

RAOO MIN HF1114P-PRO

RAOO MIN HF1114P-PRO Folding Treadmill User Manual

Model: HF1114P-PRO

1. INTRODUCTION

Thank you for choosing the RAOO MIN HF1114P-PRO Folding Treadmill. This manual provides essential information for safe operation, assembly, maintenance, and troubleshooting. Please read it thoroughly before using the treadmill and keep it for future reference.

Important Safety Notice: Always consult your physician before starting any new exercise program. Ensure the safety key is properly attached before operation.

2. PACKAGE CONTENTS

Carefully unpack the box and ensure all items listed below are present and undamaged. If any parts are missing or damaged, please contact customer support.

- RAOO MIN HF1114P-PRO Treadmill Unit
- Safety Key
- Lubricant
- User Manual (this document)
- Tool Kit (Allen key with screwdriver, fixing screws)



Figure 2.1: Included components in the package.

3. SETUP INSTRUCTIONS

Follow these steps to set up your treadmill for first use.

1. **Unpack:** Remove all packaging materials and place the treadmill on a flat, stable surface.
2. **Unfold the Handlebars:** Gently lift the handlebars until they lock into place. Ensure they are securely fastened.
3. **Connect Power:** Plug the power cord into a grounded electrical outlet.
4. **Attach Safety Key:** Secure the safety key to the designated slot on the control panel. The treadmill will not operate without the safety key in place.



Figure 3.1: Treadmill unfolding and folding for setup and storage.

4. OPERATING INSTRUCTIONS

This section details how to operate your RAOO MIN treadmill.

4.1 Control Panel Overview

The intelligent control panel features an LCD screen that displays essential workout data such as speed, time, distance, and calories burned. It also includes buttons for speed adjustment, program selection, and start/stop functions.



Figure 4.1: Intelligent Control Console and Display Screen.

4.2 Starting and Stopping Your Workout

- **To Start:** Ensure the safety key is attached. Press the **START** button. The treadmill will begin at a low speed.
- **To Adjust Speed:** Use the **+** and **-** buttons on the control panel or the remote control to increase or decrease speed. Quick speed buttons (3, 6) are also available.
- **To Stop:** Press the **STOP** button. For emergency stops, pull the safety key.

4.3 Training Modes and Programs

The treadmill offers various modes to suit different fitness levels and goals:

- **Walking Mode (1-5 km/h):** Ideal for warm-ups, light exercise, or walking while working.
- **Running Mode (6-10 km/h):** Suitable for moderate cardio and calorie burning.
- **Sprint Mode (10-14 km/h):** For high-intensity interval training or advanced running.
- **Climbing Mode (up to 12% incline):** Manually adjust the incline to simulate uphill walking or running, engaging more muscle groups and increasing cardiovascular challenge.
- **Preset Programs (P1-P12):** Select from 12 predefined programs for varied workouts.
- **Countdown Mode:** Set a target time, distance, or calorie count for your workout.



Figure 4.2: Treadmill modes for varied workouts.



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- Focusing on providing stylish, smart and convenient light exercise solutions for urbanites.
- RAOO MIN perfectly blends technology and fashion to bring you a comfortable, enjoyable and energetic exercise experience.

Figure 4.3: Manual Incline Adjustment.

4-IN-1 TAPIS DE COURSE



Figure 4.4: Preset Programs and Countdown Modes.

4.4 Bluetooth Connectivity and Media Holder

The treadmill includes an integrated Bluetooth speaker and a holder for your iPad or mobile phone.

- **To Connect Bluetooth:** Activate Bluetooth on your mobile device and search for "RAOO MIN Treadmill" (or similar name). Pair the devices to play music through the treadmill's speakers.
- **Media Holder:** Place your tablet or phone in the designated holder for entertainment during your workout.

5. 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. Avoid abrasive cleaners.
- **Lubrication:** Apply the provided lubricant to the running belt every 3-6 months, or after approximately 100 hours of use, to reduce friction and wear. Refer to the specific instructions in the included user manual for detailed lubrication steps.
- **Belt Adjustment:** Periodically check the running belt for proper tension and alignment. Adjust if the belt slips or drifts to one side. Consult the detailed user manual for adjustment procedures.

6. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Treadmill does not start	Safety key not in place; Power cord unplugged; Power switch off.	Ensure safety key is correctly inserted. Check power cord connection. Turn on the power switch.
Running belt slips	Belt too loose; Belt needs lubrication.	Adjust belt tension (refer to detailed manual). Apply lubricant to the belt.
Unusual noise during operation	Loose components; Belt misalignment; Motor issue.	Check and tighten all visible bolts and screws. Adjust belt alignment. If noise persists, contact customer support.

Problem	Possible Cause	Solution
Display not working	Loose connection; Power issue.	Check all cable connections. Ensure power supply is stable.

7. SPECIFICATIONS

Detailed technical specifications for the RAOO MIN HF1114P-PRO Treadmill.

Model Number: HF1114P-PRO

Brand: RAOO MIN

Motor Power: 3 HP (Horsepower)

Speed Range: 1 - 14 km/h

Incline: Manual, up to 12%

Product Dimensions (L x W x H): 125.5 cm x 60.5 cm x 110 cm

Folded Dimensions (approx.): 125.5 cm x 60.5 cm x 13 cm

Product Weight: 27.32 kg

Frame Material: Alloy Steel

Running Belt: 5-layer shock absorption system

Display: LED (shows Speed, Time, Distance, Calories)

Programs: 12 Preset Programs, Countdown Modes

Connectivity: Bluetooth (for integrated speaker)

Special Features: Foldable, Compact Design, Shock Absorption, Integrated Bluetooth Speaker, iPad/Phone Holder, Safety Key

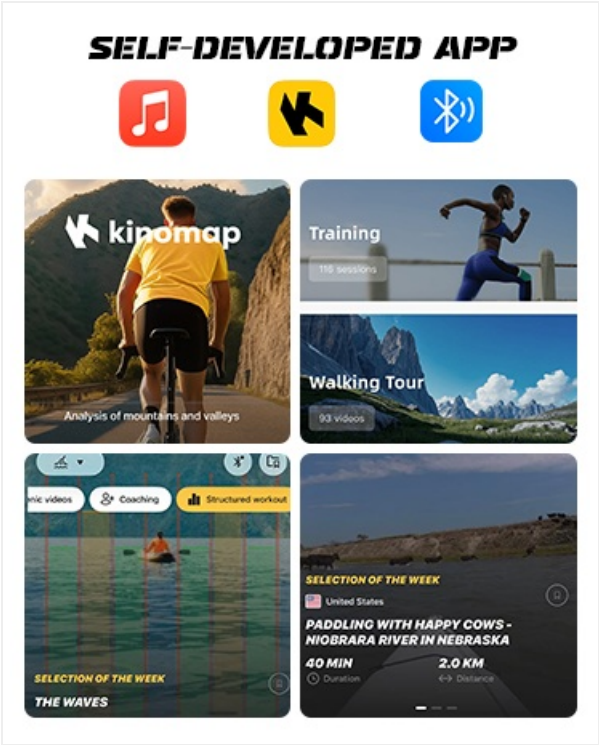


Figure 7.1: Powerful and Quiet 3HP Motor.



Figure 7.2: Shock Absorption System and 5-Layer Tread.

8. SAFETY INFORMATION

Adhere to these safety guidelines to prevent injury and ensure safe operation of your treadmill.

- Always attach the safety key to your clothing before starting the treadmill.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear.
- Do not step on or off the treadmill while the belt is moving.
- Ensure adequate clear space around the treadmill (at least 2 meters behind and 0.6 meters on each side).
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

9. WARRANTY AND SUPPORT

RAOO MIN is committed to providing quality products and excellent customer service.

- **Technical Support:** Professional technical assistance is available. Contact us with any questions, and we will provide satisfactory solutions within 24 hours.
- **Return Policy:** The product is eligible for a 30-day return or exchange policy.
- For further assistance, please refer to the contact information provided with your purchase or visit the official RAOO MIN website.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Answered questions about this manual

How do I lubricate the running belt on the RAOO MIN HF1114P-PRO treadmill?

To maintain the RAOO MIN HF1114P-PRO treadmill and ensure its longevity, you should lubricate the running belt regularly. According to the manual:Frequency: Apply lubricant every 3-6 months, or after approximately 100 hours of use.Lubricant...

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