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› RUNIMON 6-in-1 Folding Treadmill with Incline (Model RM01) User Manual

RUNIMON RM01

RUNIMON 6-in-1 Folding Treadmill with Incline (Model RM01) User Manual

Brand: RUNIMON | Model: RM01

INTRODUCTION

This manual provides essential information for the safe and effective use of your RUNIMON 6-in-1 Folding Treadmill with Incline, Model RM01. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.

SAFETY INFORMATION

Before using the treadmill, consult with a healthcare professional. Always ensure the safety lock is properly engaged during operation. Stop immediately if you feel faint, dizzy, or experience pain. Keep children and pets away from the treadmill during use. Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it.

- Maximum user weight: 120 kg (265 lbs).
- Always wear appropriate athletic footwear.
- Do not use the treadmill outdoors or in damp environments.
- Unplug the treadmill from the power source when not in use or before cleaning/maintenance.
- The safety lock ensures immediate stop in emergencies. Always attach it to your clothing.

PACKAGE CONTENTS

Verify that all components are present and undamaged upon unpacking.

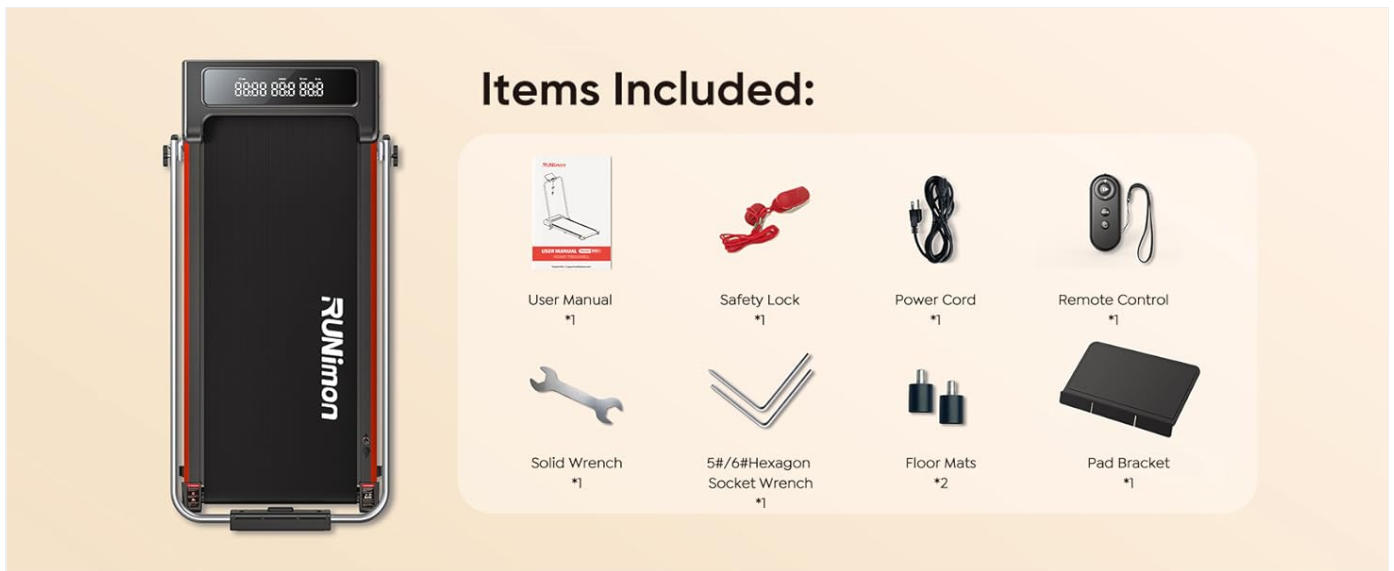


Figure 1: Included Components. This image displays the treadmill and all accessories provided in the package, including the user manual, safety key, power cord, remote control, tools, floor mats, and a tablet/phone bracket.

- RUNIMON Treadmill Unit
- User Manual
- Safety Key
- Power Cord
- Remote Control (with battery and spare)
- Solid Wrench
- Hexagon Socket Wrench
- Floor Mats (2)
- Pad Bracket (for phone/tablet)

SETUP

The RUNIMON treadmill requires no complex installation. It arrives largely pre-assembled.

1. **Unpacking:** Carefully remove the treadmill from its packaging.
2. **Placement:** Place the treadmill on a flat, stable surface. Ensure there is at least 2 meters (6.5 feet) of clear space behind the treadmill and 0.5 meters (1.6 feet) on each side.
3. **Handlebar Setup (if applicable):** If using the handlebars, lift them into the upright position until they lock securely. Attach the tablet holder to the handlebars.
4. **Power Connection:** Connect the power cord to the treadmill and then to a grounded electrical outlet.
5. **Incline Adjustment:** The treadmill features a 7% manual incline. To activate the incline, adjust the support bolts in the middle of the treadmill to ensure they contact the ground, fixing the slope. This provides an elevated walking or running surface.

7% Manual Incline for Improved Workout Effectiveness



Figure 2: Manual Incline Setup. This image illustrates the treadmill in use with its 7% manual incline activated, highlighting the mechanism for adjusting the slope.

Your browser does not support the video tag.

Video 1: Treadmill Incline Demonstration. This video demonstrates the adjustment of the treadmill's incline feature, showing how the base can be raised to create an angled walking surface.

OPERATING INSTRUCTIONS

Control Panel and Remote Control

The treadmill features two LED displays and can be controlled via the integrated buttons on the handlebar or the magnetic remote control.



Figure 3: Dual LED Display and Remote Control. This image highlights the two LED screens on the treadmill (one on the base, one on the handlebar) and the compact remote control used for operation.

- **Power On/Off:** Press the power button on the control panel or remote.
- **Start/Stop:** Press the Start/Stop button to begin or end a workout.
- **Speed Adjustment:** Use the '+' and '-' buttons on the control panel or remote to adjust speed.
 - Handlebars raised: 0.6-7.5 MPH (1-12 KM/H)
 - Handlebars lowered (under-desk mode): 0.6-5 MPH (1-8 KM/H)
- **Safety Lock:** Always attach the safety key clip to your clothing. If the safety key is dislodged, the treadmill will stop immediately.

Workout Modes

The treadmill supports various workout scenarios:

6 IN 1 Walking Pad Treadmill



Figure 4: 6-in-1 Workout Modes. This image demonstrates the versatility of the treadmill, showing it used for walking, running, and in an under-desk office setup, highlighting its suitability for various exercise types.

- **Walking Mode:** Ideal for light exercise or under-desk use.
- **Running Mode:** For more intense cardiovascular workouts with handlebars raised.
- **Fat-burning Mode:** Can be achieved through varied speeds and incline.
- **Office Mode:** Use with handlebars lowered for walking while working.
- **Physical Therapy & Rehabilitation:** Low-impact exercise for recovery (consult a professional).

- **Pet Training:** Suitable for training pets (ensure proper supervision).

Smart App Connectivity

Connect your treadmill via Bluetooth to the "FITSHOW" app for enhanced control and workout tracking.



Figure 5: Smart App Support. This image shows the treadmill connected to a fitness app, displaying workout data and offering various training courses and entertainment options.

- Download the "FITSHOW" app from your device's app store.

- Enable Bluetooth on your phone or tablet.
- Open the app and follow the instructions to pair with your treadmill.
- The app allows you to control speed, track data (time, speed, distance, calories), and access training courses.

MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use. Do not use abrasive cleaners.
- **Lubrication:** The running belt requires periodic lubrication to reduce friction and wear. Apply silicone lubricant (not included, but recommended for purchase) under the belt as per the instructions provided with the lubricant. Frequency depends on usage, typically every 3-6 months.
- **Belt Adjustment:** Over time, the running belt may shift or become loose. If the belt drifts to one side or slips, use the provided hexagon socket wrench to adjust the tension bolts at the rear of the treadmill. Turn the bolts in small increments (quarter turns) and test the belt until it is centered and properly tensioned.
- **Storage:** The treadmill features a compact, foldable design for easy storage.

Compact Design & Easy Move



Figure 6: Compact Design and Storage. This image demonstrates how the treadmill can be easily folded and moved using its integrated wheels, making it convenient for storage under furniture.

To fold, lower the handlebars and carefully lift the rear of the treadmill to engage the folding mechanism. Use the front wheels to move it for storage under a bed or sofa.

TROUBLESHOOTING

| Problem | Possible Cause | Solution |
|---------|----------------|----------|
|---------|----------------|----------|

| Problem | Possible Cause | Solution |
|----------------------------------|--|--|
| Treadmill does not power on. | Power cord not connected, power switch off, circuit breaker tripped. | Ensure power cord is securely plugged in. Check the power switch on the treadmill. Reset the circuit breaker if necessary. |
| Running belt slips or hesitates. | Belt too loose, insufficient lubrication. | Adjust belt tension using the rear bolts (see Maintenance). Apply silicone lubricant under the belt. |
| Running belt drifts to one side. | Belt alignment issue. | Adjust belt alignment using the rear bolts. Turn the bolt on the side the belt is drifting towards clockwise in small increments until centered. |
| Unusual noise during operation. | Loose components, lack of lubrication, foreign object. | Inspect for loose screws and tighten. Lubricate the running belt. Check for any objects under the belt. If noise persists, contact customer support. |
| Remote control not responding. | Battery depleted, remote out of range, interference. | Replace the remote control battery. Ensure you are within range of the treadmill. Remove any obstructions between the remote and the treadmill. |

SPECIFICATIONS

| Feature | Detail |
|-------------------------------|---|
| Model Number | RM01 |
| Motor Horsepower | 2.5 HP |
| Speed Range (Handlebars Up) | 0.6 - 7.5 MPH (1 - 12 KM/H) |
| Speed Range (Handlebars Down) | 0.6 - 5 MPH (1 - 8 KM/H) |
| Maximum Incline | 7% (Manual) |
| Running Surface Dimensions | 39.37 x 15.75 inches (approx. 100 x 40 cm) |
| Product Dimensions (Unfolded) | 120D x 53W x 10.7H Centimetres |
| Product Weight | 21 kg (46 lbs) |
| Maximum Weight Recommendation | 120 kg (265 lbs) |
| Display Type | Dual LED Display |
| Connectivity | Bluetooth (for app control) |
| Material | Stainless Steel Frame |
| Special Features | Foldable, Manual Incline, Portable, Shock Absorption (10 silicone absorbers, 2 rubber pads) |

WARRANTY AND SUPPORT

RUNIMON provides comprehensive support for your product.

- **Warranty:** This product comes with a 12-month warranty from the date of purchase.
- **Customer Support:** For any quality issues, technical assistance, or inquiries, please contact RUNIMON customer support.
- **Contact Information:** Refer to your purchase documentation or the product packaging for the most current customer service contact details. Typically, support can be reached via email at aftersales-eu@runimon.com (for US/CA) or support-eu@runimon.com (for UK/EU).

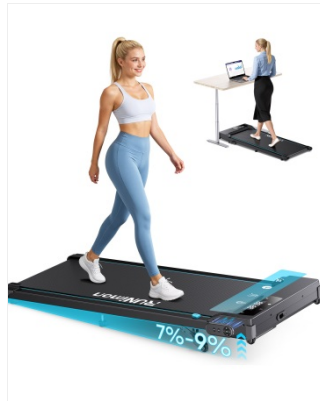


Figure 7: Support and Warranty Information. This graphic summarizes the support services offered, including warranty period and contact details.

