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› LONTEK U17F 4-in-1 Walking Pad Treadmill User Manual

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LONTEK U17F 4-in-1 Walking Pad Treadmill User Manual

Model: U17F | Brand: LONTEK

1. IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using this walking pad treadmill. Retain this manual for future reference.

- Always place the treadmill on a flat, stable surface.
- Ensure adequate clearance around the treadmill (at least 2 feet on sides and rear).
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate athletic footwear.
- Use the safety key at all times. Attach the clip to your clothing before starting.
- Do not step on or off the treadmill while the belt is moving.
- Consult a physician before starting any exercise program.

2. PRODUCT OVERVIEW

The LONTEK U17F 4-in-1 Walking Pad Treadmill is designed for versatile home and office use, offering a compact and efficient way to stay active. Its features include an adjustable incline, a multi-layer running belt for comfort, an intuitive LED display, and a quiet motor.



Figure 2.1: LONTEK U17F Walking Pad Treadmill in upright position with handle.

Key Features:

- **Adjustable Incline:** Features a 10% manual incline, with an option to increase to 15% using an included red foot pad for higher intensity workouts.
- **6-Layer Non-Slip Belt:** A 37" x 15.5" running belt with a multi-layer shock absorption system to reduce impact on joints.
- **LED Display:** Provides real-time feedback on time, speed, distance, and calories burned.
- **Foldable Design:** Compact and easily stored under a bed or sofa.
- **Powerful and Quiet Motor:** 2.5HP motor supports up to 300 lbs, operating at under 45 decibels with a speed range of 0.6 to 5.0 MPH.

3. SETUP GUIDE

3.1 Unpacking and Initial Assembly

Carefully remove all components from the packaging. Ensure all parts listed in the packing list are present before proceeding.



Figure 3.1: Treadmill components and accessories.

3.2 Handlebar Installation

1. Lift the handlebar into the upright position.
2. Secure the handlebar by tightening the provided knobs on both sides of the base.

3. Connect the display unit cable to the handlebar cable.
4. Attach the display unit to the top of the handlebar using the provided screws and tools.

3.3 Incline Adjustment

The treadmill offers a manual incline. For a 10% incline, ensure the standard foot pads are in place. To achieve a 15% incline, replace the standard foot pads with the included red foot pads.



Figure 3.2: Manual incline adjustment using foot pads.

3.4 Remote Control Setup

The treadmill is operated via a remote control. Insert two AAA batteries (not included) into the remote control. The remote allows for speed adjustment and mode selection.

3.5 Power Connection

Plug the power cord into a grounded electrical outlet. Turn on the main power switch located on the treadmill base.

Your browser does not support the video tag.

Video 3.1: Official LONTEK video demonstrating the walking pad treadmill with incline features and usage.

4. OPERATING INSTRUCTIONS

4.1 Starting the Treadmill

1. Ensure the safety key is properly placed on the treadmill console and the clip is attached to your clothing.
2. Press the "ON/OFF" button on the remote control. The display will count down, and the belt will begin to move at a low speed.
3. Step onto the moving belt carefully.

4.2 Adjusting Speed and Modes

- Use the "+" and "-" buttons on the remote control to increase or decrease the speed (0.6 to 5.0 MPH).
- Press the "M" button to cycle through different workout modes or display metrics (time, distance, calories, speed).

Safeguard your exercise routine



Protect your
knees



2.5 HP Motor
0.6-5MPH



Weight Capacity
300LBS



Six-layer
running belt

Figure 4.1: LED display and remote control for operation.

4.3 Stopping the Treadmill

- Press the "ON/OFF" button on the remote control to gradually slow down and stop the treadmill.
- In case of emergency, pull the safety key from the console. The treadmill will stop immediately.

5. MAINTENANCE

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

5.1 Cleaning

- Wipe down the treadmill surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- Periodically vacuum under the treadmill to prevent dust buildup.

5.2 Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the included user manual for specific lubrication instructions and frequency.

5.3 Belt Tension Adjustment

If the running belt slips or feels loose, it may need adjustment. Consult the detailed instructions in the full user manual for proper belt tensioning procedures.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your treadmill.

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord not plugged in; main switch off; safety key not in place.	Check power connection; turn on main switch; ensure safety key is correctly inserted.
Running belt slips.	Belt tension too loose.	Adjust belt tension according to the full user manual.
Unusual noise during operation.	Loose components; lack of lubrication.	Check for and tighten any loose screws; lubricate the running belt.

If you encounter issues not listed here or if solutions do not resolve the problem, please contact customer support.

7. TECHNICAL SPECIFICATIONS

Feature	Detail
Model	U17F
Brand	LONTEK
Product Dimensions	45"D x 20.1"W x 3.9"H
Item Weight	45 Pounds
Material	Alloy Steel
Maximum Speed	5 Miles per Hour
Maximum Horsepower	2.5 Horsepower
Maximum Incline Percentage	15%
Maximum Weight Recommendation	300 LBS (136 Kilograms)
Display Type	LED
Power Source	Corded Electric
Metrics Measured	Calories Burned, Distance, Speed, Time
Special Features	Foldable, Manual Incline, Portable

8. WARRANTY AND CUSTOMER SUPPORT

The LONTEK U17F Walking Pad Treadmill comes with a **1-Year Warranty**. For any questions, technical assistance, or warranty claims, please contact our dedicated customer support team.

Our assistance team offers 24/7 support to ensure your satisfaction. We can provide user maintenance videos, additional user manuals, or other product-related information.

For more information, visit the LONTEK Store on Amazon.