

ECHANFIT 5520J

ECHANFIT 5520J Treadmill User Manual

Model: 5520J

[Safety](#)

[Components](#)

[Assembly](#)

[Operation](#)

[Maintenance](#)

[Troubleshooting](#)

[Specifications](#)

[Warranty](#)

1. INTRODUCTION

Thank you for choosing the ECHANFIT 5520J Treadmill. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before initial use to ensure proper function and to prevent injury.

2. IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, read all instructions and warnings before using this treadmill. ECHANFIT assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- Always place the treadmill on a level surface.
- Keep children and pets away from the treadmill during operation.
- Wear appropriate exercise clothing and athletic shoes.
- Use the safety key at all times. Attach the clip to your clothing before starting your workout.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Consult a physician before starting any exercise program.
- The maximum user weight capacity for this treadmill is 300 lbs.
- Ensure adequate clearance around the treadmill (at least 2 feet on sides and front, 6 feet at the rear).
- Do not attempt to adjust the running belt while the treadmill is in motion.

Shock Absorption & Joint Protection



Joint Protection



Non -Slip



6-Layer Tough Running Belt



Figure 2.1: The 6-layer non-slip running belt is designed for shock absorption and joint protection, providing a comfortable and safe workout surface.

3. PACKAGE CONTENTS

Carefully unpack all components and ensure you have received all items listed below. If any parts are missing or damaged, please contact ECHANFIT customer support.

- ECHANFIT 5520J Treadmill Unit

- Safety Key
- Tool Kit (for assembly)
- User Manual (this document)
- Power Cord



Figure 3.1: The ECHANFIT 5520J Treadmill is designed for home use, offering portability and a range of features.

4. ASSEMBLY INSTRUCTIONS

The ECHANFIT 5520J Treadmill is designed for quick assembly. Most of the unit comes pre-assembled. Follow these steps to complete the setup:

1. Remove the treadmill from its packaging and place it on a flat, stable surface.
2. Carefully unfold the treadmill frame.
3. Raise the console and handle bars into the upright position.
4. Tighten the four pre-installed screws (knobs) to secure the console and handle bars. Refer to the included tool kit for any necessary wrenches.
5. Ensure all connections are secure before plugging in the power cord.

Portable and Foldable Treadmill for Home

Assembly is completed by simply rotating four knobs



Figure 4.1: The treadmill features a foldable design for easy assembly and storage. Dimensions are 49.5"D x 19.68"W x 42.13"H when unfolded.

5. OPERATING INSTRUCTIONS

5.1. Getting Started

1. Plug the power cord into a grounded outlet.
2. Attach the safety key clip to your clothing and insert the safety key into its designated slot on the console. The LED display

will illuminate.

3. Step onto the treadmill belt, holding onto the handrails for balance.
4. Press the 'START' button to begin your workout. The treadmill will typically start at a low speed.

5.2. Console Functions



Figure 5.1: The LED display tracks real-time workout data and provides access to 24 preset programs.

- **LED Display:** Shows real-time data including time, speed, distance, and calories burned.
- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the speed. The treadmill offers a speed range of 0.5 to 7.5 MPH.
- **Preset Programs:** The treadmill includes 24 built-in programs. Press the 'PROGRAM' button to cycle through and select a desired workout program.
- **STOP Button:** Press to stop the treadmill belt.
- **Safety Key:** Removing the safety key will immediately stop the treadmill for emergency situations.

5.3. Manual Incline

The ECHANFIT 5520J Treadmill features a manual incline setting to add intensity to your workouts. This adjustment must be made while the treadmill is stopped.

1. Ensure the treadmill is powered off and the belt is completely stopped.
2. Locate the incline adjustment mechanism at the rear of the treadmill.
3. Adjust the incline to the desired level (e.g., 0% or 4° incline) by manually lifting or lowering the rear of the running deck and securing it in place.
4. Verify the incline is securely set before resuming your workout.

Manual Incline without Tools

Easy access to the incline function without the use of any tools



Figure 5.2: Adjust the manual incline to increase workout intensity. Options include 0% and 4° incline.

6. MAINTENANCE

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

6.1. Cleaning

- Always unplug the treadmill before cleaning.

- Wipe down the console and exterior surfaces with a damp cloth. Avoid using abrasive cleaners or solvents.
- Periodically vacuum under the treadmill to prevent dust buildup.

6.2. Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the included tool kit for lubricant and instructions, or consult the full user manual for detailed steps.

6.3. Belt Adjustment

If the running belt becomes off-center or slips, it may require adjustment. Refer to the full user manual for detailed instructions on how to center and tension the belt.

7. TROUBLESHOOTING

This section addresses common issues you might encounter with your ECHANFIT 5520J Treadmill.

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. Check household circuit breaker.
Running belt slips or hesitates.	Belt tension too loose; Belt requires lubrication.	Adjust belt tension (refer to full manual). Lubricate the running belt.
Unusual noise during operation.	Loose components; Motor issue; Belt friction.	Check for and tighten any loose bolts or screws. Lubricate belt if necessary. If noise persists, contact customer support.
Display not showing correct data.	Sensor issue; Loose connection.	Ensure all console connections are secure. Restart the treadmill. If issue continues, contact customer support.

8. PRODUCT SPECIFICATIONS

Below are the technical specifications for the ECHANFIT 5520J Treadmill:

Feature	Detail
Brand	ECHANFIT
Model Name	5520J
Product Dimensions (Unfolded)	49.5"D x 19.68"W x 42.13"H
Item Weight	50 Pounds
Material	Alloy Steel
Maximum Horsepower	3.0 HP
Speed Range	0.5 - 7.5 Miles per Hour
Incline Type	Manual Incline (0% and 4° options)

Feature	Detail
Maximum Weight Recommendation	300 Pounds
Display Type	LED
Preset Programs	24
Special Features	Adjustable Speed, Manual Incline, Portable, Water Bottle Holder, Wheeled

3.0HP Brushless Motor

Energy efficient, quiet and powerful



3.0HP
Powerful



0.5-7.5MPH
Speed



300Lbs
Weight Capacity



<45dB
Low Noise



Figure 8.1: The 3.0 HP brushless motor provides efficient, quiet, and powerful performance.

9. WARRANTY AND SUPPORT

9.1. Manufacturer's Warranty

The ECHANFIT 5520J Treadmill comes with a **1-year manufacturer's warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal use. It does not cover damage caused by misuse, accident, unauthorized

modifications, or improper maintenance.

9.2. Customer Support

For warranty claims, technical assistance, or any questions regarding your ECHANFIT treadmill, please contact ECHANFIT customer support. Refer to the contact information provided on the ECHANFIT official website or your purchase documentation.

