

BORGUSI CTM-314

BORGUSI CTM-314 Auto Incline Folding Treadmill User Manual

Model: CTM-314

1. IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using the BORGUSI CTM-314 Treadmill. Retain this manual for future reference.

- **General Safety:** Always consult with a physician before starting any exercise program. Stop exercising immediately if you feel faint, dizzy, or experience pain.
- **Placement:** Place the treadmill on a level surface with at least 6 feet of clear space behind it and 2 feet on each side. Do not place on thick carpet as it may interfere with ventilation.
- **Power:** Connect the treadmill to a properly grounded outlet only. Do not use extension cords. Unplug the treadmill when not in use or before cleaning/maintenance.
- **Children and Pets:** Keep children and pets away from the treadmill at all times, especially during operation. The safety key must be removed when the treadmill is not in use to prevent unauthorized operation.
- **Operation:** Always stand on the side rails before starting the treadmill. Hold the handrails for balance when beginning or ending your workout.
- **Weight Capacity:** Do not exceed the maximum user weight capacity of 320 lbs (145 kg).
- **Maintenance:** Regularly inspect the treadmill for wear and tear. Do not operate if any parts are damaged.

2. PRODUCT OVERVIEW

The BORGUSI CTM-314 is a versatile auto-incline folding treadmill designed for home use, offering a comprehensive workout experience with advanced features.

Key Features:

- **Robust Construction:** Engineered to support users up to 320 lbs, ensuring durability and stability.
- **Space-Saving Design:** 90% pre-assembled for quick setup and features an easy-fold mechanism for compact storage. Transport wheels facilitate movement.
- **Comfortable Running Surface:** A spacious 45.5" x 16.5" running track combined with 4+10 intelligent shock absorbers reduces impact on joints.
- **Powerful Motor:** Equipped with a 3.5 HP motor, providing speeds from 0.5 to 10 MPH for various workout intensities.
- **Automatic Incline:** Features a 0-15 level auto-incline to simulate varied terrains and enhance calorie burning.
- **Advanced Console:** An upgraded backlit LCD panel displays essential metrics. Integrated Bluetooth connectivity allows for app control (KINOMAP, Zwift) and access to 36 preset workout programs.
- **User-Friendly:** Elevated console design for comfortable use by taller individuals, promoting natural posture.

Elevated Console Design for Tall Users

300LB+ Weight Capacity



Transport wheel



Soft-drop system



Figure 1: Overall dimensions of the BORGUSI CTM-314 Treadmill, showing its compact design and elevated console.

0-15 Level Auto Incline

Efficient Fat Burning



Figure 2: The treadmill demonstrating its 0-15 level auto incline feature, designed for efficient fat burning and varied workouts.

Upgraded LCD Display



Time



Speed



Distance



Calories



Pulse



Incline



Figure 3: The upgraded backlit LCD display showing time, speed, distance, calories, pulse, and incline metrics.

36 Preset Programs & APP

Give you a real running experience



Figure 5: The treadmill's console displaying 36 preset programs and compatibility with fitness apps like KINOMAP and Zwift.

Non-Slip Belt & 10 Shock Absorbers

More Comfort, Better Joint Protection



Figure 6: Illustration of the 10+4 shock absorbers and 8-layer running belt for enhanced joint protection and comfort.

Video 1: An overview of the BORGUSI CTM-314 Auto Treadmill, highlighting its 3.5HP motor and 300+ LBS capacity.

3. SETUP AND ASSEMBLY

The BORGUSI CTM-314 Treadmill is designed for quick and easy assembly, arriving 90% pre-assembled. Follow these steps to complete the setup:

1. **Unpacking:** Carefully remove all components from the packaging. Ensure all parts listed in the 'Package Included' section are present.
2. **Unfolding:** Gently lift the console and secure it in the upright position. Refer to the detailed instructions

in the included User Manual for specific locking mechanisms.

3. **Final Assembly:** Attach any remaining components, typically requiring only a few screws. The tool kit provided contains the necessary instruments.
4. **Placement:** Position the treadmill on a firm, level surface, ensuring adequate clearance around the unit as specified in the safety instructions.
5. **Power Connection:** Plug the power cord into a dedicated, grounded electrical outlet.



Figure 7: The treadmill components and accessories included in the package, such as lubricant, safety key, tool kit, and user manual.

4. OPERATING INSTRUCTIONS

Familiarize yourself with the control panel and features before beginning your workout.

Control Panel Overview:

- **LCD Display:** Shows Time, Distance, Calories Burned, Incline, Heart Rate, and Speed.
- **Start/Stop Buttons:** Initiate and end your workout.
- **Speed Adjustment:** Use the 'Speed +/-' buttons or quick keys (e.g., 2, 4, 6, 8 MPH) to change running speed.
- **Incline Adjustment:** Use the 'Incline +/-' buttons or quick keys (e.g., 3, 6, 9, 12, 15%) to adjust the incline level.
- **Program Selection:** Press the 'PROG' button to cycle through 36 preset workout programs.
- **Mode Button:** Select different display modes or workout types.
- **Safety Key:** A red safety key must be inserted into the console for the treadmill to operate. Attaching the clip to your clothing will stop the treadmill if you accidentally fall.

Starting a Workout:

1. Ensure the safety key is properly inserted.
2. Stand on the side rails of the treadmill.
3. Press the 'START' button. The belt will begin moving at a low speed.
4. Carefully step onto the running belt and adjust speed and incline as desired.

Using Preset Programs and Apps:

- **Preset Programs:** Select from 36 built-in programs by pressing the 'PROG' button. Each program offers varying speed and incline profiles.
- **Bluetooth Connectivity:** Connect your device via Bluetooth to compatible fitness apps like KINOMAP and Zwift for interactive workouts and tracking. Refer to the app's instructions for pairing.



Figure 8: Visual representation of speed ranges for walking (0.5-3.5 MPH), jogging (3.5-6.5 MPH), and running (6.5-10 MPH).



Figure 9: The powerful 3.5 HP motor, capable of reaching speeds up to 10 MPH with low noise operation.

5. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use. Avoid using abrasive cleaners or solvents.
- **Lubrication:** The running belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided lubricant and follow the instructions in the full user manual for application frequency and method.
- **Belt Tension:** Check the running belt tension regularly. If the belt slips or feels loose, adjust it according to the instructions in the user manual.
- **Storage:** When not in use, the treadmill can be folded for compact storage. Ensure it is securely locked in the folded position.



Figure 10: The treadmill in its auto-folded position, illustrating its space-saving design for easy storage.

6. TROUBLESHOOTING

If you encounter any issues with your BORGUSI CTM-314 Treadmill, refer to the following common solutions:

- **Treadmill Not Starting:**

- Ensure the power cord is securely plugged into a grounded outlet.
- Verify that the safety key is correctly inserted into the console.
- Check the circuit breaker on the treadmill (if applicable) and your home's electrical panel.

- **Running Belt Slipping:**

- The running belt may need tensioning. Refer to the user manual for instructions on how to adjust belt tension.
- The belt may require lubrication. Apply lubricant as per the maintenance section.

- **Unusual Noises:**

- Check for loose parts or debris under the running belt.
- Ensure the treadmill is on a level surface.
- If the noise persists, contact customer support.

- **Inaccurate Readings:**

- Ensure all connections are secure.
- For heart rate monitoring, ensure your hands are firmly placed on the pulse sensors.

For issues not covered here, please consult the comprehensive user manual or contact BORGUSI customer support.

7. SPECIFICATIONS

Feature	Specification
Brand	BORGUSI
Model Name	CTM-314
Product Dimensions (D x W x H)	55.3"D x 26.2"W x 52.1"H

Feature	Specification
Folded Size	33.1" x 26.2" x 52.2"
Item Weight	110 Pounds
Maximum Weight Recommendation	320 Pounds
Material	Alloy Steel
Maximum Horsepower	3.5 Horsepower
Maximum Speed	10 Miles per Hour
Minimum Speed	0.5 Miles per Hour
Maximum Incline Percentage	15.0
Number of Programs	36
Display	LCD
Connectivity Technology	Bluetooth
Metrics Measured	Calories Burned, Distance, Incline, Heart Rate, Speed, Time
Power Source	Corded Electric
Included Components	Lubricant, Safety Key, Tool Kit, User Manual

8. WARRANTY AND SUPPORT

The BORGUSI CTM-314 Treadmill comes with a **1 Year Parts Protection Plan**.

For warranty claims, technical support, or any questions regarding your treadmill, please refer to the contact information provided in your product packaging or visit the official BORGUSI website.