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Winfita Folding Treadmill with 6% Manual Incline

Winfita 3.5HP Folding Treadmill (6% Manual Incline) User Manual

Model: Folding Treadmill with 6% Manual Incline

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Winfita 3.5HP Folding Treadmill with 6% Manual Incline. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.

2. IMPORTANT SAFETY INFORMATION

To reduce the risk of serious injury, read all important precautions and instructions in this manual and on your treadmill before use.

- Consult a physician before beginning any exercise program.
- Keep children and pets away from the treadmill.
- Place the treadmill on a level surface with at least 6 feet of clearance behind it and 2 feet on each side.
- Wear appropriate exercise clothing and athletic shoes.
- Use the safety key feature. Attach the clip to your clothing before starting.
- Do not operate the treadmill if it has a damaged power cord or plug, or if it is not working properly.
- Maximum user weight capacity is 300 lbs.

3. PRODUCT OVERVIEW

The Winfita Folding Treadmill is designed for home use, offering a robust workout experience with convenient features.

Key Features:

- **Motor:** 3.5 HP brushless motor for smooth and quiet operation.
- **Speed Range:** 0.6 - 8.0 MPH.

- **Incline:** 3-level manual incline (0%, 3%, 6%) for varied workout intensity.
- **Running Surface:** 17" W x 42" L, 7-layer non-slip belt.
- **Shock Absorption:** 8 built-in shock absorbers and 2 silicone shock pads.
- **Console:** 14" LED display, shortcut buttons, USB charging port, tablet holder, water bottle holders.
- **Programs:** 64 preset, 5 user-defined, 3 countdown modes, BMI detector.
- **Connectivity:** Bluetooth for smart app integration (Zwift, Kinomap, FitShow).
- **Design:** Foldable with soft-drop system and transport wheels for easy storage.



Figure 3.1: Winifita Folding Treadmill in active use and its compact folded state.

This image displays the Winifita Folding Treadmill during operation, highlighting its running surface and console. A smaller inset shows the treadmill in its folded position, demonstrating its space-saving design for storage.



Figure 3.2: Internal view of the treadmill's powerful and quiet 3.5HP motor.

An illustration of the treadmill's internal motor system, emphasizing its 3.5HP power, 0.6-8.0 MPH speed range, 300 lbs weight capacity, and low noise operation (below 50 dB).

4. SETUP AND ASSEMBLY

The Winfita Treadmill comes largely pre-assembled. Follow these steps to complete the setup.

4.1 Unpacking

1. Carefully remove the treadmill from its packaging. Due to its weight (approximately 100 lbs), it is recommended to have two people for this step.
2. Inspect all components for any damage. If any parts are damaged, do not proceed with assembly and contact customer service.
3. Ensure all included components are present: Main Frame, Power Cord, Safety Key, Tool Kit, Lubricant, User Manual.

4.2 Assembly Steps

Refer to the included tool kit for necessary wrenches and screws. Assembly typically takes 25-30 minutes.

1. Lift the console mast into the upright position.
2. Secure the console mast to the base using the provided hardware.
3. Attach the console to the top of the mast, connecting any necessary cables.
4. Ensure all screws are tightened securely.
5. Place the safety key in its designated slot on the console.
6. Connect the power cord to the treadmill and a grounded electrical outlet.



Figure 4.1: Treadmill folding system, tablet holder, water bottle holder, USB charging port, and transportation wheels.

This image illustrates the treadmill's soft-drop folding system, making it easy to fold and unfold. It also highlights the integrated tablet holder, water bottle holders, USB charging port, and transportation wheels for convenient movement and storage.

5. OPERATING INSTRUCTIONS

5.1 Basic Operation

1. **Power On:** Plug in the treadmill and ensure the safety key is in place.
2. **Start:** Press the **START** button on the console. The belt will begin moving at a low speed.

3. **Adjust Speed:** Use the **SPEED +/-** buttons or quick speed buttons (1-8) to adjust your desired speed (0.6-8.0 MPH).
4. **Adjust Incline:** The treadmill features a 3-level manual incline. To change the incline, you must stop the treadmill, manually adjust the incline pins at the rear of the treadmill to 0%, 3%, or 6%, and then restart your workout.
5. **Stop:** Press the **STOP** button to gradually bring the treadmill to a halt. For emergency stops, pull the safety key.



Figure 5.1: Illustration of the three-level manual incline feature.

This image demonstrates the three manual incline settings available on the treadmill: 0%, 3%, and 6%. Each incline level is associated with an approximate calorie burn rate, allowing users to increase workout intensity.

5.2 Console Functions

14" Large LED Display

Accurately tracks and displays all key workout data, keeping your fitness progress clearly visible



Figure 5.2: Detailed view of the 14-inch LED display console.

The console features a 14-inch LED display that shows real-time workout data including distance, time, heart rate, calories burned, steps, and speed. It also includes dedicated buttons for starting, pausing, stopping, and quick adjustments for speed and incline.

- **Display:** Shows Time, Distance, Calories, Speed, Heart Rate, and BMI.
- **Programs:** Access 64 preset programs, 5 user-defined programs, and 3 countdown modes. Use the **PROGRAM** button to cycle through options.
- **BMI Detector:** Utilize the body fat function to calculate your Body Mass Index.
- **USB Charging Port:** Located on the console for charging devices during your workout.
- **Tablet Holder & Water Bottle Holders:** Integrated for convenience.

5.3 Bluetooth and App Connectivity

Connect your treadmill to smart fitness applications via Bluetooth for an enhanced workout experience.

1. Download compatible apps such as Zwift, Kinomap, or FitShow from your device's app store.
2. Enable Bluetooth on your smartphone or tablet.
3. Open the chosen fitness app and follow the in-app instructions to pair with your Winfita Treadmill.
4. Once connected, you can control speed and track your progress through the app.

5. Utilize built-in music speakers for audio playback during your workout.



Figure 5.3: Treadmill demonstrating Bluetooth connectivity with various fitness applications.

This image shows a user exercising on the treadmill while their tablet displays a fitness application interface, illustrating the seamless integration of the treadmill with smart apps like Zwift, Kinomap, and FitShow via Bluetooth.

6. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- **Lubrication:** The running belt requires regular lubrication. Use the provided lubricant and apply it to the belt via the small port as instructed in the separate lubrication guide (if provided) or as per general treadmill maintenance guidelines (typically every 3-6 months depending on usage).
- **Belt Adjustment:** Periodically check the running belt for proper tension and alignment. Adjust if necessary according to specific instructions in the full user manual.
- **Storage:** When not in use, fold the treadmill using the soft-drop system and store it in a dry, safe

place.

7. TROUBLESHOOTING

If you encounter issues with your treadmill, refer to the following common solutions. For problems not listed here, contact customer support.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not connected, safety key not in place, circuit breaker tripped.	Ensure power cord is securely plugged in. Insert safety key. Check household circuit breaker.
Running belt slips or hesitates.	Belt too loose, insufficient lubrication.	Adjust belt tension (refer to full manual). Apply lubricant to the running belt.
Unusual noise during operation.	Loose components, motor issue, belt friction.	Check all assembly bolts for tightness. Lubricate belt. If noise persists, contact customer service.
Bluetooth connection issues.	Bluetooth not enabled on device, app not properly paired.	Ensure Bluetooth is active. Restart app and treadmill. Follow in-app pairing instructions.

8. SPECIFICATIONS

Feature	Detail
Brand	Winifita
Model Name	Folding Treadmill for Home
Style	6% Manual Incline
Motor Power	3.5 HP
Speed Range	0.6 - 8.0 MPH
Incline Levels	3 (0%, 3%, 6% Manual)
Weight Capacity	300 lbs
Running Belt Size	17" W x 42" L
Unfolded Dimensions	53.5" L x 27.6" W x 47.2" H
Folded Dimensions	25.2" L x 27.6" W x 50" H
Item Weight	100 Pounds
Material	Alloy Steel

Feature	Detail
Display Type	14" LED
Connectivity	Bluetooth (Zwift, Kinomap, FitShow compatible)
Special Features	Foldable, Shock Absorbent, USB Charging Port, Water Bottle Holder, Tablet Holder, Wheeled
Included Components	Lubricant, Power Cord, Safety Key, Tool Kit, User Manual, Winfita Treadmill



Figure 8.1: Dimensions of the Winfita Treadmill in both unfolded and folded configurations.

This image provides a visual representation of the treadmill's dimensions when fully assembled and ready for use, as well as its compact dimensions when folded for storage, highlighting its suitability for home environments.

9. WARRANTY AND CUSTOMER SUPPORT

Winfita provides comprehensive support for your treadmill.

- **Warranty:** 1-Year Warranty.

- **Customer Service:** 24/7 Customer Service.
- **Technical Support:** Lifetime Technical Support.

For warranty claims, technical assistance, or any questions, please refer to the contact information provided on the Winfita official website or your purchase documentation.