

CIIHI C XM02F

CIIHI XM02F Treadmill User Manual

Model: XM02F | Brand: CIIHI C

Safety Information	Package Contents	Setup	Operating Instructions Warranty & Support	Maintenance
	Troubleshooting	Specifications		

1. SAFETY INFORMATION

Read all instructions carefully before using the treadmill. Keep children and pets away from the treadmill during operation. Always ensure the safety key is properly attached before starting the unit. Remove the safety key when the unit is not in use.

Important Safety Precautions:

- Always consult a physician before starting any exercise program.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Keep hands and feet clear of all moving parts.
- Do not use the treadmill outdoors or in areas with high humidity.
- Ensure the treadmill is placed on a flat, stable surface.
- Wear appropriate exercise attire and footwear.
- The maximum user weight capacity for this treadmill is 350 lbs.

2. PACKAGE CONTENTS

Verify all components are present before assembly:

- Treadmill ×1
- Safety Key ×1
- User Manual ×1
- Toolkit ×1
- Left/Right Covers ×2

2 Steps Quick Assembly, Ready to Run in 5 Minutes

Enjoy a breezy installation process with 90% pre-assembly

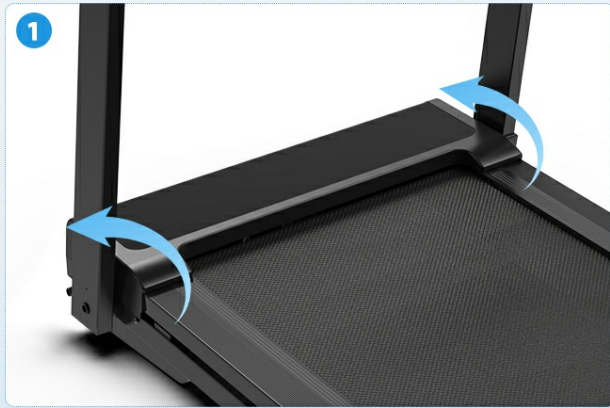


Image: Overview of the CIIHI Treadmill and its included accessories.

3. SETUP AND ASSEMBLY

The CIIHI Treadmill is designed for quick and easy setup, with 90% pre-assembly. Follow these steps to complete the assembly:

3.1 Unboxing and Initial Setup

1. Carefully remove the treadmill from its packaging.
2. Place the folded treadmill on a flat surface.
3. Lift the fixed column (handlebar assembly) into the upright position.

2 Steps Quick Assembly, Ready to Run in 5 Minutes

Enjoy a breezy installation process with 90% pre-assembly



Image: The treadmill in its folded state and the initial step of lifting the console.

3.2 Securing the Console

4. Locate the pre-installed screws on the fixed column. Remove these screws.
5. Attach the left and right covers to the base of the fixed column using the provided M4x20 screws.
6. Align the column and treadmill holes, then screw in the M8 knobs on both sides to secure the fixed column. Ensure they are tightened smoothly.
7. Use the provided M8 screws and L-style wrench to fix the console to the uprights.

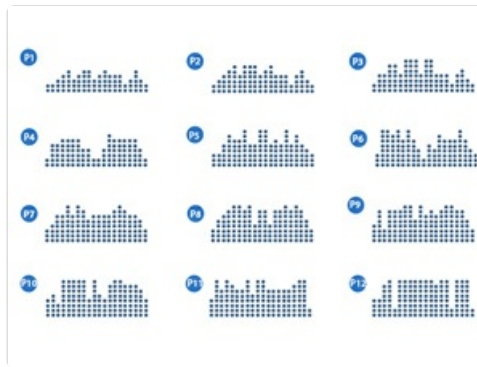


Image: Detail of the console attachment points.

Your browser does not support the video tag.

Video: Official assembly guide for the CIIHI XM02F Auto Incline Treadmill, demonstrating step-by-step setup.

3.3 Power Connection

8. Plug the power cord into the treadmill's power input.
9. Flip the power switch to the "ON" position.
10. Insert the safety key into its designated slot on the console.

3.4 Folding and Moving

The treadmill features a space-saving foldable design with built-in wheels for easy movement.

- To fold: Ensure the treadmill is off and unplugged. Unscrew the M8 knobs and fixing screws on both sides of the uprights. Gently lower the console until the treadmill is flat.
- To move: Tilt the folded treadmill using the built-in wheels and roll it to your desired storage location. It can be stored under a sofa or upright against a wall.

Foldable & Movable

Folded size: 47.83x23.62 inch



Soft Drop Folding



Move Wheels



Image: The treadmill in its folded position, demonstrating its compact storage capability.

4. OPERATING INSTRUCTIONS

4.1 Control Panel Overview

15 Levels 0%-15% Auto Incline



Image: Detailed view of the treadmill's digital display and control buttons.

- **Display:** Shows Calories, Incline, Speed, Time, and Distance.
- **Start/Stop:** Initiates and pauses/stops the workout.
- **Speed +/-:** Adjusts the running speed (0.6 - 7.6 MPH). Quick speed buttons (2, 5, 8 MPH) are also available.
- **Incline +/-:** Adjusts the incline level (0-15%). Quick incline buttons (3, 6, 9%) are also available.
- **Programs (PROG):** Selects from 12 built-in preset workout programs.
- **Mode (MODE):** Switches between different display modes or workout settings.
- **Handrail Controls:** Additional buttons on the handrails allow for quick speed and incline adjustments.
- **Safety Key:** Must be in place for the treadmill to operate. Pulling it out will immediately stop the treadmill.

- **Connectivity:** USB port and Bluetooth for connecting devices and fitness apps.

4.2 Using Smart Apps

The treadmill supports connectivity with three fitness apps for enhanced workout experiences:

- Connect your device via Bluetooth.
- Download and open the compatible fitness app (e.g., FitShow, Kinomap, Zwift).
- Follow the app's instructions to track progress, explore virtual routes, and access extensive training courses.



Image: Treadmill console with a smartphone connected to a fitness app.

5. MAINTENANCE

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

5.1 Cleaning

- Wipe down the console and other surfaces with a damp cloth after each use.
- Avoid using abrasive cleaners or solvents that may damage the finish.
- Periodically vacuum under the treadmill to prevent dust buildup.

5.2 Lubrication

- The running belt requires periodic lubrication with silicone lubricant (included in toolkit).
- Refer to the detailed instructions in the user manual for proper lubrication frequency and procedure.

6. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Treadmill does not start	Power cord unplugged, safety key not in place, power switch off.	Check power connection, ensure safety key is inserted, turn power switch on.
Running belt slips	Belt too loose, insufficient lubrication.	Adjust belt tension (refer to manual), apply silicone lubricant.
Unusual noise during operation	Loose components, belt friction.	Check and tighten all screws, lubricate the running belt.

For issues not listed here, or if solutions do not resolve the problem, please contact customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	CIIHI C
Model Name	XM02F
Color	Black
Product Dimensions	47.6"D x 23.9"W x 41.1"H
Folded Size	47.83" x 23.62" x 8.86"
Item Weight	60.3 Pounds
Material	Alloy Steel
Maximum Speed	7.6 Miles per Hour
Minimum Speed	0.6 Miles per Hour
Maximum Horsepower	2.5 Horsepower

Feature	Detail
Maximum Incline Percentage	15.0% (Auto Incline)
Maximum Weight Recommendation	350 Pounds
Running Belt Dimensions	38.2" x 15.6"
Connectivity Technology	Fitness Apps (Bluetooth)
Special Feature	Wheels for portability
Assembly Required	Yes (minimal)

8. WARRANTY AND SUPPORT

CIIHI C is committed to providing quality products and customer satisfaction.

- **Warranty:** 12 Months Free Parts.
- **Customer Support:** Expect a response within 24 hours for any inquiries or assistance.
- **Returns:** 30-day easy returns policy.
- For support, please refer to the contact information provided with your purchase or visit the official CIIHI C store.



Step Into Wellness with CIIHI C

★★★★★ 1,0000+ Happy Customers

"CIIHI C Treadmill keeping your body fit and your mind sharp, making it easy to stay active and get things done."

 **12 Months**
Free Parts

 **24 Hours**
Reply Within

 **100%**
Product Quality

Image: CIIHI C customer support and warranty information.

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