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## LONTEK SF10

# LONTEK 15% Incline Treadmill (Model SF10) User Manual

Your guide to safe and effective use of your LONTEK Treadmill.

## 1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using this treadmill. Keep this manual for future reference.

- **Placement:** Place the treadmill on a flat, stable surface with adequate clearance around it.
- **Weight Capacity:** Do not exceed the maximum user weight of **300 lbs**.
- **Emergency Stop:** Always attach the safety key to your clothing before starting your workout. In case of an emergency, pulling the safety key will immediately stop the treadmill.
- **Children and Pets:** Keep children and pets away from the treadmill during operation.
- **Power:** Ensure the power cord is not pinched or damaged. Unplug the treadmill when not in use.
- **Maintenance:** Perform regular maintenance as described in this manual to ensure safe operation.

## 2. PACKAGE CONTENTS

Verify that all components are present in the package:

- LONTEK 15% Incline Treadmill (Main Unit)
- Tool Kit (for assembly)
- Safety Key
- User Manual (this document)

### 3. SETUP & ASSEMBLY

The LONTEK SF10 Treadmill is designed for minimal assembly, allowing you to get started quickly.

1. **Unboxing:** Carefully remove the treadmill and all components from the packaging.
2. **Unfolding:** Gently lift the console and handlebars into the upright position. Secure them using the provided screws from the Tool Kit. Typically, only four screws are needed to secure the handlebars.
3. **Power Connection:** Plug the power cord into a grounded electrical outlet. Locate the main power switch, usually at the front base of the treadmill, and turn it to the 'ON' position.
4. **Safety Key:** Attach the red safety key to the designated magnetic area on the console. The treadmill will not operate without the safety key in place. If you see an 'E07' error code, ensure the safety key is properly attached.

Your browser does not support the video tag.

*Video: Demonstrates the easy setup and installation process of the LONTEK Treadmill.*

### 4. OPERATING INSTRUCTIONS

Your LONTEK Treadmill features an intuitive control panel and multiple workout options.

#### 4.1. Console Display and Controls

The bright LED display shows essential workout data:

- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.
- **Speed:** Current speed in MPH (range 0.6-7.0 MPH).

Control buttons include Start, Stop, Speed +/-, Program/Mode (P/M), and quick speed adjustments (e.g., 2/4 MPH).



*Image: Close-up of the treadmill's LED display and control panel.*

## 4.2. Speed Adjustment

Use the '+' and '-' buttons to incrementally adjust your speed. For quick changes, utilize the pre-set speed buttons (e.g., 2 MPH for walking, 4 MPH for jogging).

## 4.3. Incline Adjustment

This treadmill features a manual incline system with 0%, 10%, and 15% settings. To adjust the incline, lift the front of the treadmill and position the included accessory or support legs into the desired slot. Ensure both sides are set to the same incline level for stability.



*Image: Visual guide to the manual incline settings (0%, 10%, 15%).*

Your browser does not support the video tag.

*Video: Demonstration of adjusting the manual incline on the treadmill.*

## 4.4. Pre-set Programs

The treadmill offers 12 pre-set programs (P01-P12) to vary your workout intensity. Press the 'P/M' button to cycle through the programs. Each program has a unique speed and incline profile. You can also set a specific distance or time limit for your workout.

# 5. FEATURES OVERVIEW

The LONTEK SF10 Treadmill is designed with several features to enhance your home workout experience:

- **Powerful and Quiet Motor:** Equipped with a 3.0HP brushless motor, it supports users up to 300 lbs and operates at noise levels below 45 decibels for a quiet workout environment.
- **Space-Saving Design:** The treadmill folds effortlessly and features front-mounted transport wheels, allowing for easy storage under a bed or sofa, saving over 50% of floor space.
- **Running Belt:** The 38.2" x 15.2" non-slip diamond pattern running belt provides a secure and comfortable surface. It incorporates a multi-layer shock-absorbing system to reduce impact on joints.
- **Convenient Console:** The console includes cup holders and a dedicated slot for your phone or tablet, allowing you to stay hydrated and entertained during your workout.

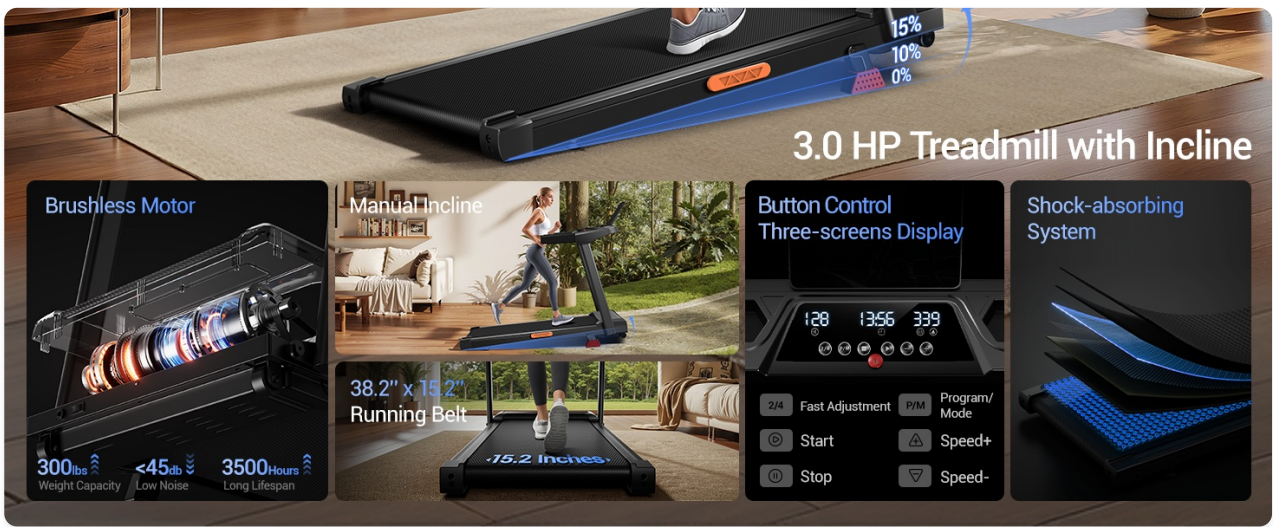


Image: The treadmill demonstrating its portable and foldable design for home use.

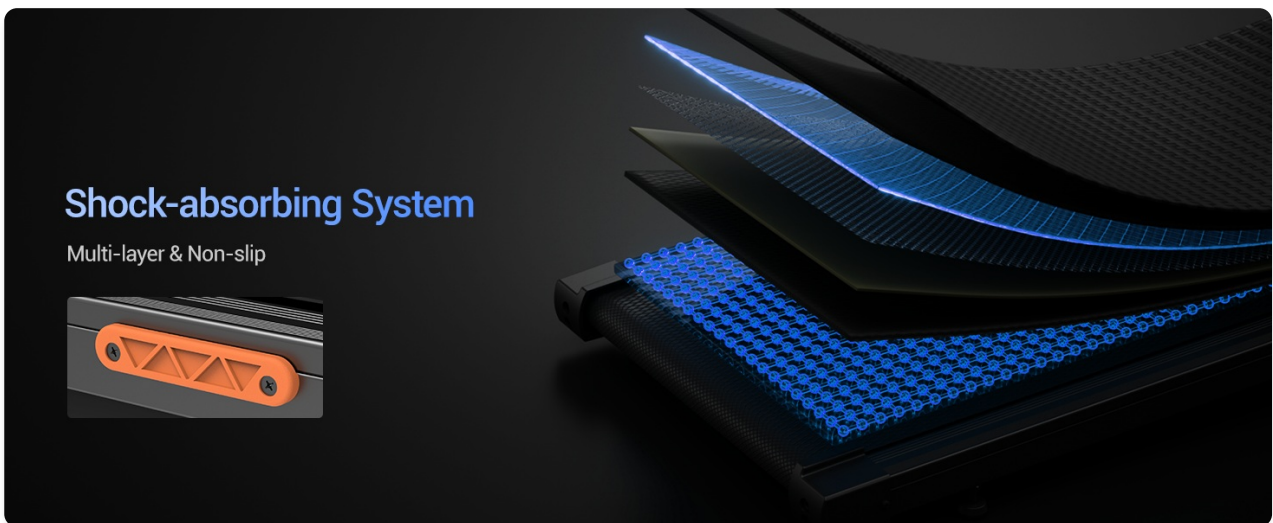


Image: Illustration of the powerful and quiet 3.0HP motor.

## 6. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Belt Lubrication:** Lubricate the running belt every 3 months or after 50 hours of use, whichever comes first. Refer to the specific instructions in your Tool Kit for the correct lubricant and application method.
- **Belt Tension:** Check the running belt tension periodically. If the belt slips or feels loose, adjust it according to the instructions in the Tool Kit.
- **Inspection:** Regularly inspect all nuts and bolts for tightness. Tighten as necessary.

## 7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Treadmill does not start	Power cord unplugged, main switch off, safety key not attached.	Check power connection, turn on main switch, attach safety key.
Error Code E07	Safety key is not properly placed on the console.	Ensure the safety key is securely attached to the magnetic area on the console.
Running belt slips	Belt tension is too loose.	Adjust the running belt tension according to the instructions in the Tool Kit.
Unusual noise during operation	Loose components, lack of lubrication.	Inspect and tighten all nuts and bolts. Lubricate the running belt if due.

If problems persist, please contact customer support.

## 8. SPECIFICATIONS

- **Brand:** LONTEK
- **Model Name:** SF10
- **Color:** 15% Incline Deep Black
- **Product Dimensions:** 48"D x 24"W x 5.5"H
- **Material:** Metal
- **Maximum Speed:** 7 Miles per Hour
- **Special Feature:** Foldable
- **Target Audience:** Adult
- **Maximum Horsepower:** 3.0 HP
- **Assembly Required:** No (minimal setup)
- **Display Type:** LED
- **Included Components:** Tool Kit
- **Maximum Weight Recommendation:** 300 Pounds
- **Running Belt Dimensions:** 38.2" x 15.2"

## 9. WARRANTY & SUPPORT

Your LONTEK Treadmill comes with a **1 Year Warranty**.

For any questions, concerns, or support needs, our dedicated service team offers **24/7 support** with satisfaction solutions. We provide assistance with replacement parts, maintenance videos, and other product-related inquiries.

Please refer to your purchase documentation for specific contact details or visit the official LONTEK website for support resources.

