

LONTEK Home Series

LONTEK Folding Treadmill User Manual

Model: Home Series with 9% Incline

1. IMPORTANT SAFETY INSTRUCTIONS

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

- Consult your physician before starting any exercise program.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Ensure the safety key is properly attached before starting the treadmill.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Wear appropriate athletic footwear during use.

2. PRODUCT OVERVIEW

The LONTEK Folding Treadmill is designed for home use, offering a convenient way to perform cardiovascular exercise. It features an adjustable incline, a powerful motor, and various pre-set programs to enhance your workout experience.

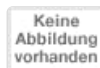


Figure 2.1: Overview of the LONTEK Folding Treadmill. This image displays the treadmill in its operational state, highlighting the main console, handrails, and running deck.

3. SETUP AND ASSEMBLY

3.1 Unpacking

- Carefully remove all components from the packaging.
- Verify that all parts listed in the packing list are present.

- Retain packaging materials until assembly is complete.

3.2 Folding and Unfolding

This treadmill features a hydraulic soft-drop system for safe and easy unfolding.

- **To Unfold:** Gently push the running deck downwards. The hydraulic system will slowly lower the deck to the floor.
- **To Fold:** Lift the running deck until it locks into the upright position. Ensure it is securely latched before moving.

3.3 Power Connection

- Connect the power cord to the treadmill's power input.
- Plug the power cord into a grounded electrical outlet.
- Ensure the power switch on the treadmill is in the 'ON' position.

4. OPERATING INSTRUCTIONS

4.1 Console Overview

The console displays key workout metrics such as time, speed, distance, calories burned, and incline level. It also features buttons for speed, incline, program selection, and start/stop.

4.2 Starting a Workout

1. Stand on the side rails of the treadmill.
2. Attach the safety key clip to your clothing.
3. Press the 'START' button. The belt will begin to move at a low speed after a short countdown.
4. Carefully step onto the running belt and begin walking.

4.3 Adjusting Speed and Incline

- **Speed:** Use the 'SPEED +' and 'SPEED -' buttons to adjust the running speed. The treadmill supports speeds up to 12 KM/H.
- **Incline:** Use the 'INCLINE +' and 'INCLINE -' buttons to adjust the incline level. This model offers up to a 9% adjustable incline.

4.4 Using Pre-set Programs

The treadmill includes 12 pre-set programs designed for various fitness goals.

1. While the treadmill is stopped or running, press the 'PROGRAM' button to cycle through the available programs.
2. Once you select a program, press 'START' to begin. The treadmill will automatically adjust speed and incline according to the program's profile.

4.5 Stopping a Workout

- Press the 'STOP' button to gradually slow down and stop the treadmill.
- In an emergency, pull the safety key to immediately stop the treadmill.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your treadmill.

5.1 Cleaning

- Wipe down the console and exterior surfaces with a damp cloth after each use.
- Do not use abrasive cleaners or solvents.

5.2 Lubrication

The running belt requires periodic lubrication to reduce friction and wear.

- Check the lubrication every 3 months or after 50 hours of use.
- Apply silicone lubricant under the running belt as per the instructions provided with the lubricant.

5.3 Belt Adjustment

If the running belt slips or drifts to one side, it may need adjustment.

- Refer to the detailed instructions in the full manual for belt tension and centering adjustments.
- Use the provided Allen wrench to make small adjustments to the rear roller bolts.

6. TROUBLESHOOTING

This section addresses common issues you might encounter.

Problem	Possible Cause	Solution
Treadmill does not power on	Power cord not connected, power switch off, circuit breaker tripped	Check power cord, ensure switch is ON, reset circuit breaker
Running belt slips	Belt tension too loose	Adjust belt tension (refer to Section 5.3)
Unusual noise during operation	Loose parts, lack of lubrication, motor issue	Check for loose bolts, lubricate belt, contact customer support if noise persists
Incline not adjusting	Incline motor issue, obstruction	Check for obstructions, power cycle the treadmill, contact customer support

7. SPECIFICATIONS

- **Brand:** LONTEK
- **Motor:** 3.0 HP (Peak)
- **Speed Range:** Up to 12 KM/H
- **Incline:** 0-9% Adjustable
- **Programs:** 12 Pre-set Programs
- **Maximum User Weight:** 136 KG
- **Foldable Design:** Yes

8. WARRANTY AND SUPPORT

Specific warranty details are not available in this document. For warranty information, technical support, or to order

replacement parts, please contact LONTEK customer service through their official website or the retailer where the product was purchased.

Please have your product model and purchase date ready when contacting support.

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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