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> CURSOR FITNESS Folding Treadmill SF20 User Manual

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Model: SF20

1. PRODUCT OVERVIEW

The CURSOR FITNESS Folding Treadmill SF20 is designed for home and office use, offering a compact and portable solution for cardio workouts. It features a robust 3.0HP motor, a 12% manual incline, and a sturdy fixed handrail for enhanced safety and stability. Its foldable design and front-mounted transport wheels allow for easy storage in small spaces.



Image 1.1: The CURSOR FITNESS Folding Treadmill SF20 in a home setting.

2. SAFETY INSTRUCTIONS

- Read all instructions before using the treadmill.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Ensure the power cord is not pinched or damaged.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Wear appropriate athletic footwear.

- Consult a physician before starting any exercise program.
- The maximum user weight recommendation is 136 Kilograms.

3. SETUP AND ASSEMBLY

1. **Unpacking:** Carefully remove the treadmill from its packaging. Retain packaging for future storage or transport.
2. **Placement:** Position the treadmill on a level surface. Ensure there is at least 2 feet of clear space on all sides and 6 feet at the rear for safety.
3. **Handlebar Setup:** Lift the fixed handrail into its upright position. Ensure it clicks securely into place.
4. **Power Connection:** Plug the power cord into a grounded electrical outlet. The display should illuminate, showing "0.0".

4. OPERATING INSTRUCTIONS

4.1 Remote Control Functions

The treadmill is operated using the included remote control.

- **ON/OFF Button:** Press to start or stop the treadmill belt.
- **'+' Button:** Increases the treadmill speed.
- **'-' Button:** Decreases the treadmill speed.
- **'M' Button:** Cycles through different display modes (e.g., time, distance, calories).

4.2 Starting a Workout

1. Ensure the treadmill is plugged in and the display shows "0.0".
2. Stand on the side rails of the treadmill, not on the belt.
3. Press the **ON/OFF** button on the remote control. The treadmill will start with a short countdown and begin moving at a low speed (e.g., 0.6 mph).
4. Carefully step onto the moving belt.
5. Use the '+' and '-' buttons to adjust the speed to your desired level. The treadmill supports speeds up to 6.2 mph.
6. The treadmill features a 12% manual incline. To adjust the incline, you must manually set it before starting your workout. Refer to the physical treadmill for incline adjustment points.

4.3 Stopping a Workout

1. To stop the treadmill, press the **ON/OFF** button on the remote control. The belt will gradually slow down and come to a complete stop.
2. Once the belt has stopped, step off the treadmill.
3. For safety, it is recommended to unplug the treadmill from the power outlet when not in use.

5. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill surface and display with a damp cloth after each use. Avoid abrasive cleaners.
- **Belt Lubrication:** The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the specific instructions provided with your treadmill for the recommended lubrication schedule and procedure.
- **Belt Tension and Alignment:** Check the running belt tension and alignment regularly. If the belt feels loose or is drifting to one side, adjust it according to the instructions in the full product manual.
- **Storage:** When not in use, fold the treadmill and store it in a dry, safe place. Use the transport wheels to move it easily.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not properly connected; outlet malfunction.	Ensure the power cord is securely plugged into both the treadmill and a working electrical outlet. Check the circuit breaker.
Running belt stops or slips.	Belt tension too loose; lack of lubrication.	Adjust belt tension as per the full manual. Lubricate the running belt if necessary.
Unusual noise during operation.	Loose components; foreign object; motor issue.	Inspect for loose screws or foreign objects. If the noise persists, discontinue use and contact customer support.

For issues not listed here, please contact CURSOR FITNESS customer support.

7. SPECIFICATIONS

- **Brand:** CURSOR FITNESS
- **Model Number:** SF20
- **Color:** Dark Black
- **Product Dimensions (D x W x H):** 44.3" x 21.8" x 4.1"
- **Item Weight:** 20 Kilograms
- **Maximum Weight Recommendation:** 136 Kilograms
- **Motor:** 3.0HP
- **Incline:** 12% Manual Incline

8. WARRANTY AND SUPPORT

For warranty information, product support, or to purchase replacement parts, please contact CURSOR FITNESS customer service. Refer to your purchase documentation for specific warranty terms and contact details.

Customer Support: For assistance, please visit the [CURSOR FITNESS Store on Amazon](#) or refer to the contact information provided in your product packaging.

