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› YEE RUN 3-in-1 Treadmill User Manual - 9% Incline, 14km/h, 3.0HP, Bluetooth Audio, 130kg Capacity, LCD Display

YEE RUN B0G118WXTZ

YEE RUN 3-in-1 Treadmill User Manual

BRAND: YEE RUN

Model: B0G118WXTZ

Important Safety Information

Before operating the YEE RUN 3-in-1 Treadmill, please read and understand all safety instructions. Failure to follow these instructions may result in injury or damage to the product.

- Always use the provided safety key during operation. The treadmill will stop if the safety key is disengaged.
- Ensure the treadmill is placed on a flat, stable surface with adequate clear space around it.
- Do not exceed the maximum user weight of 130 kg.
- Keep children and pets away from the treadmill during operation.
- Regularly inspect the treadmill for any signs of wear or damage. Do not use if damaged.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.
- The light alerts on the control panel indicate speed changes. Pay attention to these alerts for safety.

Product Overview

The YEE RUN 3-in-1 Treadmill is designed for walking, jogging, and running, offering a versatile workout experience at home. Key features include:

- **Powerful Motor:** Equipped with a 3.0 HP motor for smooth and consistent performance.
- **Adjustable Speed:** Speed range up to 14 km/h, suitable for various fitness levels.
- **Manual Incline:** Features a 9% manual incline to increase workout intensity.
- **Bluetooth Audio:** Integrated speakers allow for music streaming via Bluetooth.
- **LCD Display:** Clear screen to monitor time, speed, distance, and calories burned.
- **Dual Knob Control:** Intuitive control for speed and Bluetooth speaker volume.
- **Low Noise Operation:** Operates below 40 decibels for a quiet workout environment.
- **5-Layer Anti-Skid Running Belt:** Designed for comfort and safety.
- **Foldable and Movable:** Space-saving design with wheels for easy storage and transport.

Setup Instructions

Follow these steps to set up your treadmill:

1. **Unpacking:** Carefully remove all components from the packaging. Retain packaging for future storage or transport.
2. **Placement:** Choose a flat, level surface for the treadmill. Ensure there is at least 2 meters of clear space behind the treadmill and 0.5 meters on each side.
3. **Unfolding (if applicable):** If the treadmill is in a folded state, carefully unfold it according to the instructions in the video below. Ensure all locking mechanisms are securely engaged before use.
4. **Power Connection:** Plug the power cord into a grounded electrical outlet.
5. **Safety Key:** Attach the safety key clip to your clothing and insert the safety key into its designated slot on the console. The treadmill will not operate without the safety key in place.



Figure 1: Folding and moving the treadmill for storage.

Operating Instructions

Familiarize yourself with the control panel and functions:

1. **Power On:** Ensure the treadmill is plugged in and the safety key is inserted. Press the 'Start/Stop'

button to begin.

2. Adjusting Speed:

- Use the 'Speed' knob on the control panel to gradually increase or decrease the speed.
- Alternatively, use the 'Speed Shortcut Keys' (e.g., 3, 6, 9) for quick speed adjustments.

3. **Adjusting Incline:** The treadmill features a manual incline. To adjust, stop the treadmill, lift the rear of the running deck, and adjust the support legs to the desired incline level (up to 9%). Ensure both sides are adjusted evenly and securely.

4. Bluetooth Audio:

- Activate Bluetooth on your mobile device.
- Search for 'YEE RUN Treadmill' (or similar name) and pair.
- Use the 'Volume' knob on the control panel to adjust the speaker volume.

5. **Monitoring Workout Data:** The LCD display shows real-time data including speed, time, distance, and calories burned.

6. **Stopping the Treadmill:** Press the 'Start/Stop' button to pause or stop the treadmill. For emergency stops, pull the safety key.



Figure 2: Control panel with dual knobs and LCD display.

3-in-1 Treadmill

Adjustable speed up to 14 km/h



Figure 3: Treadmill modes for walking, jogging, and running.

Maintenance

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

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use. Avoid using abrasive cleaners.
- **Lubrication:** The running belt requires periodic lubrication. Use the provided lubricant and follow the instructions in the user manual for application frequency and method. Typically, this is every 3-6 months depending on usage.
- **Belt Adjustment:** If the running belt feels loose or shifts to one side, it may need adjustment. Refer to the detailed instructions in the full user manual for proper belt tensioning and centering.
- **Storage:** When not in use, fold the treadmill and store it in a dry, cool place.

5-Layer Anti-Skid Running Belt



Figure 4: The 5-layer anti-skid running belt for enhanced safety and comfort.

Troubleshooting

If you encounter issues with your 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 cord connection, ensure power switch is ON, insert safety key.
Running belt stops unexpectedly.	Safety key disengaged, motor overload.	Re-insert safety key. Reduce load or allow motor to cool down.
Unusual noise during operation.	Lack of lubrication, loose components, belt misalignment.	Lubricate the belt. Check and tighten any loose screws. Adjust belt alignment.
Bluetooth audio not connecting.	Bluetooth not enabled on device, treadmill not in pairing mode.	Ensure Bluetooth is on your device. Restart treadmill and device.
Error Code E07 displayed.	This error typically indicates that the safety key is not properly inserted or has been removed.	Ensure the safety key is fully and correctly inserted into its slot on the console. If the issue persists, power cycle the treadmill.

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

Specifications

Feature	Detail
Brand	YEE RUN
Model	B0G118WXTZ
Color	Black
Motor Power	3.0 HP (625 Watt)
Maximum Speed	14 km/h
Maximum Incline	9% (Manual)
Maximum Load Capacity	130 kg
Noise Level	Below 40 dB
Dimensions (L x W x H)	109 x 56.5 x 11.6 cm
Item Weight	20.8 Kilograms
Material	Alloy Steel, Acrylonitrile Butadiene Styrene (ABS), Iron
Included Components	Safety Key, Lubricant, User Manual, Tool Kit

Warranty and Support

YEE RUN is committed to providing high-quality fitness equipment. For any questions, concerns, or warranty claims, please contact our specialized customer support team. Details on warranty coverage and

how to reach support can be found in the full user manual included with your product or by visiting the YEE RUN official website.

We recommend registering your product upon purchase to facilitate any future support needs.