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› THERUN Incline Treadmill User Manual

THERUN B0BTSWT8T2

THERUN Incline Treadmill

USER MANUAL

Model: B0BTSWT8T2 | Brand: THERUN

Introduction

This user manual provides essential information for the safe and effective operation, setup, and maintenance of your THERUN Incline Treadmill. Designed for both running and walking, this treadmill features a robust alloy steel frame, a powerful 3.5HP motor, and an automatic incline system ranging from 0% to 15%. It is built to support users up to 300 lbs and offers a wide running belt for comfortable workouts. Please read this manual thoroughly before initial use to ensure proper function and user safety.



Figure 1: Overview of the THERUN Incline Treadmill, highlighting its auto-incline capability and app integration.

Safety Information

Your safety is paramount. Always adhere to the following guidelines to prevent injury or damage to the equipment.

- Ensure the treadmill is placed on a stable, level surface with adequate clearance around it.
- Always attach the safety key to your clothing before starting a workout. The treadmill will stop immediately if the safety key is dislodged.
- Do not allow children or pets near the treadmill while it is in operation. Keep children away from the machine when not in use.
- The maximum user weight capacity for this treadmill is 300 lbs. Do not exceed this limit.
- Consult a physician before starting any new exercise program.
- For comprehensive safety instructions, refer to the official User Manual (PDF) provided with your product or available online.

Setup

1. Unpacking and Assembly

The THERUN Incline Treadmill arrives mostly pre-assembled, allowing for setup in less than 20 minutes. Due to its weight (approximately 145 lbs), it is highly recommended that two people are present to safely unbox and move the unit to its desired location.

2. Power Connection

Locate the power input at the rear of the treadmill. Connect the provided AC adapter to the treadmill and then plug it into a standard wall outlet. Ensure the power switch, typically a red rocker switch near the power cord, is in the 'ON' position.

3. Attaching the Safety Key

Before operating the treadmill, insert the red safety key into its designated slot on the console. This key is crucial for operation and safety. Attach the clip end of the safety key to your clothing. If you fall or move too far from the console, the key will detach, and the treadmill will stop automatically.

Operating Instructions

1. Control Panel Overview

The treadmill features an intuitive LCD display that shows real-time metrics including speed, incline, time, distance, heart rate, and calories burned. The console also includes quick-select buttons for common speed and incline levels, along with manual adjustment controls.



Figure 2: Detailed view of the treadmill's control panel and display.

2. Speed Adjustment

The treadmill offers a speed range from 0.6 MPH to 10 MPH. You can adjust the speed using multiple methods:

- **Quick-Select Buttons:** Use the numbered buttons (e.g., 3, 6, 9, 12) on the console for instant speed changes.
- **Manual Adjustment:** Use the '+' and '-' speed buttons on the console or the integrated speed controls on the handrails for gradual adjustments.

3. Incline Adjustment

The treadmill features an automatic incline system with 15 levels, ranging from 0% to 15%. Adjust the incline as follows:

- **Quick-Select Buttons:** Use the numbered buttons (e.g., 3, 6, 9, 12) on the console for instant incline changes.
- **Manual Adjustment:** Use the 'Incline Up' and 'Incline Down' buttons on the console or the integrated incline controls on the handrails for gradual adjustments.

4. Workout Programs

The treadmill comes with 18 pre-set workout programs designed for various fitness goals. To select a program, press the 'PROG' button on the console and cycle through the available options. You can also set up and save your own customized user programs to tailor workouts to your specific needs.

5. Bluetooth & App Connectivity

Connect your smart device to the treadmill via Bluetooth to sync with compatible fitness applications, such as Zwift. This allows you to track your workout progress, including speed, incline, time, distance, and calories burned, in real-time on your device.

6. Heart Rate Monitoring

To monitor your heart rate, grip the metallic sensors located on the handrails. Your pulse will be displayed on the LCD screen, providing valuable feedback for your workout intensity.

7. Folding Mechanism

The treadmill features an innovative SpaceSaver design, allowing it to be folded safely for compact storage. To fold, lift the running deck until it locks into an upright position. Transport wheels facilitate easy movement and storage, even in smaller living spaces.

Fold up with One Hand

Move Around Smoothly



Figure 3: Folding the treadmill for convenient storage.

Maintenance

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

- **Cleaning:** After each use, wipe down the console and other surfaces with a damp cloth to remove sweat and dust. Avoid abrasive cleaners.
- **Belt Lubrication:** The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the official manual for specific lubrication intervals and instructions. Note that applying lubricant under the belt can be challenging and may require careful attention.
- **Belt Adjustment:** Periodically check the running belt for proper tension and alignment. If the belt is slipping or drifting to one side, consult the official manual for instructions on how to adjust it using the rear rollers.

Troubleshooting

If you encounter issues with your treadmill, try the following basic troubleshooting steps:

- **Treadmill Not Powering On:** Ensure the power cord is securely plugged into both the treadmill and a working wall outlet. Check that the main power switch at the rear of the treadmill is in the 'ON' position. Verify the safety key is correctly inserted into the console.
- **Belt Not Moving:** Confirm the safety key is in place. Check if any error codes are displayed on the console.
- **Unusual Noises:** Inspect the running belt for any obstructions or signs of wear. Ensure all visible bolts and screws are tightened.
- **Folding Difficulty:** If the treadmill is difficult to fold, ensure no obstructions are present and that the hydraulic lift mechanism (if applicable) is functioning correctly.

For more detailed troubleshooting or persistent issues, please contact THERUN customer support or refer to the comprehensive troubleshooting section in the official User Manual.

Specifications

Key technical specifications for your THERUN Incline Treadmill:

Feature	Specification
Brand	THERUN
Model Name	THERUN Incline Treadmill
Product Dimensions (LxWxH)	60"D x 30"W x 51"H
Item Weight	145 Pounds
Material	Alloy Steel
Maximum Speed	10 Miles per Hour
Minimum Speed	0.6 Miles per Hour
Maximum Incline Percentage	15%
Maximum Horsepower	3.5 HP
Maximum Weight Recommendation	300 Pounds
Running Deck Length	47.2 Inches
Running Deck Width	17 Inches
Display Type	LCD
Number of Programs	18
Special Features	Bluetooth, Auto Incline, Foldable

Weight Capacity
300lbs



Figure 4: Treadmill dimensions and weight capacity.

Warranty & Support

Your THERUN Incline Treadmill comes with a **1-year warranty** covering manufacturing defects and major components. For warranty claims or technical assistance, please contact THERUN customer support.

For a complete and detailed version of the user manual, including comprehensive safety warnings, assembly diagrams, and advanced troubleshooting, please refer to the official PDF document:

[Download Official User Manual
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