

LONTEK X5F

LONTEK X5F Walking Pad Treadmill User Manual

Model: X5F | Brand: LONTEK

1. INTRODUCTION

Thank you for choosing the LONTEK X5F Walking Pad Treadmill. This compact and portable exercise machine is designed for convenient use in your home or office. It features a powerful 2.5 HP brushless motor, adjustable incline settings, and an advanced multi-layered shock absorption system to provide a quiet and comfortable workout experience. Please read this manual thoroughly before operation to ensure proper use and maintenance.

2. SAFETY INFORMATION

Your safety is paramount. Please observe the following precautions:

- Always consult a physician before starting any new exercise program.
- Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it.
- Keep children and pets away from the treadmill during operation.
- The maximum user weight capacity for this treadmill is 136 kg (299 lbs). Do not exceed this limit.
- This treadmill has undergone rigorous testing, including 100,000 running cycles without deformation or cracking, ensuring its structural integrity.
- The anti-slip pattern design on the belt and adjustable armrests are provided for your safety during use.
- Always hold the handrails when starting or stopping the treadmill, or if you feel unsteady.
- Wear appropriate athletic footwear.
- Do not use the treadmill if it is damaged or malfunctioning.
- Unplug the treadmill from the power outlet when not in use or before cleaning and maintenance.

3. PACKAGE CONTENTS

Please check the package to ensure all components are present:

- LONTEK X5F Walking Pad Treadmill
 - Remote Control
 - User Manual (this document)
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4. SETUP

The LONTEK X5F Walking Pad Treadmill comes pre-assembled, requiring no complex setup. Follow these steps to prepare your treadmill for use:

1. **Unfolding the Treadmill:** Carefully lift the handrails from their folded position until they lock into place. Ensure all locking mechanisms are secure.
2. **Positioning:** Place the treadmill on a firm, level surface. Ensure there is at least 0.6 meters (2 feet) of clear space behind the treadmill and 0.3 meters (1 foot) on each side.
3. **Power Connection:** Plug the power cord into a grounded electrical outlet.
4. **Adjusting Incline (Optional):** The treadmill features a 3-level manual incline adjustment (0%, 12%, 16%). To adjust, power off the treadmill, then manually lift or lower the rear support legs to the desired incline level. Ensure both sides are set equally.

Zusammenklappbares 2-in-1-Walkingpad

Laufband mit klappbaren Handgriffen



Platzsparende Aufbewahrung



Leicht zu transportieren



Figure 4.1: The LONTEK X5F Walking Pad Treadmill in its unfolded state and folded for storage. It measures 108 x 58 x 114 cm when in use and folds down to 121 x 58 x 10 cm for easy storage under furniture. Integrated wheels allow for effortless transport.

0%-16%

3-stufige manuelle Neigungsverstellung



Figure 4.2: Manual incline adjustment points on the treadmill. The treadmill offers three incline levels: 0%, 12%, and 16%, allowing users to increase workout intensity.

5. OPERATING INSTRUCTIONS

The LONTEK X5F Walking Pad Treadmill is controlled via an intuitive LED display and a remote control.

5.1 Powering On/Off

- **To Power On:** Ensure the treadmill is plugged in. Press the power button on the remote control or the main console. The LED display will illuminate.
- **To Power Off:** Press the power button on the remote control or console. Always unplug the treadmill from the power source after use.

5.2 Using the Remote Control

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

- **Start/Stop Button:** Press to begin or end your workout.
- **Speed Up (+):** Increases the treadmill speed.
- **Speed Down (-):** Decreases the treadmill speed.

5.3 Workout Modes and Speed Adjustment

The treadmill supports various activity modes with a maximum speed of 10 km/h.

- **Working Mode:** 1.0-2.0 KM/H (Ideal for light activity while working at a standing desk).
- **Walking Mode:** 2.0-4.0 KM/H (Suitable for a steady walk).
- **Jogging Mode:** 4.0-7.0 KM/H (For a moderate jog).
- **Running Mode:** 7.0-10.0 KM/H (For a more intense run).

Adjust the speed using the '+' and '-' buttons on the remote control or console to match your desired workout intensity.

4-IN-1

Walking Pad Laufband



Figure 5.1: The 4-in-1 functionality of the Walking Pad Treadmill, illustrating different speed ranges for various activities from working to running.

5.4 LED Display

The integrated LED display shows important workout data such as speed, time, distance, and calories burned.

6. 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 or solvents.
 - **Belt Lubrication:** While the treadmill is designed for low maintenance, periodic lubrication of the running belt may be required. Refer to the specific instructions for treadmill belt lubrication, typically every few months depending on usage. Use only silicone-based treadmill lubricant.
 - **Belt Tension and Alignment:** Check the running belt tension and alignment periodically. If the belt feels loose or drifts to one side, adjust it according to the instructions provided in the full manual (if applicable) or contact customer support.
 - **Storage:** When not in use, the treadmill can be folded and stored under a sofa, bed, or desk to save space.
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7. TROUBLESHOOTING

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

- **Treadmill Does Not Power On:**
 - Ensure the power cord is securely plugged into a working electrical outlet.
 - Check if the power switch on the treadmill (if present) is in the 'ON' position.
 - Verify the circuit breaker has not tripped.
- **Running Belt Slips or Stops:**
 - The running belt may require lubrication.
 - The running belt may be too loose and needs tension adjustment.
 - Ensure the treadmill is not overloaded beyond its maximum weight capacity.
- **Unusual Noise During Operation:**
 - Check for any loose parts or foreign objects under the belt.
 - Ensure the treadmill is on a level surface.
 - Lubrication may be needed.
- **Remote Control Not Responding:**
 - Replace the batteries in the remote control.
 - Ensure there are no obstructions between the remote control and the treadmill's receiver.

If these solutions do not resolve the issue, please contact customer support.

8. SPECIFICATIONS

Technical details of the LONTEK X5F Walking Pad Treadmill:

Feature	Specification
Brand	LONTEK
Model Number	X5F
Product Dimensions (L x W x H)	108 x 58 x 114 cm (42.5 x 22.8 x 44.9 inches)
Folded Dimensions (L x W x H)	121 x 58 x 10 cm (47.6 x 22.8 x 3.9 inches)
Running Area	96 x 40 cm (37.8 x 15.7 inches)
Product Weight	18 kg (39.7 lbs)
Maximum Speed	10 km/h (6.2 mph)
Maximum Incline Percentage	16% (3-level manual adjustment)
Motor Power	2.5 HP (Brushless)
Maximum Weight Recommendation	136 kg (299 lbs)
Display Type	LED
Power Source	Electric with cord
Frame Material	Alloy Steel
Special Features	Portable, Bluetooth (connectivity not detailed in source)

Breites Laufband & dreifaches Stoßdämpfungssystem



Figure 8.1: The running belt dimensions are 96 x 40 cm. The treadmill incorporates a triple shock absorption system, featuring eight internal silicone shock absorbers and four external honeycomb rubber pads, along with a 7-layer running belt for knee protection and reduced noise.



3.0HP Starker und Leiser Bürstenloser Motor

UNSERE 3.0HP



Leistungsstarker und leiser bürstenloser Motor



Maximale Tragkraft: **159KG**



Geringe Geräusentwicklung: **<40dB**



Geringer Wartungsaufwand



Lange Lebensdauer: **3500Stunden**

VS

Sonstiges 1.5HP



1.5HP Bürstenmotor mit höherer Geräusentwicklung



Maximale Tragkraft 90KG



Höhere Geräusentwicklung: **>60 dB**



Höherer Wartungsaufwand



Lange Lebensdauer von 900 Stunden

Figure 8.2: The LONTEK X5F is equipped with a powerful and quiet 2.5 HP brushless motor, designed for efficiency and durability, contributing to a low noise level below 45 decibels.

9. WARRANTY AND SUPPORT

LONTEK is committed to providing reliable customer service and product quality.

- **Warranty:** Your LONTEK X5F Walking Pad Treadmill comes with a 2-year warranty.
- **Return/Replacement Service:** We offer a 730-day return/replacement service to ensure your complete satisfaction.
- **Customer Support:** For any questions, concerns, or technical assistance, our customer service team is available 24 hours a day, 7 days a week.

Please contact us via the retailer's platform or through the contact information provided on our official website.
