

Sweetcrispy SW-PBJ-BK1

Sweetcrispy Compact Armless Treadmill User Manual

Model: SW-PBJ-BK1

1. IMPORTANT SAFETY INSTRUCTIONS

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

- **Safety Key:** The treadmill will only operate when the safety key is properly attached to the designated slot. Always ensure the safety key is in place before starting your workout.
- **Placement:** Place the treadmill on a flat, stable surface. Ensure there is at least 2 feet (0.6 meters) of clear space behind the treadmill and 1 foot (0.3 meters) on each side.
- **User Weight:** Do not exceed the maximum user weight of **200 pounds (90 kg)**.
- **Children and Pets:** Keep children and pets away from the treadmill during operation.
- **Power Cord:** Ensure the power cord is not pinched or damaged. Do not operate the treadmill if the power cord or plug is damaged.
- **Footwear:** Always wear appropriate athletic footwear when using the treadmill.
- **Emergency Stop:** In case of an emergency, pull the safety key to immediately stop the treadmill.
- **Medical Conditions:** Consult your physician before starting any exercise program, especially if you have pre-existing medical conditions.
- **Unplug When Not in Use:** Always unplug the treadmill from the power outlet when not in use, before cleaning, or before performing maintenance.

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.



Figure 2.1: Package Contents - The image displays the main treadmill unit, remote control, user manual, silicone oil for maintenance, and an Allen wrench for adjustments.

- Sweetcrispy Compact Armless Treadmill Unit
- Remote Control
- Safety Key
- Power Cord
- User Manual (this document)
- Silicone Oil (for lubrication)
- Allen Wrench (for belt adjustment)

3. PRODUCT OVERVIEW

Familiarize yourself with the main components of your Sweetcrispy Compact Armless Treadmill.

LED Displays & Smart Remote



TIME



SPEED



DISTANCE



CALORIES



Figure 3.1: Front View of Treadmill - This image shows the overall compact design of the treadmill, highlighting the running surface and the integrated display panel.

Safety Key for Your Peace of Mind!



Notice: Safety key must be attached for walking pad to operate.

Figure 3.2: Compact Dimensions - The treadmill's dimensions are shown as 42.2 inches long and 19.2 inches wide, emphasizing its suitability for small spaces.

- **Running Belt:** The main surface for walking or running.
- **LED Display Panel:** Located at the front, displays time, speed, distance, and calories burned.
- **Safety Key Slot:** Where the safety key must be inserted for operation.
- **Power Switch:** On/Off switch, typically located near the power cord input.
- **Power Cord Input:** Where the power cord connects to the treadmill.
- **Transport Wheels:** Located at the front for easy movement and storage.

4. SETUP

1. **Unpack:** Remove the treadmill and all components from the packaging. Retain packaging for future storage or transport if needed.
2. **Placement:** Place the treadmill on a firm, level surface. Ensure adequate clearance around the unit as described in the safety instructions.

3. **Connect Power:** Insert the power cord into the treadmill's power input, then plug the other end into a standard grounded electrical outlet.
4. **Position Safety Key:** Attach the safety key to the designated slot on the front display panel. Ensure the clip end of the safety key is attached to your clothing during use.
5. **Initial Check:** Before starting, ensure the running belt is centered and free from any obstructions.



Figure 4.1: Effortless Mobility - The image shows how to easily move the treadmill using its transport wheels for convenient placement or storage.

5. OPERATING INSTRUCTIONS

5.1 Powering On/Off

- **To Power On:** Flip the main power switch (usually located near the power cord input) to the 'ON' position. The LED display will illuminate.
- **To Power Off:** Flip the main power switch to the 'OFF' position. For complete power disconnection, unplug the

treadmill from the wall outlet.

5.2 Using the Safety Key



Figure 5.1: Safety Key Placement - This image clearly shows where the safety key should be inserted on the treadmill's control panel for operation.

The safety key is a critical safety feature. The treadmill will not start or will stop immediately if the safety key is not properly inserted.

- Ensure the magnetic end of the safety key is firmly placed in the designated slot on the display panel.
- Clip the other end of the safety key to your clothing (e.g., waistband) before starting your workout.
- If the safety key is removed during operation, the treadmill will stop, and the display may show an error code (e.g., E14). Reinsert the safety key to resume.

5.3 Using the Remote Control

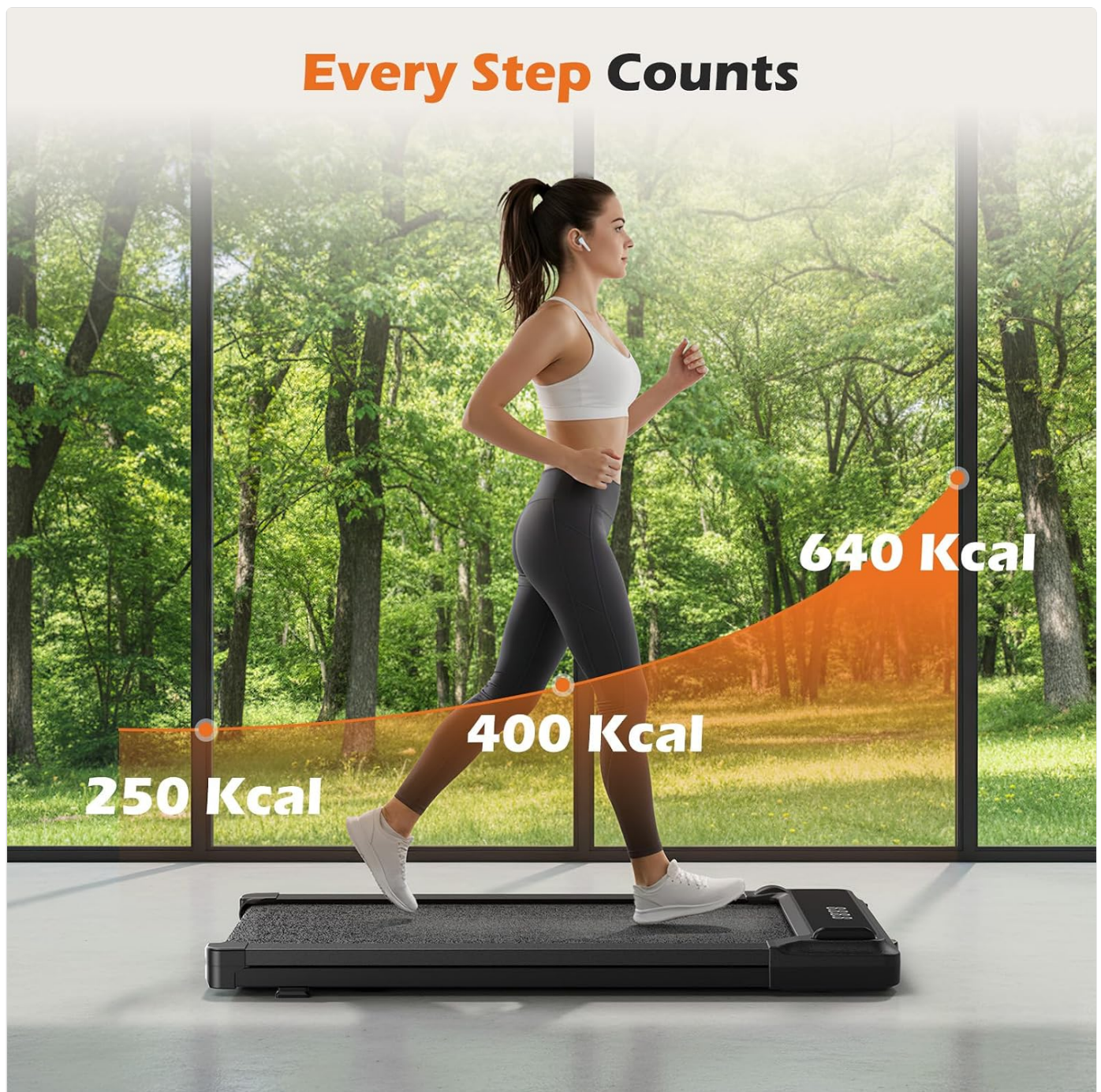


Figure 5.2: LED Display and Remote Control - This image highlights the treadmill's display showing workout metrics and the remote control used to manage settings.

The remote control allows you to start, stop, and adjust the speed of the treadmill.

- **Power Button (On/Off):** Press to start or stop the treadmill.
- **Speed Up (+):** Press to increase the speed.
- **Speed Down (-):** Press to decrease the speed.
- **Mode Button (M):** Cycles through display modes (if applicable) or preset programs.
- **Program Button (P):** Selects different workout programs (if applicable).

5.4 Understanding the LED Display

The LED display provides real-time feedback on your workout:

- **TIME:** Displays the duration of your workout in minutes and seconds.
- **SPEED:** Shows your current walking/running speed in MPH (Miles Per Hour).
- **DISTANCE:** Indicates the total distance covered during your workout in miles.

- **CALORIES:** Estimates the number of calories burned during your workout.

5.5 Speed Modes



Figure 5.3: Treadmill Speed Modes - This graphic illustrates the recommended speed ranges for different activities: working, walking, and running.

The Sweetcrispy treadmill offers a versatile speed range to suit various activities:

- **Working Mode:** 0.6 - 1.5 MPH (Ideal for light activity while working or reading).
- **Walking Mode:** 0.6 - 2.5 MPH (Suitable for a leisurely walk or brisk pace).
- **Running Mode:** 2.5 - 3.1 MPH (For a light jog or more intense workout).

6. MAINTENANCE

6.1 Lubrication (Silicone Oil)

Regular lubrication of the running belt is essential for smooth operation and to extend the life of your treadmill. Use the provided silicone oil.

1. **Frequency:** Apply silicone oil every 1-3 months, depending on usage.
2. **Procedure:**
 - Turn off and unplug the treadmill.
 - Loosen the rear roller bolts slightly with the Allen wrench to lift the belt slightly (do not remove).
 - Apply a small amount of silicone oil (approx. 5-10 ml) evenly under the center of the running belt.
 - Tighten the rear roller bolts back to their original position.
 - Plug in the treadmill, turn it on, and walk on it at a slow speed (e.g., 1 MPH) for 5 minutes to distribute the lubricant.

6.2 Running Belt Adjustment

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

- **Belt Off-Center:** If the belt drifts to the left, turn the left rear roller bolt clockwise a quarter turn. If it drifts to the right, turn the right rear roller bolt clockwise a quarter turn. Run the treadmill for a few minutes and re-check. Adjust incrementally until centered.
- **Belt Slipping:** If the belt slips during use, turn both rear roller bolts clockwise a quarter turn simultaneously. Run the treadmill and test. Repeat if necessary, but do not over-tighten.

6.3 Cleaning

Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Treadmill does not start	1. Power cord not plugged in 2. Power switch is OFF 3. Safety key not inserted	1. Plug in power cord 2. Turn power switch ON 3. Insert safety key properly
Error Code E14	Safety key not properly used or detected	Ensure the safety key is fully inserted into its slot. If it was removed during operation, reinsert it.
Running belt slips	Belt too loose	Adjust belt tension (see Section 6.2)
Running belt off-center	Belt misaligned	Adjust belt alignment (see Section 6.2)
Unusual noise	1. Lack of lubrication 2. Loose parts	1. Lubricate belt (see Section 6.1) 2. Check and tighten any visible loose screws

8. SPECIFICATIONS

Model Number	SW-PBJ-BK1
Product Dimensions (L x W x H)	42.2" x 19.2" x 3.6" (107.2 cm x 48.8 cm x 9.1 cm)
Item Weight	30 pounds (13.6 kg)
Maximum User Weight	200 pounds (90 kg)
Speed Range	0.6 - 3.1 MPH (1 - 5 km/h)
Motor Horsepower	1.75 hp
Material	Stainless Steel
Power Source	Corded Electric
Metrics Measured	Distance, Speed, Time, Calories

9. WARRANTY AND SUPPORT

Sweetcrispy products are manufactured to high-quality standards. For warranty information specific to your purchase, please refer to the documentation included with your product or contact Sweetcrispy customer support.

If you encounter any issues or have questions not covered in this manual, please contact our customer support team for assistance. Please have your model number (SW-PBJ-BK1) and purchase details ready when contacting support.

For the latest support information and contact details, please visit the official Sweetcrispy website or refer to your purchase platform.

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