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ECHANFIT 5520J

ECHANFIT 5520J Treadmill with Incline User Manual

Model: 5520J

IMPORTANT SAFETY INSTRUCTIONS

Before operating this treadmill, please read all instructions carefully. Keep this manual for future reference.

- **Placement:** Place the treadmill on a flat, stable surface. Ensure adequate clearance (at least 2 meters / 6.5 feet) behind the treadmill and 0.6 meters / 2 feet on each side.
- **Power:** Connect the treadmill to a properly grounded outlet. Do not use extension cords.
- **User Weight:** Do not exceed the maximum user weight of 300 lbs (136 kg).
- **Children and Pets:** Keep children and pets away from the treadmill during operation.
- **Emergency Stop:** Always attach the safety key clip to your clothing before starting a workout. In case of emergency, pull the safety key to stop the treadmill immediately.
- **Medical Conditions:** Consult a physician before starting any exercise program, especially if you have pre-existing medical conditions.
- **Footwear:** Always wear appropriate athletic footwear while using the treadmill.
- **Maintenance:** Perform regular maintenance as described in this manual to ensure safe operation.

PACKAGE CONTENTS

Carefully unpack all components and ensure you have received the following items:



Figure 1: All components included in the package.

- Treadmill Main Unit
- Safety Key
- Tool Kit (wrenches, screws)
- User Manual (this document)
- Storage Tray
- Leveling Feet (4 pieces)

- Lubrication Oil
- Power Cord

SETUP AND ASSEMBLY

The ECHANFIT 5520J Treadmill is designed for quick assembly. Follow these steps to set up your treadmill:

1. **Unpack:** Remove all components from the packaging and place them on a clear, flat surface.
2. **Positioning:** Place the treadmill base in your desired workout location, ensuring sufficient clearance around it.
3. **Unfold the Upright Posts:** Carefully lift the console and upright posts from the folded position.
4. **Secure Upright Posts:** Rotate the four knobs located at the base of the upright posts to secure them in the upright position. Ensure they are tightened firmly.
5. **Attach Accessories:** Install the storage tray and any other accessories as indicated in the assembly diagram.
6. **Connect Power:** Plug the power cord into the treadmill and then into a grounded electrical outlet.



Figure 2: Treadmill folding and dimensions (49.5"L x 19.68"W x 42.13"H when unfolded).

Assembly is completed by simply rotating four knobs to secure the uprights. Ensure all connections are secure before use.

OPERATING INSTRUCTIONS

Console and LED Display

The treadmill features an LED display that provides real-time workout data. The console also includes control buttons for speed, programs, and start/stop functions.

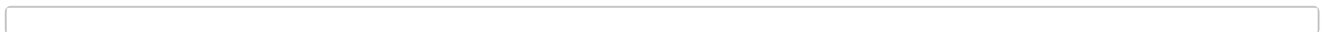


Figure 3: LED Display and Control Panel.

The display shows:

- **Time:** Duration of your workout.
- **Speed:** Current running speed (MPH).
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.

Starting a Workout

1. **Safety Key:** Attach the safety key clip to your clothing and insert the magnetic end into the designated slot on the console. The treadmill will not operate without the safety key in place.
2. **Power On:** Press the **START** button. The treadmill will begin at a low speed after a short countdown.
3. **Adjust Speed:** Use the **SPEED +** and **SPEED -** buttons to adjust your desired speed between 0.5 MPH and 7.5 MPH.
4. **Preset Programs:** To use a preset program, press the **PROGRAM** button to cycle through the 24 available programs. Once selected, press **START** to begin.

Adjusting Incline

The ECHANFIT 5520J Treadmill features a manual incline setting to add intensity to your workout.



Figure 4: Manual Incline Adjustment.

1. **Stop Treadmill:** Ensure the treadmill is stopped and powered off before adjusting the incline.
2. **Locate Adjustment Points:** Identify the manual incline adjustment points at the rear base of the treadmill.
3. **Adjust:** Lift the rear of the treadmill and adjust the support feet to the desired incline level (e.g., 0% or 4% incline). Ensure both sides are adjusted evenly and securely.
4. **Verify Stability:** Gently shake the treadmill to confirm it is stable before resuming your workout.

Stopping a Workout

- **Normal Stop:** Press the **STOP** button on the console. The treadmill will gradually slow down and stop.
- **Emergency Stop:** Pull the safety key from the console. The treadmill will stop immediately.

Running Surface and Belt

The treadmill features a spacious 41.8" x 15.75" running surface, providing ample room for comfortable walking or jogging. The 6-layer non-slip running belt is designed to absorb impact, offering joint protection and a smooth exercise experience.



Figure 5: Running Surface Dimensions.



Figure 6: Running Belt Construction for Shock Absorption.

Folding and Storage

The treadmill can be folded for convenient storage, saving space in your home.



Figure 7: Folding and Storage.

1. **Power Off:** Ensure the treadmill is completely stopped and unplugged from the power outlet.
2. **Fold Upright:** Carefully lift the running deck until it locks into an upright, folded position.
3. **Move:** Utilize the built-in transport wheels to move the folded treadmill to your desired storage location.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your ECHANFIT 5520J Treadmill.

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use. Avoid using abrasive cleaners.
- **Belt Lubrication:** Lubricate the running belt every 3-6 months, or after 100-150 hours of use, using the provided silicone oil. Lift the edge of the belt and apply a small amount of lubricant to the center of the deck. Run the treadmill at a low speed for a few minutes to distribute the lubricant.
- **Belt Tension and Alignment:** Periodically check the running belt for proper tension and alignment. If the belt

slips or drifts to one side, refer to the troubleshooting section or contact customer support for adjustment instructions.

- **Motor Cover:** Keep the motor cover clean and free of dust to ensure proper ventilation.

TROUBLESHOOTING

If you encounter any issues with your treadmill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not start	Power cord not plugged in Safety key not inserted Circuit breaker tripped	Ensure power cord is securely plugged into treadmill and outlet. Insert the safety key fully into the console slot. Check your home's circuit breaker and reset if necessary.
Running belt slips	Belt too loose Belt needs lubrication	Adjust belt tension (refer to specific instructions or contact support). Lubricate the running belt as per maintenance instructions.
Unusual noise during operation	Loose components Belt friction	Check and tighten all visible screws and bolts. Lubricate the running belt.
Display not working	Loose cable connection Power issue	Ensure all console cables are securely connected. Verify power supply to the treadmill.

If the problem persists, please contact ECHANFIT customer support.

SPECIFICATIONS

Motor Information

The treadmill is equipped with a 3.0 HP brushless motor, providing efficient and quiet operation. It supports speeds from 0.5 to 7.5 MPH and maintains a low noise level below 45 dB, suitable for home or office environments.



Figure 8: 3.0 HP Brushless Motor.

Feature	Detail
Brand	ECHANFIT
Model Name	5520J
Product Dimensions (L x W x H)	49.5" x 19.68" x 42.13"
Item Weight	50 Pounds (22.68 kg)
Material	Alloy Steel
Motor Horsepower	3.0 HP

Feature	Detail
Speed Range	0.5 - 7.5 MPH
Running Surface	41.8" x 15.75"
Maximum Weight Recommendation	300 Pounds (136 kg)
Display Type	LED
Preset Programs	24
Special Features	Adjustable Speed, Manual Incline, Portable, Water Bottle Holder, Wheeled

WARRANTY AND SUPPORT

Warranty Information

The ECHANFIT 5520J Treadmill comes with a **1-year manufacturer warranty**. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims.

For specific warranty terms and conditions, please refer to the warranty card included in your package or contact ECHANFIT customer support.

Customer Support

If you have any questions, require assistance with assembly, operation, maintenance, or troubleshooting, please contact ECHANFIT customer support.

Contact Information:

- Refer to the contact details provided on the ECHANFIT official website or your purchase documentation.
- When contacting support, please have your model number (5520J) and purchase date available.