



Home Foldable Treadmill

User Manual

FITSHOW APP HOME FOLDABLE TREADMILL WITH INCLINE

Brand: Generic | **Model:** Home Foldable Treadmill

1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using this treadmill. Keep this manual for future reference.

- Always consult with a physician before starting any exercise program.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a flat, stable surface. Ensure adequate clear space around the machine.
- Do not operate the treadmill if it has a damaged cord or plug, or if it has been dropped or damaged.
- Wear appropriate athletic footwear.
- Use the safety key clip at all times. In case of emergency, the safety key will stop the treadmill.
- Maximum user weight capacity: 250 lbs (113 kg).

2. PRODUCT OVERVIEW

The Generic Home Foldable Treadmill is designed for home workouts, offering a blend of performance, convenience, and smart features. It includes a powerful motor, adjustable incline, and smart connectivity for an enhanced exercise experience.



Image: The Fitshow App Home Foldable Treadmill in operation, demonstrating its sleek design and user-friendly console.

Folding Treadmill	
Motor Power	2.0 HP
Speed Range	0.6-8.0mph
Running Area	39.4" x 15.8"
Assembly Size	50.4"x24.8"x46.5"
Folding Size	24.5"x24.8"x47.2"

2.0HP DC

Fashional Smart Folding Electric Treadmill with **Fitshow**

Image: Overview of the folding treadmill highlighting key specifications such as 2.0 HP motor, 0.6-8.0 MPH speed range, 39.4"x15.8" running area, and assembly/folding dimensions.

TREADMILL Walking Running

Compact Size, Comfortable Running Decks, Shock Absorptions



Image: The treadmill's running deck, showing its 39.4"x15.8" tread belt, 5 layers of non-slip material, and shock absorption system for comfortable workouts.



Image: An internal view of the treadmill's 2.0 HP DC motor and the multi-layered cushioning system designed for comfort and impact absorption, supporting up to 250 lbs.

Key Features:

- **Smart Fitshow App & Bluetooth Speaker:** Connects to Fitshow App for workout control and data tracking. Bluetooth "S106" for music streaming.
- **Powerful & Ultra-Quiet 2.5HP Motor:** Smooth and quiet operation for home use. Speed range 0.6 to 8.0 MPH.
- **4-Level Manual Incline:** Adds variety and intensity to workouts.
- **5" Smart LCD Display:** Shows time, speed, distance, calories, and heart rate.
- **12 Preset Programs:** Customizable training options for various fitness goals.
- **Easy Folding with Hydraulic Assist & Wheels:** Space-saving design for easy storage and transport.
- **250 LB Capacity:** Robust construction for a wide range of users.

3. SETUP AND ASSEMBLY

The treadmill comes mostly pre-assembled. Follow these steps to complete the setup.

Unpacking:

1. Carefully remove the treadmill from its packaging.
2. Place all components on a clear, flat surface.
3. Check the packing list to ensure all parts are present.

Assembly Steps:

1. **Unfold the Treadmill:** Gently lift the running deck until it locks into place. The hydraulic assist system will help.



2. **Attach Console/Uprights (if necessary):** Secure the console to the uprights using the provided screws. Ensure all connections are firm.
3. **Connect Power:** Plug the power cord into a grounded electrical outlet.
4. **Insert Safety Key:** Place the safety key into its designated slot on the console. The treadmill will not operate without the safety key in place.

4. OPERATING INSTRUCTIONS

Console Overview:



Image: Detailed view of the treadmill's smart console, featuring a 5" LCD display showing speed, distance, time, and calories. It also highlights the safety key slot, bottle holders, heart rate sensors, and one-touch speed buttons (2, 4, 8 MPH).

The 5-inch LCD screen displays key workout metrics. The console includes quick speed buttons, start/stop, and mode selection.

Getting Started:

1. **Power On:** Ensure the treadmill is plugged in and the safety key is inserted.
2. **Start Workout:** Press the "START" button. The belt will begin to move at a low speed.
3. **Adjust Speed:** Use the "+" and "-" buttons to increase or decrease speed. Quick speed buttons (2, 4, 8 MPH) are also available. The maximum speed is 8.0 MPH.

HOME TREADMILL

Strong Power with Low Noise Quiet Workouts

 **8.0MPH** Max Speed



< 60dB

2.0HP Peak Power

1-3 Mph

Walking - low level

3-5 Mph

Jogging - mid level

5-8 Mph

Running - high level



Image: The home treadmill illustrating different speed levels for walking (1-3 MPH), jogging (3-5 MPH), and running (5-8 MPH), powered by a 2.0HP peak motor with less than 60dB noise.

- Adjust Incline:** This model features a 4-level manual incline. To adjust, stop the treadmill, lift the rear of the running deck, and adjust the support legs to the desired level.

INCLINE TREADMILL

Easy Inclination and Moving for Space Saving
Convenient for All Families



Image: The incline treadmill highlighting its 250 LB (110 KG) maximum loading capacity, 4-level manual incline feature, and built-in transport wheels for easy movement.

5. **Select Programs:** Press the "MODE" or "PROGRAM" button to cycle through the 12 preset programs or 3 countdown modes (Time, Distance, Calories).
6. **Stop Workout:** Press the "STOP" button to gradually slow down and stop the treadmill. Alternatively, pull the safety key to stop immediately.

Fitshow App & Bluetooth Connectivity:

- **Fitshow App:** Download the Fitshow App from your device's app store. Scan the QR code for easy download: <http://fitshow.com/qr>.
- **Connect to App:** Enable Bluetooth on your phone. Open the Fitshow App and search for the treadmill's Bluetooth signal, typically named "FS-****". Connect to control workouts and track data.
- **Bluetooth Speaker:** To stream music, connect your device to the treadmill's Bluetooth speaker named "S106".

5. MAINTENANCE

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:** Lubricate the running belt every 3-6 months, or after 100-150 hours of use, using silicone lubricant. Lift the belt and apply lubricant to the center of the deck.
- **Belt Tension and Alignment:** Check the belt tension and alignment periodically. If the belt slips or drifts to

one side, adjust the rear rollers using the provided Allen wrench.

- **Motor Cover:** Periodically remove the motor cover and vacuum any dust or debris from the motor area. Ensure the treadmill is unplugged before doing so.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; Safety key not inserted; Circuit breaker tripped.	Ensure power cord is securely plugged in. Insert safety key fully. Check household circuit breaker.
Running belt slips.	Belt too loose; Belt worn out.	Adjust belt tension. If problem persists, contact customer support for belt replacement.
Belt drifts to one side.	Belt alignment off.	Adjust the rear roller bolts to center the belt. Turn the bolt clockwise to move the belt to the right, counter-clockwise to move it to the left.
Unusual noise during operation.	Loose parts; Lack of lubrication; Motor issue.	Check for and tighten any loose bolts. Lubricate the running belt. If noise persists, contact customer support.
Fitshow App not connecting.	Bluetooth not enabled; Incorrect device selected; App issue.	Ensure Bluetooth is on and select "FS-****". Restart app and treadmill. Check app permissions.

7. SPECIFICATIONS

- **Brand:** Generic
- **Model Name:** Home Foldable Treadmill
- **Color:** Black
- **Product Dimensions (Assembled):** 50.4"D x 24.6"W x 46.8"H
- **Product Dimensions (Folded):** Approximately 24.5"D x 24.8"W x 47.2"H
- **Item Weight:** 81 Pounds
- **Material:** Alloy Steel
- **Maximum Speed:** 8 Miles per Hour
- **Maximum Horsepower:** 2.5 HP (Peak)
- **Running Area:** 39.4" x 15.8"
- **Incline:** 4-Level Manual Incline
- **Maximum Weight Recommendation:** 250 Pounds
- **Display:** 5" LCD Screen (Time, Speed, Distance, Calories, Heart Rate)
- **Programs:** 12 Preset Programs, 3 Countdown Modes
- **Connectivity:** Fitshow App, Bluetooth Music (S106)
- **Special Feature:** Foldable with Hydraulic Assist, Transport Wheels

8. WARRANTY AND SUPPORT

The product information states "Warranty Description: No". For any issues or support, please contact the seller directly through your purchase platform.

For further assistance, please refer to the seller's contact information provided at the time of purchase.