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## CURSOR FITNESS 14KM/H Foldable Treadmill

# CURSOR FITNESS Foldable Treadmill 14KM/H User Manual

Model: 14KM/H Foldable Treadmill

Brand: CURSOR FITNESS

## 1. INTRODUCTION

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Thank you for choosing the CURSOR FITNESS Foldable Treadmill. This manual provides essential information for the safe and efficient operation, assembly, and maintenance of your new fitness equipment. Please read this manual thoroughly before first use and keep it for future reference.

This electric treadmill is designed to offer a convenient and effective workout experience at home. It features a quiet brushless motor, multiple training programs, and smart connectivity options to help you achieve your fitness goals.

## 2. SAFETY INSTRUCTIONS

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- Always consult with a physician before starting any new exercise program.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Ensure the safety key is properly attached to both the treadmill and your clothing before starting any exercise.
- Do not allow children or pets near the treadmill while it is in operation.
- Wear appropriate athletic footwear and clothing.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Keep hands and feet clear of all moving parts.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.
- The maximum user weight for this treadmill is 136 kg.

## 3. PACKAGE CONTENTS

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Carefully unpack all components and ensure you have the following items:

- CURSOR FITNESS Foldable Treadmill (main unit)
- Safety Key
- Remote Control
- User Manual (this document)

If any parts are missing or damaged, please contact customer support immediately.

## 4. SETUP

The CURSOR FITNESS Foldable Treadmill comes largely pre-assembled. Follow these steps for initial setup:

1. **Unpacking:** Remove the treadmill from its packaging and place it on a clear, level surface.
2. **Unfolding the Handles:** Gently lift the handle bars from their folded position until they lock securely into place. Ensure both sides are fully extended and locked.
3. **Power Connection:** Plug the power cord into a grounded electrical outlet.
4. **Safety Key:** Attach the safety key to the designated slot on the console. The treadmill will not operate without the safety key in place.



The CURSOR FITNESS Foldable Treadmill, shown in a home environment, ready for use or storage. Its compact design

allows for easy integration into various living spaces.

## 5. OPERATING INSTRUCTIONS

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### 5.1 Control Panel Overview

The treadmill features an intuitive control panel on the handlebars and a remote control for convenient adjustments.

- **Start/Stop Button:** Initiates and pauses/stops the treadmill belt.
- **Speed Adjustment (+/-):** Increases or decreases the belt speed. Quick speed buttons (3, 6) are also available.
- **Heart Rate Sensor:** Integrated into the handlebars to monitor your heart rate in real-time.
- **Display Screen:** Shows time, speed, distance, calories, and heart rate.

### 5.2 Starting a Workout

1. Ensure the treadmill is plugged in and the safety key is attached.
2. Step onto the treadmill belt, placing your feet on the side rails.
3. Press the **START** button on the control panel or remote control. The belt will begin to move at a low speed after a short countdown.
4. Gradually increase the speed using the **+** button or quick speed buttons to your desired pace.
5. To monitor your heart rate, grip the heart rate sensors on the handlebars.

### 5.3 Stopping a Workout

1. To gradually stop, press the **-** button to decrease speed until the belt stops.
2. To stop immediately, press the **STOP** button or pull the safety key.

### 5.4 Using Preset Programs and App

- The treadmill offers 12 preset training programs and 3 countdown modes. Refer to the display for program selection.
- Connect the treadmill to the dedicated app via Bluetooth for real-time data tracking, professional coaching, and personalized training plans.

## 6. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill after each use with a damp cloth to remove sweat and dust. Do not use abrasive cleaners.
- **Belt Lubrication:** The running belt may require lubrication periodically. Consult the app or contact customer support for specific instructions and recommended lubricants.
- **Belt Adjustment:** If the running belt becomes misaligned or too loose/tight, refer to the detailed instructions in the app or contact customer support for adjustment procedures.
- **Storage:** When not in use, the treadmill can be folded for compact storage. Ensure it is unplugged before folding.

## 7. TROUBLESHOOTING

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If you encounter any issues, please refer to the following common solutions:

- **Treadmill does not power on:** Check if the power cord is securely plugged into both the treadmill and the wall outlet. Ensure the safety key is correctly inserted.
- **Belt does not move:** Verify the safety key is in place. Ensure the treadmill is not in pause mode.
- **Unusual noises:** Check for any loose parts or foreign objects under the belt. Lubricate the belt if necessary.
- **Inaccurate heart rate reading:** Ensure your hands are firmly gripping both heart rate sensors. Skin contact must be consistent.

For persistent issues or problems not listed here, please contact CURSOR FITNESS customer support.

## 8. SPECIFICATIONS

| Feature                        | Specification  |
|--------------------------------|--|
| Brand                          | CURSOR FITNESS   |
| Model                          | 14KM/H Foldable Treadmill  |
| Color                          | Black  |
| Frame Material                 | Alloy Steel  |
| Power                          | 3 Horsepower   |
| Max Speed                      | 14 Kilometers per hour   |
| Running Belt Dimensions        | 103 x 40 cm (L x W)  |
| Product Dimensions (L x W x H) | 129 x 61 x 110 cm  |
| Product Weight                 | 25 Kilograms   |
| Max User Weight                | 136 kg   |
| Number of Programs             | 12   |
| Special Features               | Bluetooth, Heart Rate Monitor, Foldable, Built-In Speaker, Timer |
| Power Source                   | Corded Electric  |
| Assembly Required              | No   |

## 9. WARRANTY AND SUPPORT

For warranty information, product support, or to purchase replacement parts, please refer to the contact details provided with your purchase or visit the official CURSOR FITNESS website. Keep your proof of purchase for warranty claims.

