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> LONTEK SF10 3-in-1 Foldable Treadmill with 15% Incline User Manual

LONTEK SF10

LONTEK SF10 3-in-1 Foldable Treadmill with 15% Incline User Manual

Model: SF10 | Brand: LONTEK

1. IMPORTANT SAFETY INSTRUCTIONS

Before operating the LONTEK SF10 Treadmill, please read and understand all safety instructions. Failure to follow these instructions may result in injury or damage to the product.

- **Placement:** Place the treadmill on a flat, stable surface with at least 2 feet of clear space on each side and 6 feet behind it. Do not place it on thick carpet, which may interfere with ventilation.
- **Power:** Connect the treadmill to a properly grounded outlet. Do not use extension cords or adapters. Unplug the treadmill when not in use or before cleaning/maintenance.
- **User Weight Limit:** The maximum user weight capacity for this treadmill is 300 lbs (136 kg). Do not exceed this limit.
- **Safety Key:** Always attach the safety key clip to your clothing before starting the treadmill. In case of an emergency, pulling the safety key will immediately stop the machine.
- **Children and Pets:** Keep children and pets away from the treadmill during operation. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- **Medical Conditions:** Consult a physician before starting any exercise program, especially if you have pre-existing medical conditions. Stop exercising immediately if you feel faint, dizzy, or experience pain.
- **Footwear:** Always wear appropriate athletic footwear while using the treadmill.
- **Moving Parts:** Keep hands, feet, and clothing clear of all moving parts.
- **Maintenance:** Perform regular maintenance as described in this manual to ensure safe and optimal performance.

2. PRODUCT OVERVIEW

The LONTEK SF10 is a versatile 3-in-1 foldable treadmill designed for home and office use. It features a manual incline system, a powerful yet quiet motor, and a compact design for easy storage. This treadmill supports various fitness levels,

from walking to jogging and running, with a focus on user comfort and safety.

Key Features:

- **Manual Incline System:** Offers 0%, 10%, and 15% incline levels to intensify workouts and simulate varied terrains.
- **3.0 HP Quiet Motor:** Provides smooth and consistent power for speeds from 0.6 to 7.0 MPH, operating below 45 decibels.
- **Spacious Running Belt:** Measures 38.2 x 15.2 inches, accommodating various stride lengths.
- **Shock Absorption System:** Multi-layer cushioned running pads and silicone shock absorbers reduce impact on joints.
- **Foldable Design:** Easily folds for compact storage, ideal for small spaces.
- **LED Display:** Tracks speed, distance, time, and calories for effective workout monitoring.
- **High Weight Capacity:** Supports users up to 300 lbs.



Image: The LONTEK SF10 treadmill showcasing its manual incline feature at 0%, 10%, and 15% settings, with a user running on it in an outdoor setting.

3. PACKAGE CONTENTS

Please check the package carefully to ensure all components are present and undamaged.

- LONTEK SF10 Foldable Treadmill (Main Unit)
- Safety Key
- Power Cord
- User Manual (this document)
- Accessory for 15% incline adjustment

4. SETUP AND ASSEMBLY

The LONTEK SF10 Treadmill requires minimal assembly. It arrives largely pre-assembled for your convenience.

Unfolding the Treadmill:

1. Carefully remove the treadmill from its packaging.
2. Place the treadmill on a flat, stable surface.
3. Gently lift the console/handlebar assembly until it locks into the upright position. Ensure all locking mechanisms are securely engaged.
4. Connect the power cord to the treadmill and then to a grounded electrical outlet.



Image: A visual representation of the LONTEK SF10 treadmill folding and unfolding process, demonstrating its portability and ease of storage.

Adjusting Manual Incline:

The treadmill features a manual incline system. To adjust the incline:

1. Ensure the treadmill is powered off and unplugged for safety.
2. Locate the incline adjustment mechanism at the rear of the treadmill deck.
3. Lift the rear of the treadmill deck slightly and adjust the support pins or accessory to the desired incline level (0%, 10%, or 15%).
4. Ensure the support is securely locked in place before use.

5. OPERATING INSTRUCTIONS

Getting Started:

1. Plug the treadmill into a grounded power outlet.
2. Attach the safety key clip to your clothing and insert the safety key into its designated slot on the console. The display will illuminate.
3. Step onto the treadmill belt, holding onto the handlebars for balance.
4. Press the **START** button to begin your workout. The belt will start moving at a low speed.

Console Controls:

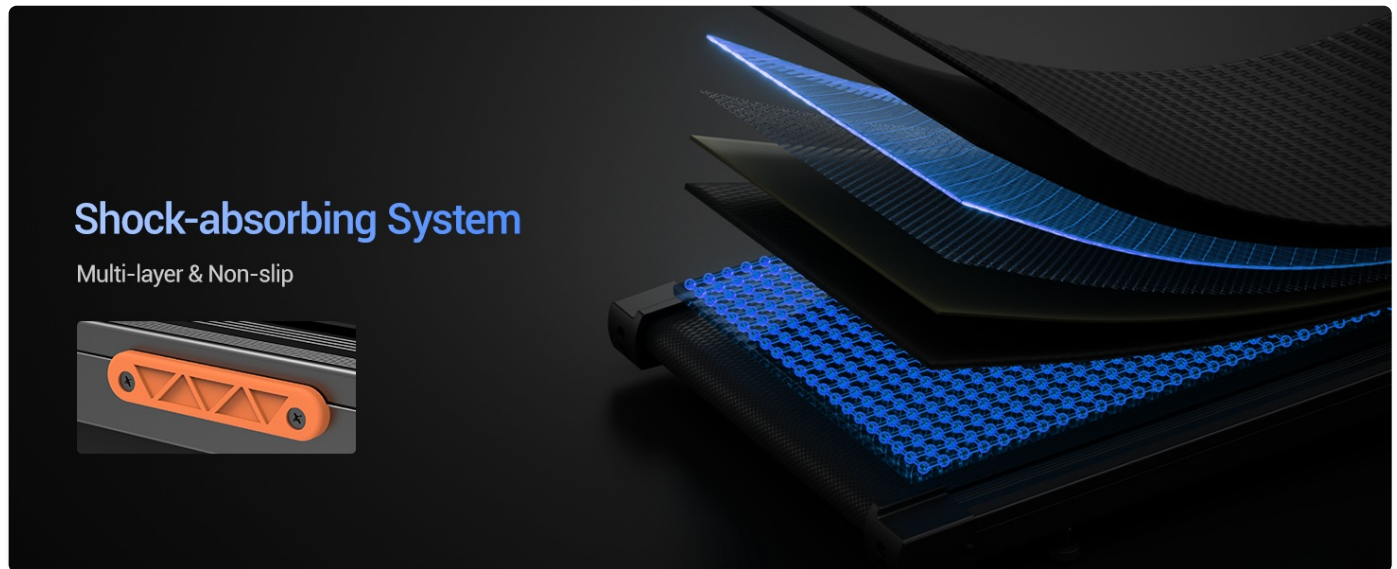


Image: A close-up view of the treadmill's control panel, showing the three-screen LED display and various control buttons for speed, mode, and quick adjustments.

- **LED Display:** Shows real-time data including Speed, Distance, Time, and Calories burned.
- **START Button:** Initiates the treadmill operation.
- **STOP Button:** Halts the treadmill operation.
- **Speed+ / Speed- Buttons:** Adjust the running belt speed incrementally.
- **Fast Adjustment Buttons (e.g., 2/4):** Quickly set the speed to a preset value.
- **P/M (Program/Mode) Button:** Cycles through different workout programs or modes (refer to specific program details in a separate section if available).
- **Safety Key:** Essential for operation. Removing it will immediately stop the treadmill.

Workout Modes:

The treadmill offers various speed ranges suitable for different activities:

- **Walking Speed:** 0.6 - 2 MPH
- **Jogging Speed:** 2 - 4 MPH
- **Running Speed:** 4 - 7 MPH

Portable Treadmills for Home



Walking Speed: 0.6-2MPH



Jogging Speed: 2-4MPH



Running Speed: 4-7MPH

Image: Three panels illustrating different exercise intensities on the treadmill: walking (0.6-2 MPH), jogging (2-4 MPH), and running (4-7 MPH).

6. FOLDING AND STORAGE

The LONTEK SF10 treadmill is designed for convenient folding and compact storage.

Folding the Treadmill:

1. Ensure the treadmill is stopped and unplugged.
2. Carefully lower the handlebar/console assembly towards the deck until it is flat.
3. The treadmill can then be stored horizontally under furniture or vertically against a wall.

Folded Dimensions: 45.7 x 19.7 x 4.57 inches.

Portable and Foldable Treadmill for Home



Image: The LONTEK SF10 treadmill shown in both its operational and folded states, highlighting its space-saving design for home use.

7. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your treadmill.

Cleaning:

- **After Each Use:** Wipe down the console and other surfaces with a soft, damp cloth to remove sweat and dust. Avoid abrasive cleaners.
- **Weekly:** Vacuum underneath the treadmill to prevent dust and debris from accumulating in the motor area.

Running Belt Maintenance:

- **Lubrication:** The running belt may require lubrication periodically (e.g., every 3-6 months depending on usage). Refer to the specific instructions for treadmill belt lubrication, typically involving silicone lubricant applied under the belt.

- **Tension Adjustment:** If the belt slips or feels loose, it may need tension adjustment. Consult the manufacturer's guidelines or contact support for detailed instructions. Over-tightening can damage the motor and belt.
- **Alignment:** If the belt drifts to one side, it may need alignment. This usually involves adjusting screws at the rear of the treadmill deck.

Always unplug the treadmill before performing any maintenance.

8. TROUBLESHOOTING

If you encounter issues with your LONTEK SF10 Treadmill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not power on	Power cord not plugged in; Safety key not inserted; Circuit breaker tripped	Ensure power cord is securely plugged into a grounded outlet. Insert safety key fully. Check household circuit breaker.
Running belt slips or hesitates	Belt too loose; Belt needs lubrication; User weight exceeds limit	Adjust belt tension (refer to maintenance section or contact support). Lubricate belt if necessary. Ensure user weight is within limits.
Unusual noise during operation	Loose components; Belt friction; Motor issue	Check for any loose screws or parts and tighten them. Lubricate belt if friction is suspected. If noise persists, contact customer support.
Display not working correctly	Loose connection; Console malfunction	Ensure all console connections are secure. Try unplugging and replugging the treadmill. If issue persists, contact customer support.

If the problem persists after attempting these solutions, please contact LONTEK customer support.

9. SPECIFICATIONS

Detailed technical specifications for the LONTEK SF10 Treadmill.

Feature	Specification
Brand	LONTEK
Model Name	SF10
Color	Black
Product Dimensions (Unfolded)	47.2"D x 24.6"W x 5.5"H
Folded Size	45.7 x 19.7 x 4.57 inches
Material	Metal

Feature	Specification
Maximum Speed	7 Miles per Hour
Maximum Horsepower	3 Horsepower
Maximum Incline Percentage	15% (Manual)
Assembly Required	No (Minimal setup)
Included Components	Safety Key
Metrics Measured	Speed, Distance, Time, Calories
Maximum Weight Recommendation	300 Pounds
Running Belt Dimensions	38.2" x 15.2"

10. WARRANTY AND SUPPORT

Warranty Information:

The LONTEK SF10 Treadmill comes with a **1-YEAR WARRANTY** from the date of purchase. This warranty covers manufacturing defects and workmanship under normal use. Please retain your proof of purchase for warranty claims.

The warranty does not cover damage caused by misuse, accident, unauthorized modification, or failure to follow the instructions in this manual.

Customer Support:

LONTEK is committed to providing comprehensive customer support. If you have any questions, require replacement parts, need maintenance videos, or have any other product-related inquiries, please contact our dedicated service team.

For support, please visit the official LONTEK store or contact us through the platform where you purchased the product. Our team is ready to assist you with satisfactory solutions.

ASK A QUESTION ABOUT THIS MANUAL

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

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Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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