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LONTEK U17F

LONTEK 4-in-1 Walking Pad Treadmill

Model: U17F

Brand: LONTEK

Introduction

This manual provides essential instructions for the safe and effective use of your LONTEK 4-in-1 Walking Pad Treadmill, Model U17F. Please read this guide thoroughly before operation and retain it for future reference. This versatile walking pad is designed for home and office use, offering adjustable incline, a quiet motor, and a compact, foldable design.

Important Safety Information

- Always consult with a healthcare professional 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.
- Wear appropriate athletic footwear.
- Use the safety clip at all times. In case of emergency, the safety clip will immediately stop the treadmill.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Maximum user weight capacity: 300 lbs (136 kg).
- Unplug the treadmill from the power source when not in use or before cleaning/maintenance.

Product Features

- **Adjustable Incline:** Features a 10% manual incline, which can be increased to 15% by adding the included red foot pad for a higher intensity workout.
- **Running Belt:** Equipped with a 37" x 15.5" (93cm x 39cm) 6-layer non-slip belt and multi-layer shock absorption system to reduce impact on joints.
- **LED Display:** Provides real-time feedback on time, speed, distance, and calories burned.
- **Powerful and Quiet Motor:** A 2.5 HP motor supports users up to 300 lbs (136 kg) with an adjustable speed range of 0.6 to 5.0 MPH, operating at under 45 decibels.
- **Foldable Design:** Compact size and foldable handlebar allow for easy storage under a bed or sofa.

Image: Key features of the LONTEK Walking Pad, highlighting its 2.5 HP motor, 15% maximum incline, 37-inch belt length, 300 lbs load capacity, and quiet operation (less than 45dB).

Setup Instructions

1. **Unboxing:** Carefully remove all components from the packaging. Ensure all parts listed in the user manual are present.
2. **Handlebar Assembly:** The handlebar comes pre-attached but needs to be secured in the upright position. Use the provided tools to tighten the bolts that hold the handlebar in place.

3. **Incline Adjustment:** For a 15% incline, locate the red foot pads. These can be easily slid under the rear of the treadmill to elevate it, providing an additional 5% incline beyond the standard 10% manual incline.
4. **Placement:** Position the treadmill on a level, hard surface. Ensure there is at least 2 feet of clear space behind the treadmill and 1 foot on each side.
5. **Power Connection:** Plug the power cord into a grounded electrical outlet.

Image: The LONTEK Walking Pad Treadmill in use, demonstrating its upright handlebar and incline capability.

Operating Instructions

1. **Power On:** Locate the main power switch, usually at the front base of the treadmill, and switch it to the 'ON' position. The LED display will illuminate.

2. **Attach Safety Clip:** Secure the red safety clip to your clothing. The treadmill will not operate without the safety clip attached to the console.
3. **Start/Stop:** Press the 'ON/OFF' button on the console or the remote control to start the treadmill. The belt will begin moving at a low speed. Press again to stop.
4. **Adjust Speed:** Use the '+' and '-' buttons on the console or remote control to increase or decrease the speed. The speed range is 0.6 to 5.0 MPH. Quick speed buttons (e.g., '3/5') may also be available for instant speed changes.
5. **Monitor Progress:** The LED display will cycle through various metrics including time, speed, distance, and calories burned.
6. **Using the App:** For enhanced workout tracking and guided sessions, download the official LONTEK fitness app. Connect your device via Bluetooth to access features like virtual walking tours, training programs, and workout music.

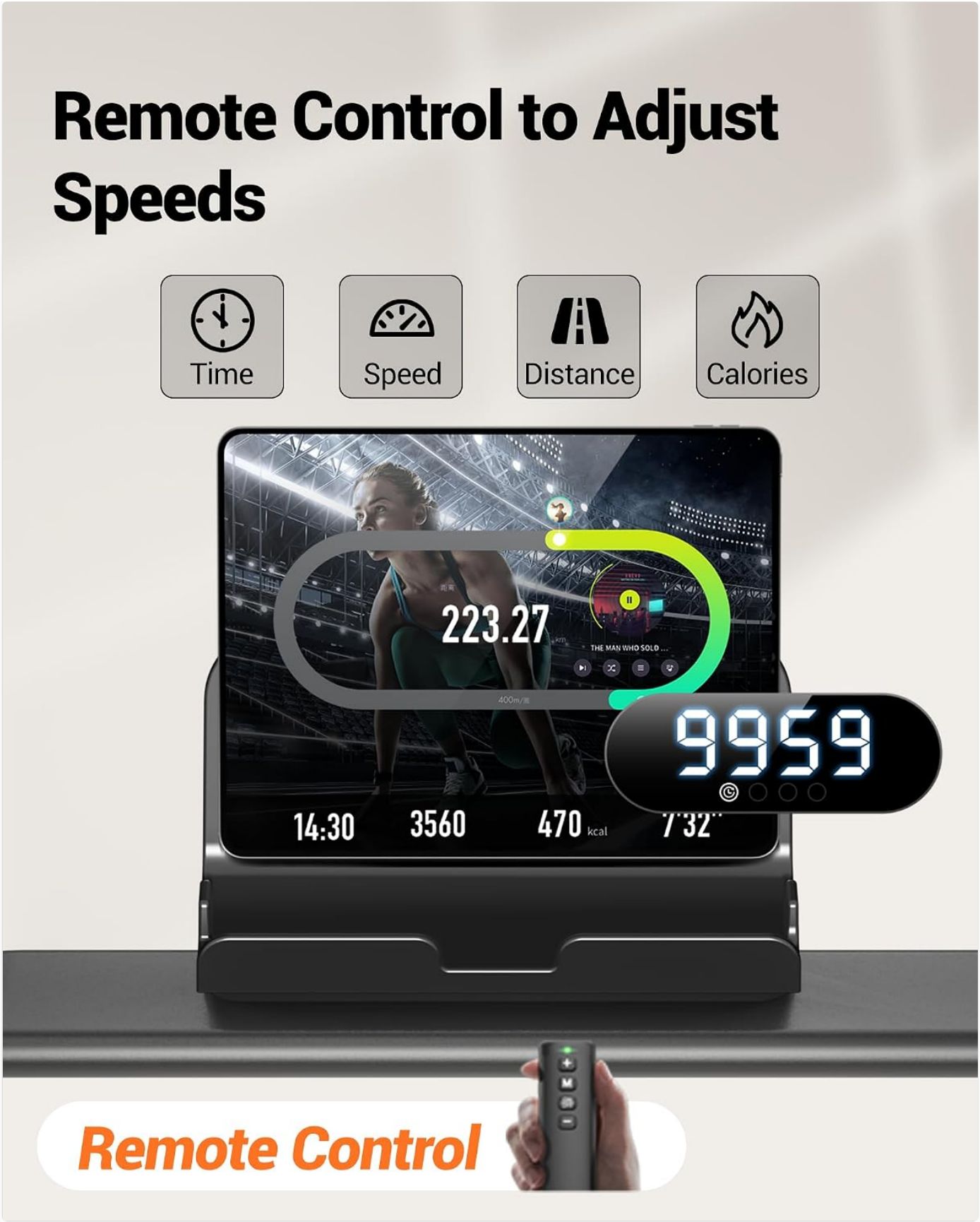

Image: The intuitive LED display and remote control for managing speed and monitoring workout data.

Your browser does not support the video tag.

Video: Official product video demonstrating the walking pad with incline, highlighting its features and ease of use. This video is provided by LONTEK FITNESS.

Maintenance

- **Cleaning:** Regularly wipe down the treadmill with a damp cloth. Avoid using abrasive cleaners.
- **Belt Lubrication:** The running belt requires periodic lubrication to ensure smooth operation and longevity. Refer to the detailed user manual for specific lubrication instructions and recommended lubricants.
- **Belt Adjustment:** If the running belt becomes misaligned or too loose/tight, consult the user manual for instructions on how to adjust it.
- **Storage:** When not in use, fold the handlebar down and store the treadmill in a safe, dry place, such as under a bed or sofa.

Troubleshooting

If you encounter any issues with your LONTEK Walking Pad Treadmill, please refer to the following common troubleshooting tips:

- **Treadmill Not Starting:**
  - Ensure the power cord is securely plugged into a grounded outlet.
  - Check that the main power switch is in the 'ON' position.
  - Verify that the safety clip is correctly attached to the console.
- **Belt Slipping or Sticking:**
  - The running belt may require lubrication. Follow the maintenance instructions in the full user manual.
  - The belt tension might need adjustment. Refer to the user manual for detailed steps.
- **Unusual Noise:**
  - Check for any loose parts or foreign objects under the belt.
  - Ensure the treadmill is on a flat, stable surface.

For further assistance, please contact LONTEK customer support.

Specifications

Feature	Detail
Brand	LONTEK
Model Name	U18F (Note: Product ASIN is B0FCXSMWNN, Model Number is U17F)
Product Dimensions	45"D x 20.1"W x 3.9"H (114.3cm D x 51.05cm W x 9.9cm H)
Item Weight	45 Pounds (20.4 kg)
Maximum Weight Recommendation	300 lbs (136 kg)
Material	Alloy Steel
Maximum Speed	5 Miles per Hour (8 km/h)
Maximum Incline Percentage	15% (10% manual, plus 5% with foot pad)
Motor Horsepower	2.5 HP
Noise Level	Under 45 decibels
Running Belt Dimensions	37" x 15.5" (93cm x 39cm)
Display Type	LED

Metrics Measured	Calories Burned, Distance, Speed, Time
Power Source	Corded Electric
Folded Size	4.32" x 20.1" x 3.9" (10.97cm x 51.05cm x 9.9cm)
UPC	850074066682

Storage

The LONTEK Walking Pad Treadmill is designed for convenient storage. To fold the treadmill:

1. Ensure the treadmill is powered off and unplugged.
2. Loosen the securing knobs or bolts on the handlebar base.
3. Carefully fold the handlebar down towards the running deck until it is flat.
4. Once folded, the treadmill can be easily moved using its built-in wheels and stored under a bed, sofa, or upright against a wall.

Image: The walking pad demonstrating its foldable design for compact storage.

Warranty and Support

- **Warranty:** The LONTEK 4-in-1 Walking Pad Treadmill comes with a 1-Year Warranty. Please retain your proof of purchase for warranty claims.
- **Customer Support:** LONTEK offers comprehensive customer support. Our dedicated assistance team is available 24/7 to provide solutions and help with any product-related inquiries. This includes maintenance videos, user manuals, and other

relevant product information.

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