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› ROBORE W-SF10 4-in-1 Foldable Treadmill User Manual

ROBORE W-SF10

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Model: W-SF10

1. INTRODUCTION

Thank you for choosing the ROBORE W-SF10 4-in-1 Foldable Treadmill. This manual provides essential information for the safe and effective use, assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before initial use and retain it for future reference.

The ROBORE W-SF10 is designed for home and office use, offering a versatile 4-in-1 functionality including walking, jogging, running, and an adjustable incline feature. Its foldable design ensures convenient storage.

2. IMPORTANT SAFETY INSTRUCTIONS

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

- Consult your physician before starting any exercise program, especially if you have pre-existing health conditions.
- Always wear appropriate athletic footwear and clothing during use.
- Place the treadmill on a solid, level surface with at least 2 meters (6.5 feet) of clear space behind it and 0.6 meters (2 feet) on each side.
- Keep children and pets away from the treadmill at all times, especially during operation.
- The maximum user weight capacity for this treadmill is **120 Kilograms (approximately 264 lbs)**. Do not exceed this weight.
- Ensure the safety key is properly attached to your clothing before beginning your workout. In case of an emergency, pulling the safety key will immediately stop the treadmill.
- Do not operate the treadmill if it has a damaged cord or plug, if it is not working properly, or if it has been dropped or damaged.
- Unplug the treadmill from the power outlet when not in use, before cleaning, and before performing any maintenance.
- Do not use the treadmill outdoors or in areas of high humidity.
- Never insert any object into any opening on the treadmill.

3. SETUP AND ASSEMBLY

3.1 Unpacking

Carefully remove all components from the packaging. Inspect all parts for any damage that may have occurred during shipping. If any parts are missing or damaged, do not proceed with assembly and contact customer support.

3.2 Placement

Choose a suitable location for your treadmill. Ensure the surface is flat and stable. Maintain the recommended clear space around the treadmill as described in the safety instructions.

3.3 Unfolding the Treadmill

1. Place the folded treadmill on a flat surface.
2. Locate the locking mechanism that secures the running deck in the folded position.
3. Carefully release the locking mechanism.
4. Slowly lower the running deck until it is fully flat on the floor. Ensure it clicks into place securely.
5. Raise the console and handle assembly to the upright position and secure any locking pins or knobs.

3.4 Power Connection

Plug the power cord into a grounded electrical outlet. Ensure the power switch on the treadmill (if present) is in the OFF position before plugging it in.

4. OPERATING INSTRUCTIONS

4.1 Powering On/Off

- To power on, ensure the treadmill is plugged in and flip the main power switch (usually located near the front base) to the ON position. The console will illuminate.
- To power off, flip the main power switch to the OFF position and unplug the unit from the wall outlet.

4.2 Console Overview (Three Touch Screen)

The ROBORE W-SF10 features a three-touch screen console. Specific functions may vary, but generally include:

- **Start/Stop:** Initiates or pauses the workout.
- **Speed +/-:** Adjusts the running belt speed.
- **Incline +/-:** Adjusts the incline level.
- **Mode/Program:** Selects different workout modes or pre-set programs.
- **Display:** Shows time, distance, calories, speed, and incline.

4.3 Starting a Workout

1. Attach the safety key clip to your clothing. Insert the safety key into its designated slot on the console. The treadmill will not operate without the safety key in place.
2. Step onto the side rails of the treadmill.
3. Press the "Start" button on the console. The belt will begin to move at a low speed after a short countdown.
4. Carefully step onto the running belt and begin walking.
5. Adjust the speed using the "Speed +" or "Speed -" buttons to your desired pace.

4.4 Adjusting Incline

The ROBORE W-SF10 features an auto incline function with a maximum incline of 6%.

- During your workout, press the "Incline +" or "Incline -" buttons on the console to adjust the incline level.

- The treadmill will automatically adjust the running deck to the selected incline.



Image: The ROBORE W-SF10 treadmill demonstrating its incline capabilities, showing a user running on the deck with visual indicators for 6-degree and 1.8-degree incline settings.

4.5 Stopping a Workout

- Press the "Stop" button on the console. The treadmill will gradually slow down and stop.
- For an emergency stop, pull the safety key from the console. The treadmill will stop immediately.

4.6 Folding for Storage

1. Ensure the treadmill is stopped and powered off.
2. Carefully lift the running deck until it locks into the upright, folded position.
3. The treadmill can then be moved using its transport wheels.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your treadmill. Always unplug the treadmill before cleaning or performing any maintenance.

5.1 Cleaning

- Wipe down the console and exterior surfaces with a soft, damp cloth after each use. Avoid using abrasive cleaners or solvents.
- Periodically vacuum underneath the treadmill to remove dust and debris that can accumulate.

5.2 Running Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the specific lubrication instructions provided with your treadmill's lubricant kit. Generally, lubrication is recommended every 3-6 months depending on usage.

5.3 Running Belt Adjustment

If the running belt becomes off-center or slips, it may require adjustment. Consult the detailed instructions in the full user manual for proper belt centering and tensioning procedures. Incorrect adjustment can damage the treadmill.

5.4 General Inspection

Regularly check all bolts, nuts, and connections to ensure they are securely tightened. Inspect the power cord for any damage.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your treadmill. If the problem persists after attempting these solutions, please contact customer support.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord unplugged; main power switch off; circuit breaker tripped.	Ensure power cord is securely plugged in. Turn main power switch ON. Check household circuit breaker.
Running belt does not move.	Safety key not inserted; emergency stop activated; motor issue.	Ensure safety key is fully inserted. Check if emergency stop button is pressed. If not, contact support.
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 all bolts and nuts for tightness. Lubricate belt if needed. If noise persists, contact support.

7. SPECIFICATIONS



2.5HP Treadmill
120kg Wight Capacity
<45db Low Noise
3500Hours Long Lifespan

Image: An internal diagram of the treadmill's motor, indicating a 2.5 HP motor, 120 kg weight capacity, less than 45 dB noise level, and a 3500-hour lifespan.

Brand:	ROBORE
Model Name:	W-SF10
Product Dimensions (D x W x H):	51"D x 5"W x 21"H (Note: Width seems unusually small, typically running belt width is specified separately)
Running Belt Width:	15.3 Inches (approx. 38.8 cm)
Material:	Metal
Maximum Speed:	7.2 RPM (Note: Treadmill speeds are typically measured in MPH or KPH. This value may refer to a motor component speed.)
Special Feature:	Auto Incline (up to 6%)

Maximum Horsepower:	2.5 Horsepower
Maximum Weight Recommendation:	120 Kilograms (approx. 264 lbs)
Noise Level:	<45db
Lifespan:	3500 Hours



Image: The ROBORE W-SF10 treadmill highlighting its 15.3-inch running belt width, with an additional view of the treadmill in its upright, folded position for storage.

8. WARRANTY INFORMATION

The ROBORE W-SF10 Treadmill comes with a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects in materials and workmanship under normal use.

The warranty does not cover:

- Damage caused by improper assembly, misuse, neglect, or accident.
- Damage resulting from unauthorized repairs or modifications.
- Normal wear and tear.

To make a warranty claim, please retain your proof of purchase and contact ROBORE customer support with a detailed description of the issue.

9. CUSTOMER SUPPORT

If you have any questions, require assistance with assembly, operation, or maintenance, or need to report a problem not covered in the troubleshooting section, please contact ROBORE customer support.

Please have your model number (W-SF10) and purchase information ready when contacting support.

Contact information for ROBORE can typically be found on the product packaging, the purchase platform, or the official ROBORE website.

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