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> SubSun SH01-A 2-in-1 Folding Treadmill User Manual

SubSun SH01-A

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Model: SH01-A | Brand: SubSun

1. IMPORTANT SAFETY INFORMATION

Before operating the SubSun SH01-A treadmill, please read and understand all safety instructions. Retain this manual for future reference.

- Ensure the treadmill is placed on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Always attach the safety key clip to your clothing before starting the treadmill. The safety key is designed to stop the machine in an emergency.
- Wear appropriate athletic footwear.
- Do not use the treadmill if you feel dizzy, faint, or experience any pain. Consult a physician.
- This product is designed for indoor use only.
- Only suitable for voltage 110-120V. Ensure your power outlet matches this requirement.
- Maximum user weight capacity: 265 lbs (120 kg).

2. PRODUCT OVERVIEW

The SubSun SH01-A is a versatile 2-in-1 folding treadmill designed for both walking and light running, suitable for home and office environments. It features a compact, foldable design for easy storage and transport.

Key Features:

- **Compact and Foldable Design:** Easily folds down to 49.4 x 22.05 x 3.94 inches for storage, with built-in transport wheels.
- **Multifunctional Handlebar:** Includes control buttons for speed adjustment and a safety key for emergency stops.
- **Advanced LED Display:** Tracks speed, distance, time, and calories burned.
- **Spacious Running Belt:** Measures 15.75 x 39.37 inches for a comfortable stride.
- **Quiet Motor:** Operates with low noise, ideal for shared spaces.

- **Manual Incline:** Offers a manual incline adjustment for varied workout intensity.
- **Shock Absorption System:** Features a 6-layer running belt and shock pads for joint protection.



Image: The SubSun 2-in-1 Folding Treadmill shown in its compact, folded-down position, highlighting its dimensions of 49.4 inches length, 22.05 inches width, and 3.94 inches height. This illustrates its space-saving design for storage.

Treadmill with **Handle**

The handlebar provides added stability and support during your workout



With handle buttons used for easy operation



The safety key used for emergency stop



Image: A user walking on the SubSun treadmill with the handlebar raised. The image points out the control buttons on the handlebar for easy operation and the safety key for emergency stops, emphasizing user control and safety features.

3. SETUP INSTRUCTIONS

The SubSun SH01-A treadmill requires minimal assembly. Follow these steps to prepare your treadmill for use:

1. **Unpack:** Carefully remove the treadmill from its packaging.
2. **Placement:** Place the treadmill on a firm, level surface, ensuring adequate space around it for safe operation.
3. **Unfold (if applicable):** If the handlebar is folded down, gently lift it into the upright position until it locks securely.
4. **Connect Power:** Plug the power cord into a grounded 110-120V electrical outlet.
5. **Attach Safety Key:** Connect the safety key to the designated slot on the console. The treadmill will not operate without the safety key in place.



Image: A user standing on the SubSun treadmill with the handlebar in the upright position, indicating the treadmill is set up and ready for a workout. This shows the treadmill in its full operational configuration.

4. OPERATING INSTRUCTIONS

Familiarize yourself with the treadmill's controls and modes of operation.

4.1 Starting a Workout

1. Ensure the safety key is properly attached to both the treadmill and your clothing.
2. Step onto the treadmill belt.
3. Press the 'Start' button on the console or remote control. The treadmill will begin at a low speed.
4. Adjust the speed using the '+' and '-' buttons on the handlebar or remote control.

4.2 Workout Modes and Speed Ranges

The treadmill supports various activity levels:

- **Working Mode:** 0.6 - 2 MPH (for light activity, e.g., while working at a standing desk).
- **Walking Mode:** 2 - 4 MPH (for brisk walking).
- **Running Mode:** 4 - 7.6 MPH (for jogging or light running).



Image: This graphic illustrates the three primary usage modes of the treadmill: Working Mode (0.6-2 mph), Walking Mode (2-4 mph), and Running Mode (4-7.6 mph), showing individuals performing each activity on the treadmill.

4.3 Manual Incline Adjustment

The treadmill features a manual incline adjustment to increase workout intensity. Refer to the base of the treadmill for the incline mechanism. Adjust the incline before starting your workout.



Image: A man running on the treadmill, which is shown with a manual incline of 2.2 degrees. This demonstrates the treadmill's capability to simulate an uphill walk or run for increased calorie burn.

4.4 Using the Display and Tablet Mount

The digital LED display shows real-time data including speed, distance, time, and calories burned. Use the integrated tablet or phone mount to hold your device for entertainment or work during your exercise.

5. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Belt Lubrication:** Periodically lubricate the running belt according to the instructions provided with your lubricant. This typically involves applying silicone lubricant under the belt.
- **Belt Adjustment:** If the running belt starts to slip or move off-center, refer to the detailed instructions in the full user manual for adjustment procedures.
- **Inspection:** Regularly check all bolts and nuts for tightness. Inspect the power cord for any damage.

6. TROUBLESHOOTING

If you encounter issues with your treadmill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not start	Safety key not engaged; Power cord loose; Power switch off	Ensure safety key is fully inserted; Check power cord connection; Turn on power switch.

Problem	Possible Cause	Solution
Running belt slips	Belt too loose; Belt needs lubrication	Adjust belt tension (refer to full manual); Lubricate the running belt.
Unusual noise during operation	Loose components; Belt misalignment	Check and tighten all visible bolts; Adjust belt alignment (refer to full manual).
Display not working	Loose connection; Power issue	Check all cable connections; Ensure power supply is stable.

If the problem persists after attempting these solutions, please contact customer support.

7. SPECIFICATIONS

Detailed technical specifications for the SubSun SH01-A treadmill:

- **Model Number:** SH01-A
- **Brand:** SubSun
- **Color:** Grey
- **Product Dimensions (D x W x H):** 49.4" x 22.5" x 39.75"
- **Folded Size:** 49.4" x 22.05" x 3.94"
- **Item Weight:** 15.2 Pounds
- **Material:** Metal
- **Maximum Speed:** 7.6 Miles per Hour
- **Minimum Speed:** 0.6 Miles per Hour
- **Maximum Weight Recommendation:** 265 Pounds
- **Maximum Horsepower:** 2.5 Horsepower
- **Power Source:** Corded Electric (110-120V)
- **Metrics Measured:** Calories Burned, Distance, Speed, Time
- **Included Components:** Safety Key, User Manual
- **Assembly Required:** No

8. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your purchase or contact the seller directly. SubSun is committed to providing quality products and customer satisfaction.

If you require technical assistance, have questions about operation, or need to report a defect, please contact SubSun customer support through the retailer where you purchased the product. Please have your model number (SH01-A) and purchase date available when contacting support.

