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## LONTEK SF10

# LONTEK SF10 3-in-1 Treadmill User Manual

Model: SF10

Brand: LONTEK

## 1. IMPORTANT SAFETY INFORMATION

Please read this entire manual carefully before operating the LONTEK SF10 treadmill. Retain this manual for future reference. Failure to follow these instructions could result in injury or damage to the product.

- **Placement:** Place the treadmill on a flat, stable surface with adequate clearance around it.
- **User Weight:** Do not exceed the maximum user weight capacity of 300 lbs.
- **Children and Pets:** Keep children and pets away from the treadmill during operation.
- **Footwear:** Always wear appropriate athletic footwear when using the treadmill.
- **Emergency Stop:** The treadmill is equipped with a safety key. Always attach the safety key to your clothing before starting your workout. Removing the safety key will immediately stop the treadmill.
- **Power:** Ensure the power cord is not damaged and is properly connected to a grounded outlet.
- **Medical Conditions:** Consult a physician before starting any exercise program, especially if you have pre-existing medical conditions.

## 2. PRODUCT OVERVIEW

The LONTEK SF10 is a versatile 3-in-1 treadmill designed for home use, offering walking, jogging, and running modes with an adjustable incline. Its compact, foldable design makes it suitable for various living spaces.

### Key Features:

- **3-in-1 Functionality:** Functions as a traditional treadmill, a walking pad, and offers incline training.
- **Adjustable Incline:** Features a multi-stage manual incline system, adjustable from 0% to 15%, to enhance workout intensity.

- **Powerful & Quiet Motor:** Equipped with a 3.0HP brushless motor, supporting users up to 300 lbs, with noise levels below 45 decibels.
- **Spacious Running Belt:** A 38.2" x 15.2" running belt with 6 layers of non-slip surface, cushioning rubber pads, and silicone shock absorbers for comfort and safety.
- **Intuitive Display:** A triple touch screen display shows real-time data including time, speed, distance, and calories burned.
- **Foldable Design:** Easily foldable for convenient storage, featuring built-in wheels for portability.
- **Integrated Holders:** Includes a water cup holder and a tablet/cell phone holder.



Image: The LONTEK SF10 treadmill in its operational state, highlighting its 15% incline capability and compact folded form.

### 3. SETUP INSTRUCTIONS

The LONTEK SF10 treadmill requires minimal assembly. Follow these steps for initial setup:

1. **Unboxing:** Carefully remove the treadmill from its packaging. Ensure all components are present according to the packing list.

2. **Placement:** Choose a suitable location on a flat, stable surface. Ensure there is at least 2 feet of clear space on all sides and 6 feet behind the treadmill for safety.
3. **Unfolding:** Gently lift the console and handles into the upright position until they lock securely.
4. **Power Connection:** Plug the power cord into a grounded electrical outlet.
5. **Safety Key:** Locate the red safety key and attach the clip to your clothing. Insert the magnetic end into the designated slot on the console. The treadmill will not operate without the safety key in place.



Image: Visual guide on folding the treadmill for storage, showcasing its compact design.

## 4. OPERATING INSTRUCTIONS

Familiarize yourself with the control panel and follow these steps for a safe and effective workout.

### Control Panel Overview:

## ② Touch Screen

## ③ Three-screens Display



Image: The treadmill's control panel with its triple touch screen display and various function buttons.

- **Start/Stop Button:** Initiates and pauses the treadmill belt.
- **Speed +/- Buttons:** Adjusts the running belt speed incrementally.
- **Fast Adjustment Buttons (2/4):** Quickly sets the speed to 2 MPH or 4 MPH.
- **Program/Mode (P/M) Button:** Cycles through pre-set workout programs or manual mode.
- **Safety Key Slot:** Magnetic slot for the emergency safety key.

### Starting a Workout:

1. Ensure the treadmill is plugged in and the safety key is inserted.
2. Step onto the treadmill belt, holding onto the handrails for balance.
3. Press the **Start** button. The treadmill will begin with a 3-second countdown before the belt starts moving at a low speed (e.g., 0.6 MPH).
4. Adjust the speed using the **Speed +/-** buttons or the quick adjustment buttons.

### Adjusting Incline:

The LONTEK SF10 features a manual incline system. To adjust the incline:

1. Stop the treadmill and step off the belt.

2. Locate the incline adjustment points at the rear of the treadmill.
3. Manually lift or lower the rear of the treadmill to select the desired incline level (0%, 10%, or 15%) using the included accessory. Ensure both sides are set to the same level.
4. Once adjusted, you can resume your workout.



Image: Demonstration of the manual incline adjustment feature, showing the different height settings.

### Stopping a Workout:

- **Normal Stop:** Press the **Stop** button. The belt will gradually slow down and come to a complete stop.
- **Emergency Stop:** Pull the safety key from its slot. The treadmill will immediately stop, and an audible alert may sound.

## 5. MAINTENANCE

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

- **Cleaning:** Regularly wipe down the console, handrails, and other surfaces with a damp cloth. Avoid abrasive cleaners.
- **Running Belt Lubrication:** The running belt requires periodic lubrication to reduce friction. Refer to the specific instructions provided with your lubricant for frequency and application.
- **Belt Tension:** Check the running belt tension periodically. If the belt slips or feels loose, adjust it according to the instructions in the full user manual.
- **General Inspection:** Periodically inspect all parts for wear and tear, loose bolts, or any damage. Contact customer support if you notice any issues.

## 6. TROUBLESHOOTING

If you encounter any issues with your LONTEK SF10 treadmill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not connected, power switch off, safety key not inserted.	Check power connection, ensure power switch is ON, insert safety key.
Running belt stops or slips.	Belt too loose, insufficient lubrication, motor overload.	Adjust belt tension, lubricate belt, reduce user weight or speed.
Unusual noises during operation.	Loose components, worn belt, motor issue.	Inspect for loose parts and tighten, check belt condition, contact support if persistent.
Display not working correctly.	Loose connection, electronic malfunction.	Check connections, power cycle the machine, contact support.

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

## 7. SPECIFICATIONS

Feature	Detail
Brand	LONTEK
Model Name	SF10
Product Dimensions	47.2"D x 5.5"W x 24.6"H
Item Weight	45 Pounds
Material	Iron

Feature	Detail
Maximum Speed	7 Miles per Hour
Maximum Horsepower	3 Horsepower
Maximum Incline Percentage	15% (Manual)
Running Belt Dimensions	38.2" x 15.2"
Maximum Weight Recommendation	300 Pounds
Metrics Measured	Calories Burned, Distance, Speed, Time
Special Features	Foldable, Manual Incline, Portable, Touch Screen, Three-screens Display, Shock-absorbing System, Quiet Motor
Included Components	Safety Key
Assembly Required	No

## 8. WARRANTY AND SUPPORT

LONTEK is committed to providing comprehensive support for your product.

- **Manufacturer Warranty:** This product comes with a 1-Year Manufacturer Warranty.
- **Customer Service:** Our dedicated service team offers 24/7 support to assist with any inquiries or issues.
- **Support Services:** We provide assistance with replacement parts, maintenance videos, and additional user manual resources.

For support, please refer to the contact information provided in your product packaging or visit the official LONTEK website.