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CURSOR FITNESS U18F

CURSOR FITNESS U18F 15% Incline Walking Pad Treadmill User Manual

Model: U18F

Brand: CURSOR FITNESS

1. IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using the CURSOR FITNESS U18F Walking Pad Treadmill. Retain this manual for future reference.

- **User Weight Limit:** Do not exceed the maximum user weight of 300 lbs (136 kg).
- **Placement:** Place the treadmill on a flat, stable surface. Ensure adequate clearance around the unit (at least 2 feet on sides and rear).
- **Children and Pets:** Keep children and pets away from the treadmill during operation. Adult supervision is required if children are near the equipment.
- **Footwear:** Always wear appropriate athletic footwear when using the treadmill.
- **Emergency Stop:** Familiarize yourself with the emergency stop function. In case of discomfort or emergency, press the 'OFF' button on the remote control or the main power switch.
- **Power Cord:** Ensure the power cord is not pinched or damaged. Do not operate if the cord is damaged.
- **Medical Conditions:** Consult a physician before starting any exercise program, especially if you have pre-existing medical conditions.

2. WHAT'S IN THE BOX

Upon unpacking, ensure all components are present:

- CURSOR FITNESS U18F Walking Pad Treadmill
- Remote Control
- Tool Kit (for assembly)
- User Manual (this document)

3. SETUP GUIDE

The CURSOR FITNESS U18F Walking Pad Treadmill is designed for quick and easy setup. Follow these steps to get started:

3.1 Unpacking and Initial Placement

Carefully remove the treadmill from its packaging. Place it on a flat, hard surface in your desired workout area.



Image: The CURSOR FITNESS U18F Walking Pad Treadmill unpacked and positioned on a wooden floor.

3.2 Attaching the Handle Bar

The handle bar provides additional stability and support. Secure it using the provided screws and tools from the kit.

Combines Stability with Fat-burning Efficiency



High
stability



0.6-6.2MPH
Speed Range



<45DB
Ultra Quiet



300LBS
Weight Capacity



Image: A person's hands securing the handle bar to the treadmill base.

3.3 Setting Up Manual Incline

To engage the manual incline, place the red incline pads under the rear of the treadmill. There are two levels of incline available (8% and 15%) by adjusting the position of these pads.

Multi-Function Treadmill for Home



Image: A visual representation of the treadmill's manual incline settings, showing 8% and 15% options.

3.4 Video Guide: Treadmill Feature Overview

Your browser does not support the video tag.

Video: An official product video demonstrating various features and setup aspects of the CURSOR FITNESS Walking Pad Treadmill.

4. PRODUCT FEATURES

- **Foldable Design:** This treadmill features a space-saving design, allowing it to be folded compactly and stored under a bed or sofa. Integrated transport wheels facilitate easy movement.



Image: The treadmill folded and stored under a sofa, demonstrating its compact storage capability.

- **Manual Incline:** Enhance your workout intensity with a 15% manual incline feature, simulating uphill training conditions.
- **Quiet Operation:** The 2.5HP motor operates at a low noise level (under 45dB), making it suitable for home or office use without causing disturbance.
- **Sturdy Construction:** Built with an alloy steel frame, it supports users up to 300 lbs. The 6-layer non-slip running belt and 8 shock absorbers reduce joint impact by 30%.

15% Walking Pad Treadmill



Image: A cutaway view of the treadmill's running belt and shock absorption system, designed to reduce knee pressure.

- **LED Display & Remote Control:** Track your fitness progress with a bright LED display showing speed, distance, time, and calories. The included remote control allows for convenient adjustments.

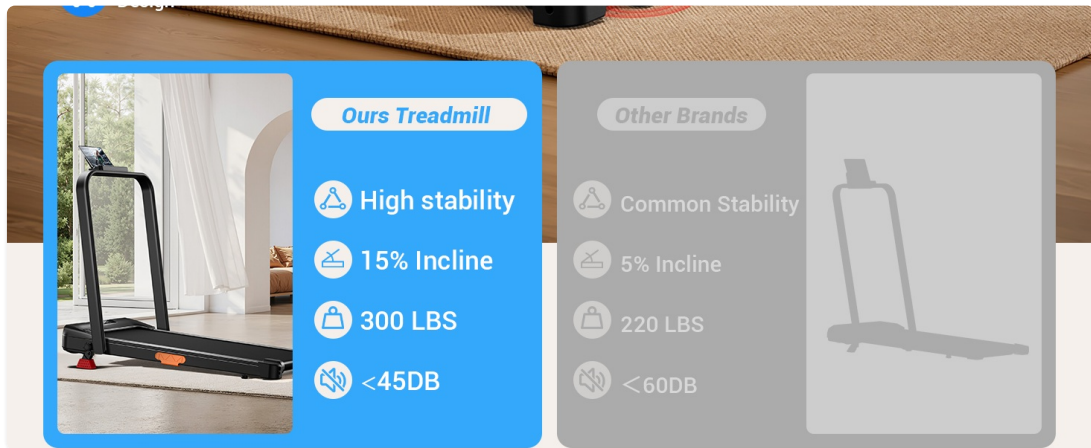


Image: A close-up of the treadmill's LED display showing workout metrics and the remote control for operation.

- **Tablet/Phone Holder:** An integrated stand on the handle bar securely holds your phone, tablet, or book for entertainment or productivity during workouts.

Stability Upgrade Treadmill

Stable ✓

Shaking ✗



With Accessory

Without Accessory

Image: A tablet resting on the treadmill's built-in holder, demonstrating its media integration feature.

5. OPERATING INSTRUCTIONS

5.1 Power On/Off

1. Connect the power cord to a grounded electrical outlet.
2. Locate the main power switch at the front of the treadmill and flip it to the 'ON' position. The LED display will illuminate.
3. To power off, flip the main power switch to 'OFF' and unplug the unit.

5.2 Using the Remote Control

The remote control allows you to manage your workout settings without interrupting your stride.

- **Start/Stop:** Press the 'ON/OFF' button to start or pause the treadmill.
- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the belt speed. Speed ranges from 0.6 MPH to 6.2 MPH.
- **Mode Selection:** The 'M' button cycles through different display modes (Time, Distance, Calories).

5.3 Adjusting Manual Incline

The incline is manually adjusted before starting your workout:

1. Ensure the treadmill is powered off and unplugged.
2. Lift the rear of the treadmill slightly.
3. Place the red incline pads under the rear support points to achieve the desired incline level (8% or 15%).
4. Ensure the pads are securely in place before resuming use.

5.4 Monitoring Progress

The LED display provides real-time feedback on your workout:

- **Time:** Duration of your workout.
- **Speed:** Current walking/jogging speed in MPH.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.

6. MAINTENANCE

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

6.1 Cleaning

- Wipe down the treadmill surface with a damp cloth after each use to remove sweat and dust.
- Do not use abrasive cleaners or solvents.

6.2 Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the detailed instructions in the included user manual for the correct lubrication procedure and frequency (typically every 3-6 months depending on usage).

6.3 Belt Adjustment

If the running belt starts to slip or move off-center, it may need adjustment. Consult the detailed instructions in the included user manual for proper belt centering and tensioning procedures.

7. TROUBLESHOOTING

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

- **Treadmill Not Starting:**

- Check if the power cord is securely plugged into a working outlet.
- Ensure the main power switch is in the 'ON' position.
- Verify that the remote control batteries are not depleted.

- **Belt Slipping or Sticking:**

- The running belt may require lubrication. Refer to Section 6.2.
- The belt tension might be too loose. Refer to the user manual for belt tension adjustment.

- **Unusual Noise During Operation:**

- Inspect the treadmill for any loose parts or foreign objects that may be causing the noise.
- Ensure the treadmill is on a flat, stable surface.

If the problem persists, please contact CURSOR FITNESS customer support for assistance.

8. SPECIFICATIONS

Feature	Specification
Brand	CURSOR FITNESS
Model Name	U18F
Product Dimensions	45"D x 22"W x 4.3"H
Item Weight	17.6 Kilograms
Material	Alloy Steel
Maximum Speed	6.2 Miles per Hour
Minimum Speed	0.6 Miles per Hour
Maximum Incline Percentage	15% (Manual)
Maximum Horsepower	2.5 Horsepower
Maximum Weight Recommendation	300 Pounds
Display Type	LED
Power Source	Corded Electric
Special Feature	Adjustable Speed, Foldable, Lightweight, Manual Incline
Metrics Measured	Calories Burned, Distance, Speed, Time

9. WARRANTY & SUPPORT

The CURSOR FITNESS U18F Walking Pad Treadmill comes with a **1 Year Manufacturer Warranty**.

For any product inquiries, technical support, or warranty claims, please contact CURSOR FITNESS customer service. Refer to the contact information provided on the product packaging or the official CURSOR FITNESS website.