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› CURSOR FITNESS SF20 3-in-1 Foldable Treadmill with Incline User Manual

CURSOR FITNESS SF20

CURSOR FITNESS SF20 3-in-1 Foldable Treadmill User Manual

Model: SF20

1. SETUP INSTRUCTIONS

Carefully unpack all components from the packaging. Ensure all parts listed in the packing list are present and undamaged before proceeding with assembly.

1.1 Unfolding the Treadmill

The CURSOR FITNESS SF20 treadmill arrives largely pre-assembled. To unfold it for use:

1. Place the treadmill on a flat, stable surface.
2. Gently lift the console and handrail assembly until it locks into an upright position.
3. Ensure all locking mechanisms are securely engaged before use.

3-Level 16% Incline Treadmill

Same Workout,
Better Results & Outdoor Feel

720-Kcal/H
16% Incline

480-Kcal/H
8% Incline

320-Kcal/H
0% Incline



Image: The CURSOR FITNESS SF20 treadmill in its fully unfolded position, ready for operation. Note the upright console and handrails.

1.2 Adjusting the Incline

This treadmill features a 3-level manual incline system (0%, 10%, 16%). To adjust the incline:

1. Power off and unplug the treadmill.
2. Locate the orange incline adjustment blocks at the rear base of the treadmill.
3. Lift the rear of the treadmill slightly and slide the desired incline block into position. Ensure both sides are set to the same level for stability.
4. Lower the treadmill gently onto the blocks.

Workout Anytime Regardless of Weather

Morning and Evening, or During Spare Moments, You Can Still Exercise.



Image: A detailed view of the orange incline adjustment blocks located at the rear of the treadmill, demonstrating how to manually set the incline level.

1.3 Initial Power-On

Once assembled and placed, plug the power cord into a grounded electrical outlet. The display will illuminate, indicating the treadmill is ready for use.

Your browser does not support the video tag.

Video: This video provides a full overview of the treadmill, including initial setup and benefits of its features. It demonstrates the product in a home environment.

2. OPERATING INSTRUCTIONS

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

2.1 Control Panel Overview

Three Screens Display Clearly

12 Built-in Auto Programs, Beginner-Friendly



Image: A detailed view of the treadmill's control panel, highlighting the three display screens and various function buttons for speed, programs, and pause/stop.

- **Start/Stop Button:** Initiates and halts the running belt.
- **Speed +/- Buttons:** Adjusts the belt speed in increments.
- **Program/Mode (P/M) Button:** Cycles through preset programs and manual modes.
- **Pause Function:** Allows you to temporarily stop your workout without losing progress.
- **Quick Speed Buttons (3/6):** Instantly sets the speed to 3 MPH or 6 MPH.

2.2 Safety Key

Always attach the safety key clip to your clothing before starting a workout. If the safety key is dislodged, the treadmill will immediately stop, preventing potential injury.

2.3 Starting a Workout

1. Attach the safety key.
2. Press the 'Start' button. The belt will begin moving at a low speed.
3. Use the 'Speed +/-' buttons or quick speed buttons to reach your desired pace.
4. To pause, press the 'Pause' button. To stop, press the 'Stop' button or pull the safety key.

Speed for the Whole Family

12 Preset Programs, Goal-oriented Workouts



Image: A user walking on the treadmill, illustrating the versatility for different activities like walking, power walking, jogging, and running at speeds up to 7.5 MPH.

2.4 Using Preset Programs

The treadmill includes 12 built-in training programs and 3 automatic modes. Press the 'P/M' button to cycle through these options. Each program offers varying speed and intensity profiles. Refer to the detailed program chart in the included physical user manual for specific program details.

2.5 Additional Features

- **Extra-Wide Tablet Holder:** Securely holds phones and tablets for entertainment or guided workouts.
- **Extra-Large Double Cup Holder:** Conveniently stores beverages during your workout.
- **Side Safety Handrails:** Provides additional stability and support.

Elevate Your Fitness Experience

**Extra-Wide
Tablet Holder**



**Extra-Large
Double Cup Holder**



**Side Safety
Handrail**



Image: A composite image showcasing the treadmill's console features, including the extra-wide tablet holder, double cup holders, and side safety handrails.

Your browser does not support the video tag.

Video: This video offers an up-close look at the treadmill in action and demonstrates its compact folding capability for storage.

3. MAINTENANCE

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

3.1 Cleaning

- Wipe down the console and exterior surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- Periodically vacuum underneath the treadmill to prevent dust and debris buildup.

3.2 Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the included physical user manual for specific lubrication instructions and recommended lubricant type. Typically,

lubrication is needed every few months depending on usage.

3.3 Belt Tension and Alignment

Check the running belt tension and alignment regularly. If the belt feels loose, slips, or drifts to one side, consult the physical user manual for adjustment procedures. Incorrect tension or alignment can affect performance and safety.

4. TROUBLESHOOTING

If you encounter issues with your treadmill, refer to the following common problems and solutions. For more complex issues, contact customer support.

- **Treadmill does not power on:** Ensure the power cord is securely plugged into a working outlet and the main power switch (if present) is in the 'ON' position. Check the circuit breaker.
- **Running belt does not move:** Verify the safety key is correctly inserted into the console. Ensure no objects are obstructing the belt.
- **Unusual noises:** Check for loose parts or debris under the belt. If the noise persists, it may indicate a need for belt adjustment or professional inspection.
- **Inaccurate display readings:** Ensure all connections are secure. Recalibrate if an option is available in the physical manual.

5. SPECIFICATIONS

Feature	Specification
Brand	CURSOR FITNESS
Model Name	SF20
Product Dimensions (D x W x H)	44.3"D x 21.8"W x 4.1"H
Item Weight	40.8 Pounds
Material	Iron
Maximum Speed	7.5 Miles per Hour
Incline Levels	3-level (0%, 10%, 16%)
Maximum Horsepower	3 Horsepower
Maximum Weight Recommendation	400 Pounds
Special Feature	Foldable
Metrics Measured	Distance, Time, Calories Burned, Speed
Assembly Required	Yes

6. WARRANTY

The CURSOR FITNESS SF20 Treadmill comes with a **1-Year Warranty**. For details regarding warranty coverage, terms, and conditions, please refer to the warranty information provided in your product

packaging or contact CURSOR FITNESS customer support.

7. CUSTOMER SUPPORT

For any questions, technical assistance, or service requests, please refer to the contact information provided in your product's included user manual or visit the official CURSOR FITNESS website. When contacting support, please have your model number (SF20) and purchase date available.