

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

> [THERUN](#) /

> [THERUN Incline Treadmill for Running and Walking, 300 lbs Weight Capacity, Wide Belt, 3.0 HP, 18" LED Screen, 2 Layers Shock-Absorbing Light Orange Black-Auto Incline](#)

THERUN TR06-A

THERUN Incline Treadmill User Manual

Model: TR06-A | Brand: THERUN

1. INTRODUCTION

Welcome to the THERUN Incline Treadmill user manual. This guide provides essential information for the safe and effective use of your new treadmill. Designed for both running and walking, this model features a robust 3.0 HP motor, an 18-inch LED screen, and a 300 lbs weight capacity, ensuring a comfortable and effective workout experience. Its 2-layer shock-absorbing system and auto-incline capabilities enhance your fitness routine while minimizing joint impact.



Figure 1: THERUN Incline Treadmill, showcasing its sleek design and compact form factor.

2. SETUP

The THERUN Incline Treadmill is designed for quick and convenient assembly, allowing you to set it up in minutes. Its innovative space-saver design also enables easy folding and storage, making it ideal for home gyms with limited space.

2.1. Assembly

Follow the detailed instructions provided in the included user manual for step-by-step assembly. Most components are pre-assembled, requiring minimal effort to get your treadmill ready for use.



Figure 2: The treadmill's quick assembly process and compact storage dimensions.

2.2. Folding and Storage

The treadmill features an automatic running belt lowering system. Simply kick the hydraulic lever to automatically lower or raise the treadmill for convenient storage. When folded, the dimensions are approximately 43.3 x 16.5 x 8.25 inches, allowing it to fit in small spaces.



Figure 3: Demonstrating the automatic running belt lowering system for easy storage.

3. OPERATING INSTRUCTIONS

3.1. Control Panel and Display

The treadmill is equipped with an 18-inch LED screen that displays essential workout metrics such as calories burned, time, distance, and speed. The control panel includes intuitive buttons for starting/stopping, adjusting speed, and selecting pre-set programs.

18" LCD Screen

Large screen for more comfortable viewing

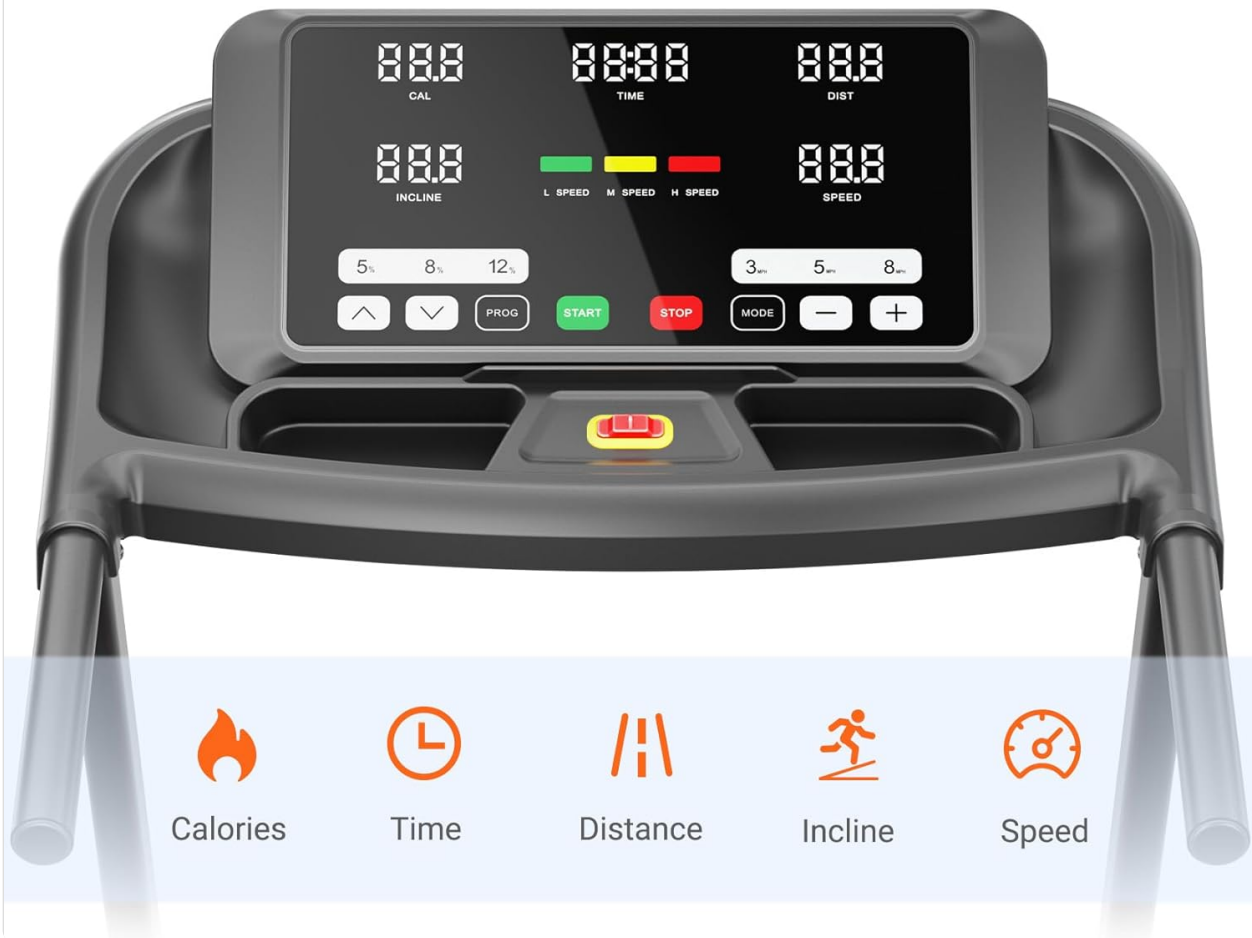


Figure 4: Close-up view of the 18-inch LED control panel, showing various metrics and control buttons.



Figure 5: The high-definition large screen with multi-shortcut key design for quick setting of sports modes.

3.2. Speed and Incline Adjustment

The treadmill offers a speed range from 0.5 to 9 MPH, suitable for both walking and running. It features 12 levels of adjustable auto incline (0% to 12%) for varied workout intensity. Additionally, there are 3 manual incline settings from 0-6% for quick adjustments.



Figure 6: Visual representation of the 12 levels of automatic incline, ranging from 0% to 12%.



Figure 7: The treadmill offers 12 auto incline options from 0 to 12 degrees, allowing for easy adjustment for challenging sessions.

3.3. Running Area and Shock Absorption

The treadmill provides a spacious 43.3" x 16.5" widened running belt, offering ample room for natural movement. It incorporates a 2+4 Intelligent Shock Absorption system with 4 internal shock absorbers and 2 extra layers of non-slip cushioning, effectively reducing impact on knees, muscles, and joints.



Figure 8: The spacious running area of the treadmill, measuring 43.3 inches by 16.5 inches.



Figure 9: The double-deck design of the treadmill, highlighting its shock absorption system for low-impact workouts.

3.4. Safety Features

For your safety, the treadmill includes an emergency stop clip that immediately halts the machine if disengaged. The sturdy support handles provide additional stability during your workout. Always ensure the safety clip is attached to your clothing before beginning your exercise.

- **Emergency Stop:** Attach the safety clip to your clothing. If you slip or step off, the clip will detach, and the treadmill will stop automatically.
- **Sturdy Support:** Utilize the side handles for balance and support, especially when adjusting speed or incline.

4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your THERUN Incline Treadmill. Keep the treadmill clean by wiping it down after each use. Periodically check the running belt tension and lubricate it as recommended in the detailed user manual included with your product. Proper maintenance will help maintain the smooth and quiet operation of the 3.0 HP motor.

5. TROUBLESHOOTING

If you encounter any issues with your treadmill, please refer to the troubleshooting section in the comprehensive user manual. Common issues and their solutions are detailed there. For persistent problems, please contact customer support.

6. SPECIFICATIONS

Feature	Specification
Brand	THERUN
Model Name	TR06-A
Color	Light Orange Black-Auto Incline
Product Dimensions	42"D x 39"W x 27"H
Item Weight	38 Pounds
Material	Alloy Steel
Maximum Speed	9 Miles per Hour
Special Feature	Shock Absorbent, Auto Incline

Target Audience	Adult
Maximum Horsepower	3 Horsepower
Maximum Incline Percentage	6
Assembly Required	Yes
Display Type	LED
Included Components	User Manual
Metrics Measured	Accelerometer, Heart Rate Monitor
Maximum Weight Recommendation	300 Pounds
Folded Size	43.3 x 16.5 x 8.25 inches
Minimum Speed	0.5 Miles per Hour
UPC	840452647848

7. WARRANTY AND SUPPORT

The THERUN Incline Treadmill comes with a **1-Year Warranty**. For any product-related inquiries, technical assistance, or warranty claims, please refer to the contact information provided in your user manual or visit the official THERUN website for customer support.