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› Ancheer Portable Walking Treadmill User Manual

Ancheer tr5972/walking jogging ruuing mode

Ancheer Portable Walking Treadmill User Manual

Model: tr5972/walking jogging ruuing mode

INTRODUCTION

Thank you for choosing the Ancheer Portable Walking Treadmill. This compact and versatile fitness equipment is designed to help you maintain an active lifestyle whether at home or in the office. With its powerful yet quiet motor, wide running belt, and shock absorption system, it provides a comfortable and effective workout experience. Please read this manual thoroughly before operation to ensure safe and optimal use of your new treadmill.



Image: The Ancheer Portable Walking Treadmill, showcasing its compact design and versatility for both walking and under-desk use. The image features a user walking on the treadmill and an inset showing it positioned under a standing desk.

SAFETY INSTRUCTIONS

To prevent injury and ensure proper operation, please observe the following safety precautions:

- Always consult with a physician before starting any new exercise program.
- Place the treadmill on a flat, stable surface. Ensure there is at least 2 feet of clear space behind the treadmill and 1 foot on each side.
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate athletic footwear and clothing.
- Do not step on or off the treadmill while the belt is moving.
- Use the emergency stop feature if you feel unwell or need to stop quickly.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

- This treadmill is designed for indoor use only. Do not expose it to water or excessive humidity.

PACKAGE CONTENTS

Verify that all components are present in the package:

- Ancheer Portable Walking Treadmill (Pre-assembled)
- Remote Control
- Tool Kit
- Lubricant
- User Manual (This document)

SETUP

1. **Unpacking:** Carefully remove the treadmill from its packaging. As the treadmill comes 100% pre-assembled, no complex assembly is required.
2. **Placement:** Place the treadmill on a firm, level surface. Ensure adequate clearance around the unit for safe operation. The integrated wheels allow for easy movement.

SPACE SAVING EASY TO TRANSPORT

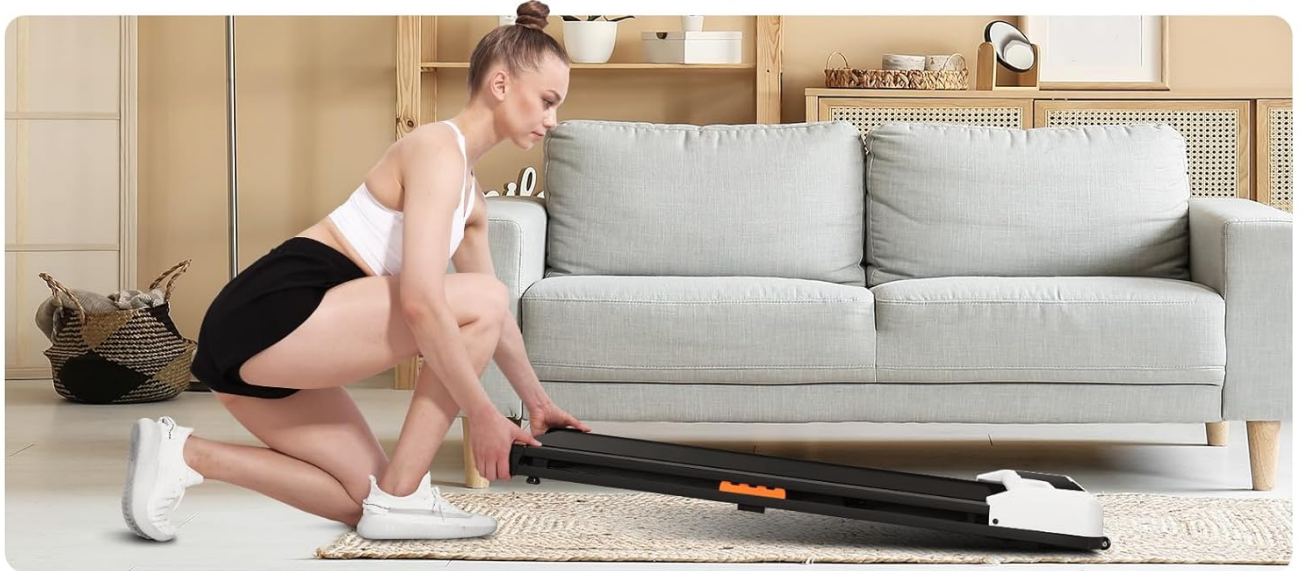


Image: Demonstrates the space-saving design and ease of transport of the Ancheer treadmill, showing it stored vertically and being moved effortlessly with its built-in wheels.

3. **Power Connection:** Plug the power cord into a grounded electrical outlet.
4. **Initial Check:** Before first use, ensure the running belt is centered and free of any obstructions.

OPERATING INSTRUCTIONS

Your Ancheer treadmill offers multiple modes for various fitness needs.

Powering On/Off

- To turn on, press the power button located on the treadmill's console or the remote control.
- To turn off, press and hold the power button until the display shuts down.

Using the Remote Control

The remote control allows you to easily adjust settings during your workout.



Image: The LED display of the Ancheer treadmill, showing real-time exercise data such as time, speed, calories burned, and distance. A remote control is visible, indicating easy adjustment of settings.

- **Start/Stop:** Press to begin or end your workout.
- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the speed.
- **Mode Selection:** Cycle through different exercise modes (if applicable).

Exercise Modes and Speed Ranges

The treadmill supports various speeds to accommodate walking, jogging, and light running.

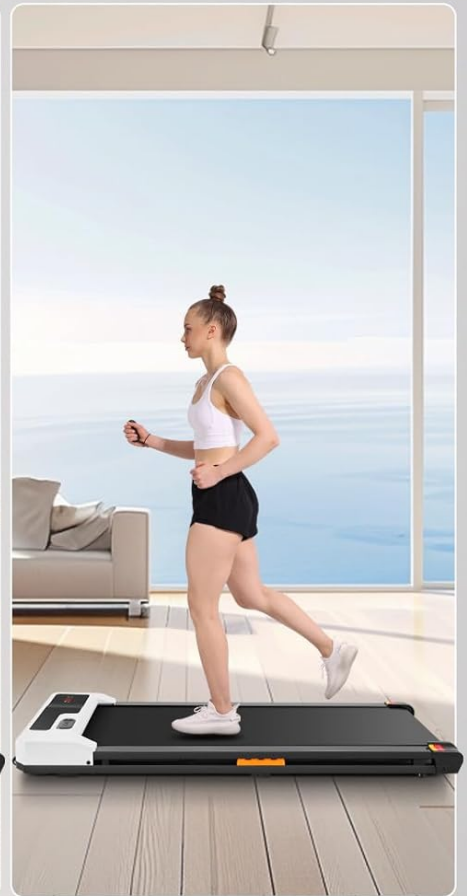
MULTIFUNCTIONAL UNDER DESK TREADMILL



Working mode: **0.6-1.6MPH**



Walking mode: **0.6-2.4MPH**



Running mode: **2.6-3.8MPH**

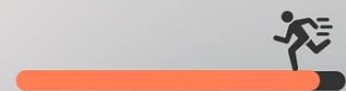


Image: Illustrates the three primary operational modes of the Ancheer treadmill: Working mode (ideal for under-desk use), Walking mode, and Running mode, each with its corresponding speed range.

- **Working Mode:** Ideal for use under a desk, typically 0.6-1.6 MPH.
- **Walking Mode:** For brisk walking, typically 0.6-2.4 MPH.
- **Running Mode:** For light jogging or running, typically 2.6-3.8 MPH (up to 4 MPH max).

The treadmill features a 2.5HP silent brushless motor, operating at less than 45 dB, making it suitable for home or office environments without causing disturbance.

POWERFUL SILENT MOTOR



<45DB
noise:



300LBS
weight capacity:



2.5HP
motor:



0.6-4MPH
speed



Image: A cutaway view of the Ancheer treadmill's powerful and silent 2.5HP motor, emphasizing its low noise level (less than 45dB), 300lbs weight capacity, and speed range of 0.6-4 MPH.

The double-layer shock absorption system (rubber + stabilizer) reduces knee impact by 37%, providing a comfortable and joint-friendly experience.



DOUBLE SHOCK ABSORPTION

2 soft
cushions

2 adjustable
stabilizers

Image: Close-up view of the Ancheer treadmill's double shock absorption system, illustrating the soft cushions and adjustable stabilizers designed to protect joints during exercise.

MAINTENANCE

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

Cleaning

- Wipe down the treadmill with a damp cloth after each use to remove sweat and dust.
- Do not use abrasive cleaners or solvents.

Lubrication

- The running belt requires periodic lubrication to reduce friction and extend its lifespan.
- Apply the provided lubricant under the belt as instructed in the separate lubrication guide (if provided, otherwise general instructions). Typically, this is done every 3-6 months depending on usage.

Belt Adjustment

- If the running belt shifts to one side or slips, it may need adjustment.
- Use the included tool kit to make minor adjustments to the tension bolts at the rear of the treadmill. Refer to the specific instructions for belt centering and tensioning.

TROUBLESHOOTING

Here are solutions to common issues you might encounter:

Problem	Possible Cause	Solution
Treadmill does not power on.	Not plugged in; power switch off; circuit breaker tripped.	Ensure power cord is securely plugged in. Check the main power switch on the treadmill. Reset household circuit breaker if necessary.
Running belt slips.	Belt too loose; insufficient lubrication.	Adjust belt tension using the rear bolts. Apply lubricant under the belt.
Belt shifts to one side.	Belt not centered; uneven surface.	Adjust belt centering bolts. Ensure treadmill is on a level surface, use adjustable stabilizers if needed.
Unusual noise during operation.	Loose parts; motor issue; belt friction.	Check for loose screws. Lubricate the belt. If noise persists, contact customer support.

SPECIFICATIONS

Feature	Detail
Model Number	tr5972/walking jogging ruuing mode
Brand	Ancheer
Motor Power	2.5 HP (Horsepower)
Speed Range	0.6 - 4.0 MPH (Miles Per Hour)
Noise Level	Less than 45 dB
Weight Capacity	300 lbs
Running Belt Dimensions	45.5 x 16.5 inches (approx. 115.5 x 41.9 cm)
Product Dimensions	114.99 x 50.8 x 10.59 cm (45.27 x 20 x 4.17 inches)
Product Weight	20.8 kg (approx. 45.8 lbs)
Display Type	LED
Metrics Tracked	Calories burned, Distance, Time, Speed
Frame Material	Steel Alloy
Special Features	Shock absorption, Transport wheels, Compact design, Timer, Adjustable stabilizers

WARRANTY AND SUPPORT

Ancheer provides a **1-year warranty** for this product, covering manufacturing defects and significant malfunctions under normal use. For any issues or inquiries, please contact our customer service team. We offer **24-hour after-sales service** to assist you.

Please retain your proof of purchase for warranty claims.

For support, visit the Ancheer official website or contact the retailer where you purchased the product.