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LONTEK U18F

LONTEK U18F 3-in-1 Walking Pad Treadmill User Manual

Model: U18F | Brand: LONTEK

1. INTRODUCTION

Thank you for choosing the LONTEK U18F 3-in-1 Walking Pad Treadmill. This manual provides essential information for the safe and efficient operation, assembly, and maintenance of your new fitness equipment. This versatile walking pad is designed for home and office use, offering a compact and foldable solution for walking, jogging, and running with an adjustable incline.

2. SAFETY INSTRUCTIONS

- Read this entire manual before operating the treadmill.
- Consult your physician before starting any new exercise program.
- Always wear appropriate athletic footwear while using the treadmill.
- Ensure the area around the treadmill is clear of obstructions.
- Do not allow children or pets near the treadmill during operation.
- The maximum user weight capacity is 300 lbs. Do not exceed this limit.
- In case of emergency, press the emergency stop button or pull the safety key.

3. PACKAGE CONTENTS

Verify that all components are present and undamaged upon unboxing:

- Main Walking Pad Unit
- Handlebar Assembly
- Phone/Tablet Holder
- Red Incline Foot Pad(s)
- Tool Kit
- Power Cord

- User Manual (this document)

4. SETUP & ASSEMBLY

The LONTEK U18F Walking Pad requires minimal assembly. Follow these steps to get started:

1. **Unboxing:** Carefully remove the main walking pad unit and all accessories from the packaging. Ensure all protective materials are removed.
2. **Handlebar Installation:** The handlebar comes pre-attached but may need to be secured in the upright position. Tighten the screws on the sides of the handlebar base to lock it into place. To fold the handlebar down for under-desk use or storage, loosen these screws.
3. **Phone/Tablet Holder Attachment:** Secure the phone/tablet holder to the designated area on the handlebar using the provided small screws and tool.
4. **Incline Foot Pad Placement (Optional):** For a 15% incline, place the red foot pad(s) under the rear of the treadmill as indicated in the diagrams. For a 10% incline, the treadmill's built-in legs provide this angle. For a flat surface, ensure no incline pads are used and the handlebar is in the upright position.

Incline Walking Pad



Image: LONTEK Walking Pad in use, demonstrating both under-desk and upright configurations with the handlebar.

15% Incline treadmill



Image: Visual representation of the walking pad's incline options: 0% (flat), 10% (using built-in legs), and 15% (with additional red foot pad).

5. OPERATING INSTRUCTIONS

Your LONTEK Walking Pad is designed for user-friendly operation. Here's how to use it:

- Power On:** Plug the power cord into a grounded outlet. Locate the main power switch on the side of the treadmill and flip it to the 'ON' position. The display will illuminate.
- Remote Control:** The treadmill is primarily controlled via the included remote. Ensure batteries are inserted into the remote.
- Start/Stop:** Press the 'ON/OFF' button on the remote to start or stop the treadmill. It will typically start at a low speed (e.g., 0.6 MPH) and count down before beginning.

4. **Speed Adjustment:** Use the '+' and '-' buttons on the remote to increase or decrease the speed. The speed range is 0.6 to 5.0 MPH.
5. **Mode Selection:** Press the 'M' button on the remote to cycle through different display modes (Time, Speed, Distance, Calories).
6. **Emergency Stop:** In case of an emergency, pull the red safety key from the console or press the 'OFF' button on the remote.

Remote Control or Key Adjustment

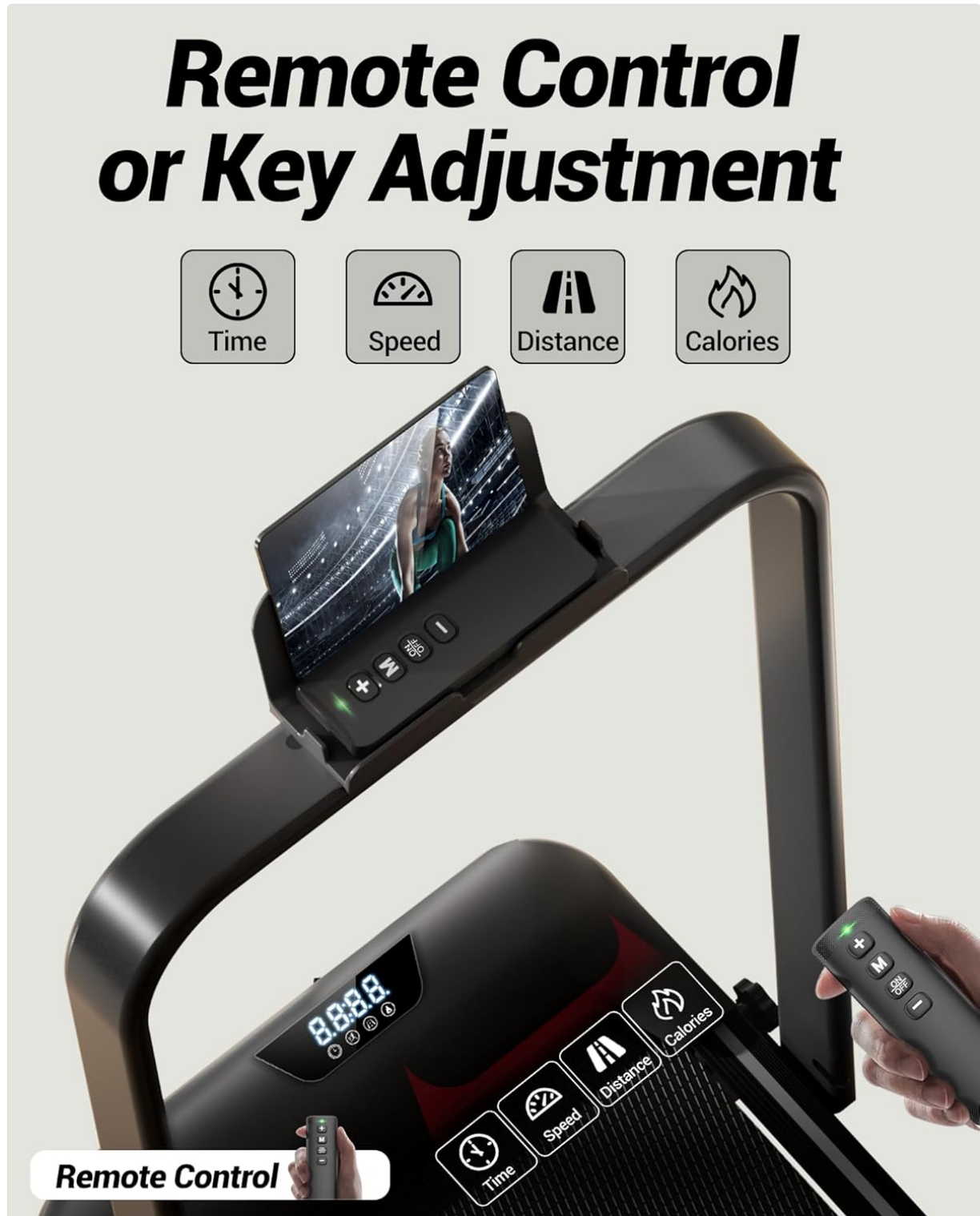
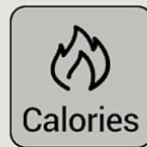


Image: The treadmill's digital display showing workout metrics and the remote control for easy adjustments.

Your browser does not support the video tag.

Video: Official demonstration of the incline walking pad treadmill in use, highlighting its features and operation.

6. KEY FEATURES

- **Adjustable Incline:** Features a 10% manual incline for uphill simulation. This can be increased to 15% by adding the included red foot pad, providing a higher intensity workout to boost calorie burn and target additional muscle groups.
- **Powerful & Quiet Motor:** Equipped with a robust 2.5HP motor, supporting users up to 300 lbs. It operates at a quiet noise level below 45 dB, ensuring a powerful performance without disturbing others.
- **Space-Saving Foldable Design:** The ultra-slim profile, measuring just 4.3 inches when folded, allows for easy storage under beds or sofas. Front transport wheels enable effortless relocation.
- **Secure Workouts:** A sturdy handlebar and 300 lbs weight capacity ensure safety. The 6-layer non-slip running belt, combined with an advanced shock absorption system, minimizes joint impact for a comfortable, low-impact exercise.



Knee Protection System



Protect your
knees



2.5 HP Motor
0.6-5.8MPH



Shock-Absorbing
Side Strip



Six-layer
running belt

Image: Detailed view of the treadmill's knee protection system, highlighting the 2.5 HP motor, shock-absorbing side strip,

and six-layer running belt.

Quiet Brushless Motor

Our 2.5HP



Other 1.5HP



 **>300LBS**
Weight Capacity 

 **<45dB**
Superlow sound 

 **>3800H**
Running time 

 **<265LBS**
Weight Capacity 

 **>60dB**
noise 

 **<2000H**
Running time 

Image: Comparison of the LONTEK 2.5HP quiet brushless motor, emphasizing its superior weight capacity, low noise level, and longer running time compared to other 1.5HP motors.

Your browser does not support the video tag.

Video: A seller-provided overview of the compact 3-in-1 walking pad, showcasing its suitability for home and office environments.

7. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your walking pad:

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Avoid

using abrasive cleaners.

- **Belt Lubrication:** Periodically lubricate the running belt according to the instructions in the separate maintenance guide or videos provided by LONTEK. This helps reduce friction and prolong belt life.
- **Belt Tension:** Check the running belt tension regularly. If the belt slips or feels loose, adjust it using the provided tool as per the detailed instructions.

8. TROUBLESHOOTING

If you encounter any issues, refer to these common troubleshooting tips:

- **Treadmill Not Starting:** Ensure the power cord is securely plugged in, the main power switch is ON, and the safety key is correctly inserted.
- **Belt Slipping:** The running belt may need tension adjustment. Refer to the maintenance section for instructions.
- **Unusual Noise:** Check for any loose parts or foreign objects under the belt. If the noise persists, contact customer support.
- **Display Not Working:** Check power connections and ensure the remote control batteries are functional.

9. SPECIFICATIONS

Feature	Detail
Brand	LONTEK
Model Name	U18F
Color	Grey Black
Product Dimensions	45"D x 20"W x 4.1"H
Material	Metal
Maximum Speed	6.2 Miles per Hour
Special Feature	Foldable
Maximum Horsepower	2.5 Horsepower
Assembly Required	Yes
Included Components	Tool Kit
Maximum Weight Recommendation	300 Pounds

10. WARRANTY & SUPPORT

The LONTEK U18F Walking Pad comes with a **1 Year Warranty**.

For any questions, assistance, or to access comprehensive resources like maintenance videos and additional user manuals, please contact our dedicated support team. We are committed to your complete satisfaction.

Contact information can typically be found on the product packaging or the official LONTEK website.

