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› CURSOR FITNESS U17 Foldable Incline Treadmill User Manual

CURSOR FITNESS U17

CURSOR FITNESS U17 Foldable Incline Treadmill User Manual

Model: U17 | Brand: CURSOR FITNESS

1. IMPORTANT SAFETY INSTRUCTIONS

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

- Always place the treadmill on a flat, stable surface.
- Ensure adequate clear space around the treadmill (at least 2 meters behind and 0.6 meters on each side).
- The maximum user weight for this treadmill is **180 kg**. Do not exceed this limit.
- Keep children and pets away from the treadmill during operation.
- Always attach the safety key clip to your clothing before starting the treadmill. In case of emergency, pulling the safety key will immediately stop the machine.
- Wear appropriate athletic footwear and clothing.
- Consult a physician before starting any new exercise program.
- Do not use the treadmill if you feel dizzy, faint, or experience any pain. Stop exercising immediately.
- Unplug the treadmill from the power outlet when not in use, before cleaning, or before performing any maintenance.
- Do not operate the treadmill if it has a damaged cord or plug, if it is not working properly, or if it has been dropped or damaged.

2. PACKAGE CONTENTS

Carefully unpack the box and ensure all items are present:

- CURSOR FITNESS U17 Foldable Incline Treadmill (Main Unit)
- User Manual
- Safety Key
- Power Cord
- Assembly Tools (e.g., Allen wrench, screwdriver)

3. SETUP GUIDE

The CURSOR FITNESS U17 treadmill comes 90% pre-assembled, making setup quick and easy.

1. **Unpacking:** Remove the treadmill and all components from the packaging. Place the main unit on a clear, level surface.
2. **Unfolding the Handrails:** Gently lift the console and handrails into the upright position until they lock securely. Ensure both sides are fully extended and locked.
3. **Connecting Power:** Plug the power cord into the treadmill's power port and then into a grounded electrical outlet.
4. **Initial Check:** Before first use, ensure all bolts and nuts are tightened. Check that the running belt is centered and moves smoothly.



The treadmill is 90% pre-assembled for quick setup, saving time.

4. OPERATING INSTRUCTIONS

4.1 Power On/Off

- **Power On:** Plug in the treadmill and flip the main power switch (usually located near the power cord inlet) to the 'ON' position. The LED display will illuminate.
- **Power Off:** Press the 'STOP' button, then flip the main power switch to 'OFF', and unplug the unit.

4.2 Using the Safety Key

The safety key is a crucial safety feature. The treadmill will not operate without it.

- Attach the red clip of the safety key to your clothing.
- Insert the magnetic end of the safety key into the designated slot on the console.
- If the safety key is removed during operation, the treadmill will stop immediately.

4.3 Starting and Stopping Exercise



The console features a touch screen, quick speed selection, and integrated controls on the handles.

- **Start:** With the safety key in place, press the 'START' button on the console or the green 'START' button on the right handle. The belt will begin to move at a low speed.
- **Stop:** Press the 'STOP' button on the console or the red 'STOP' button on the left handle to gradually slow down and stop the treadmill.

4.4 Speed Adjustment

The treadmill offers a speed range up to **14 KM/H**.

- Use the '+' and '-' buttons on the console or the speed control buttons on the handles to increase or decrease the speed.

- Quick speed selection buttons (e.g., 3, 5, 7 KM/H) are available on the console for instant speed changes.

4.5 Manual Incline Adjustment

This treadmill features a manual incline system with 3 levels, offering up to **16% incline**.



The treadmill offers three manual incline levels, from 0% to 16%, to vary workout intensity.

- To adjust the incline, you must stop the treadmill and manually adjust the incline mechanism located at the rear of the treadmill.
- Lift the rear of the treadmill and select one of the three available incline positions. Ensure it is securely locked before resuming your workout.

4.6 LED Display and Heart Rate Monitoring

The integrated LED display provides real-time workout data.

- The display shows: **Time, Speed, Distance, Calories Burned, and Heart Rate.**
- To monitor your heart rate, firmly grasp the heart rate sensors located on the handrails. Your heart rate will be displayed on the screen after a few seconds.
- The console also features 12 pre-set programs (P/M button) to vary your training.

4.7 Folding and Storage

The treadmill's design allows for easy folding and compact storage.



The treadmill can be folded vertically for compact storage or laid flat to fit under furniture, utilizing transport wheels for easy movement.

- **Folding:** Ensure the treadmill is off and unplugged. Gently lift the running deck until it locks into the vertical position (90°). The console screen can also be pivoted.
- **Moving:** Use the integrated transport wheels to move the folded treadmill to your desired storage location.
- **Storage:** The compact design allows it to be stored upright against a wall or laid flat under a bed.

5. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill after each use with a damp cloth to remove sweat and dust. Do not use abrasive cleaners.
- **Belt Lubrication:** The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the detailed user manual for specific lubrication instructions and frequency.
- **Belt Adjustment:** Check the running belt for proper tension and alignment regularly. If the belt slips or drifts to one side, adjust it according to the instructions in the full user manual.
- **General Inspection:** Periodically check all nuts and bolts for tightness.

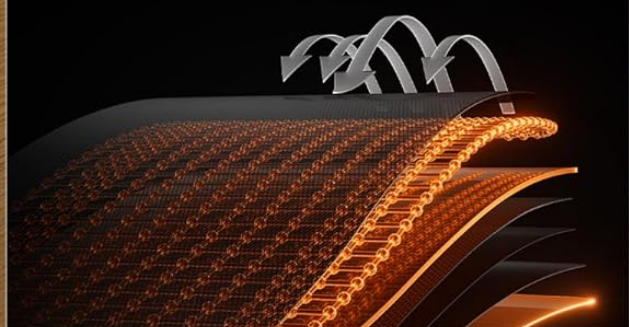
Bande de course large 107cmx40cm



Système d'absorption de chocs



Bande de course multicouche



The multi-layer running belt and shock absorption system require minimal but regular maintenance for optimal performance.

6. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Treadmill does not start	Power cord not plugged in; Power switch off; Safety key not inserted.	Check power connection; Turn on power switch; Insert safety key correctly.

Problem	Possible Cause	Solution
Running belt slips	Belt too loose; Belt needs lubrication.	Adjust belt tension (refer to full manual); Lubricate the belt.
Unusual noise during operation	Loose components; Belt friction; Motor issue.	Check and tighten all bolts; Lubricate belt; If noise persists, contact customer support.
Display not working	Loose connection; Power issue.	Check all cable connections; Ensure stable power supply.

For more detailed troubleshooting or issues not listed here, please refer to the complete user manual or contact CURSOR FITNESS customer support.

7. SPECIFICATIONS

- **Model:** U17
- **Brand:** CURSOR FITNESS
- **Color:** Black
- **Material:** Alloy Steel
- **Motor Power:** 3.5 HP (Peak)
- **Speed Range:** Up to 14 KM/H
- **Incline:** Manual, 3 levels (0-16%)
- **Max User Weight:** 180 KG
- **Running Belt Dimensions:** 107 cm (Length) x 40 cm (Width)
- **Product Dimensions (Unfolded):** Approximately 128 cm (L) x 60 cm (W) x 106 cm (H)
- **Product Dimensions (Folded Upright):** Approximately 62.4 cm (W) x 126.4 cm (L) x 119 cm (H)
- **Product Dimensions (Folded Flat):** Approximately 126.4 cm (L) x 62.4 cm (W) x 11.5 cm (H)
- **Noise Level:** ≤ 45 dB
- **Special Features:** Multi-layer shock absorption, compact foldable design, heart rate sensors, LED display, transport wheels.

8. WARRANTY AND SUPPORT

For warranty information, please refer to the warranty card included with your product or contact the seller directly. Keep your purchase receipt as proof of purchase.

If you require technical assistance or have questions regarding your CURSOR FITNESS U17 treadmill, please contact CURSOR FITNESS customer support through their official website or the contact information provided in your purchase documentation.