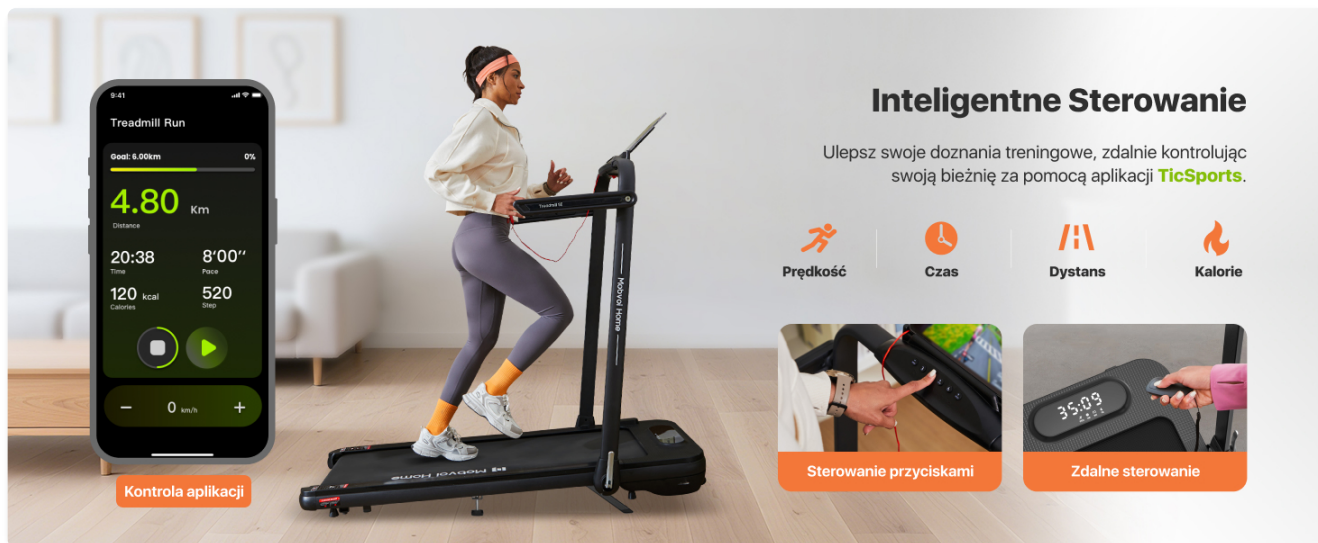
4.4 LED Display

The integrated LED display shows essential workout data, including speed, time, distance, and calories burned. Data cycles every 5 seconds, keeping you informed of your progress.

4.5 Smartwatch Connectivity and Virtual Training

Connect your smartwatch to the treadmill to access real-time data such as distance, speed, and time. This allows for a comprehensive overview of your workouts when combined with heart rate, steps, and calories tracked by your smartwatch.

Enhance your indoor workouts with virtual training features. Connect to virtual tracks and participate in online competitions for an immersive fitness experience.



Inteligentne Sterowanie

Ulepsz swoje doznania treningowe, zdalnie kontrolując swoją bieżnię za pomocą aplikacji **TicSports**.

Prędkość Czas Dystans Kalorie

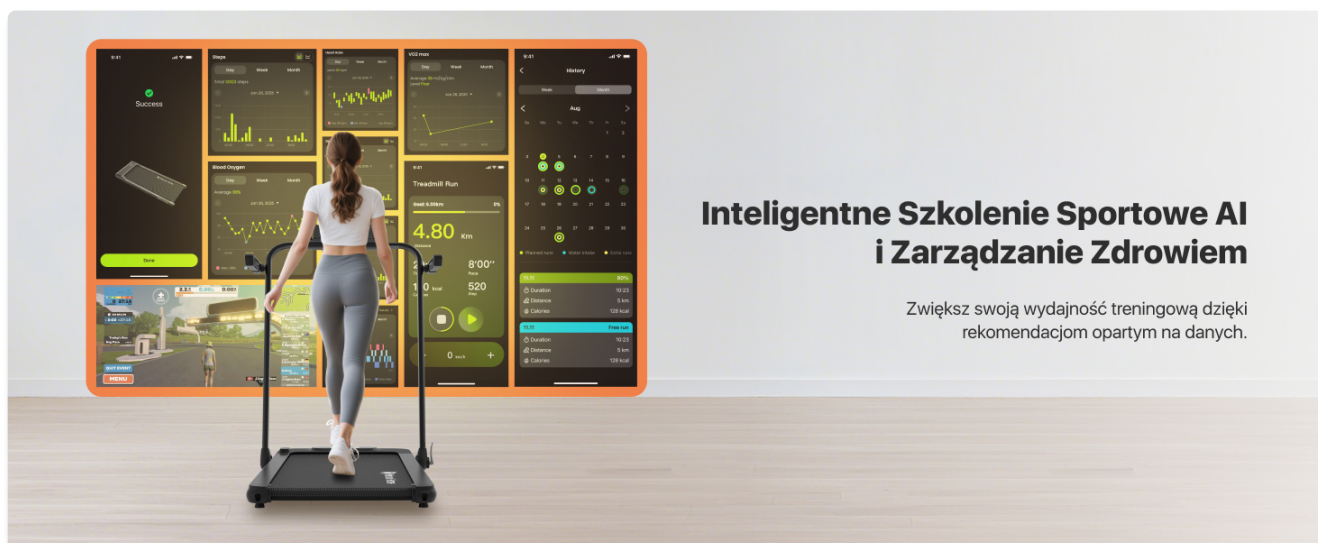


Sterowanie przyciskami



Zdalne sterowanie

This image illustrates the integration with the TicSports AI Coaching app and compatibility with virtual training platforms like Zwift and Kinomap, enhancing the workout experience.



Inteligentne Szkolenie Sportowe AI i Zarządzanie Zdrowiem

Zwiększ swoją wydajność treningową dzięki rekomendacjom opartym na danych.

This image demonstrates the advanced AI sports training and health management features, providing data-driven recommendations for improved workout efficiency.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Mobvoi Home Treadmill SE Incline.

5.1 Running Belt Lubrication

To maintain smooth operation and protect the motor, periodically lubricate the running belt. Use the provided lubricating oil as instructed. The frequency of lubrication depends on usage, but generally every few months is recommended for moderate use.

5.2 Running Belt Adjustment

If the running belt becomes misaligned or feels loose, it may need adjustment. Refer to the detailed instructions in

the full user manual for proper belt centering and tensioning using the included tools.

5.3 General Cleaning

Wipe down the treadmill surfaces with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents.



This diagram illustrates the durable 5-layer shock-absorbing construction of the running belt, designed for comfort and joint protection.



This image shows various maintenance points, including how to adjust the running belt and add lubricant.

6. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord not plugged in, safety key not in place, power switch off.	Check power connection, ensure safety key is correctly inserted, turn on power switch.
Running belt slips or stops.	Belt too loose, lack of lubrication, motor overload.	Adjust belt tension, lubricate the belt, ensure user weight is within limits.
Unusual noise during operation.	Loose parts, belt friction, motor issue.	Check for loose screws, lubricate belt, contact customer support if noise persists.
Display not working.	Loose connection, display malfunction.	Check cable connections, restart treadmill. If issue persists, contact support.

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

7. PRODUCT SPECIFICATIONS

Feature	Detail
Model Number	Treadmill SE
Motor Power	2.5 HP (2.64 hp listed in specs)
Speed Range	1-12 km/h
Manual Incline	6%
Maximum Load Capacity	120 kg
Running Surface Dimensions	100 cm x 40 cm
Noise Level	< 60 dB
Display Type	LED (12 cm)
Displayed Metrics	Time, Distance, Speed, Calories Burned
Frame Material	Aluminium, Alloy Steel
Product Dimensions (unfolded)	113 x 68 x 123 cm (L x W x H)
Product Weight	25.1 kg
Power Source	Corded Electric
Special Features	Compact design, Foldable, Remote Control, Smartwatch Connectivity, Virtual Training



Mobvoi Home Treadmill SE Incline
Krocz mądrze, biegaj mocno.

- 2,5 KM** Moc silnika
- 120 kg** Maksymalne obciążenie
- 5 warstw** Wstrząs pasa biegowego Absorpcyjna struktura
- <60 dB** niski poziom hałasu
- 100x40cm** Powierzchnia do biegania o wymiarach
- 1-12 km/h** Zakres prędkości

[POBIERZ Google Play](#) [Pobierz w App Store](#)

This image provides an overview of the treadmill's main features and specifications.

8. WARRANTY INFORMATION

Specific warranty details for the Mobvoi Home Treadmill SE Incline are typically provided with your purchase documentation. Please refer to the warranty card or contact Mobvoi customer service for information regarding warranty coverage, terms, and conditions.

9. CUSTOMER SUPPORT

If you have any questions, require assistance with assembly, operation, or maintenance, or need to report a problem, please contact Mobvoi customer service. Our friendly customer service team is available to help you. For the most up-to-date contact information, please visit the official Mobvoi website or refer to the contact details provided in your product packaging.

Online Resources: www.mobvoi.com