

THERUN TR07

THERUN TR07 Manual Incline Treadmill User Manual

Model: TR07

[Safety Information](#)[Package Contents](#)[Setup & Assembly](#)[Operating Instructions](#)[Maintenance](#)[Troubleshooting](#)[Specifications](#)[Warranty & Support](#)

1. SAFETY INFORMATION

Please read all instructions carefully before using the THERUN TR07 treadmill. Retain this manual for future reference.

- Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it (at least 2 feet on all sides).
- Keep children and pets away from the treadmill during operation.
- Always wear appropriate athletic footwear when using the treadmill.
- Do not operate the treadmill if it is damaged or malfunctioning. Contact customer support immediately.
- Consult a physician before starting any new exercise program.
- Use the safety key at all times. Attach the clip to your clothing. In case of an emergency, the safety key will disengage, stopping the treadmill.
- Do not attempt to adjust or repair the treadmill yourself. Refer to qualified service personnel.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

2. PACKAGE CONTENTS

Verify that all components are present before assembly.

- Treadmill Main Frame (pre-assembled)
- Console Assembly
- Left and Right Upright Posts
- Hardware Kit (bolts, washers, nuts, Allen wrenches)
- Safety Key
- Power Cord

- Lubricant (silicone oil)
- User Manual (this document)

3. SETUP AND ASSEMBLY

Follow these steps to assemble your THERUN TR07 treadmill. It is recommended to have two people for assembly.

Step 1: Unpacking

Carefully remove all components from the packaging. Place the main frame on a clear, flat surface.

Step 2: Attaching Upright Posts

Lift the upright posts and align them with the mounting points on the main frame. Secure them using the provided bolts and washers from the hardware kit. Do not fully tighten yet.



Image: An image of the fully assembled THERUN TR07 treadmill, illustrating its overall structure.

Step 3: Installing the Console

Carefully place the console assembly onto the top of the upright posts. Connect any pre-attached cables from the uprights to the console. Secure the console with the remaining bolts.



Image: Close-up of the treadmill's control console, showing the display screen and various buttons.

Step 4: Tightening All Bolts

Once all components are in place, go back and securely tighten all bolts using the provided Allen wrenches. Do not overtighten.

Step 5: Power Connection

Plug the power cord into the treadmill's power input and then into a grounded electrical outlet.

Step 6: Manual Incline Adjustment

The TR07 features a manual incline adjustment. To change the incline, lift the rear of the treadmill deck and adjust the support bars to the desired level (0-6%). Ensure both sides are set to the same incline level before use.



Image: The treadmill deck is shown with an arrow indicating the manual incline adjustment mechanism at the rear.

4. OPERATING INSTRUCTIONS

4.1 Getting Started

1. Ensure the treadmill is plugged in and the power switch (usually located near the power cord input) is turned ON.
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, placing your feet on the side rails.

4.2 Console Functions

The 18" LCD display shows various workout metrics. The console includes buttons for control.



Image: The treadmill's LCD display showing time, speed, distance, incline, and calorie metrics.

- **START/STOP:** Press to begin or end a workout.
- **SPEED +/-:** Adjust the running belt speed (0.5-9.0 MPH).
- **PROGRAM:** Select from 15 preset workout programs. Press repeatedly to cycle through programs.
- **MODE:** Switch between display modes (e.g., scan, time, distance, calories).
- **Heart Rate Sensors:** Grip the handrail pulse sensors to monitor your heart rate.

4.3 Starting a Workout

1. Ensure the safety key is in place.
2. Press the **START** button. The belt will begin moving at a low speed after a short countdown.
3. Gradually increase speed using the **SPEED +** button to your desired pace.
4. To use a preset program, press the **PROGRAM** button before starting, then press **START**.

4.4 Stopping a Workout

1. Press the **STOP** button. The belt will gradually slow down and stop.
2. Alternatively, pull the safety key to immediately stop the treadmill.
3. Step off the treadmill once the belt has completely stopped.

4.5 Folding and Storage

The treadmill can be folded for space-saving storage.

1. Ensure the treadmill is turned off and unplugged.
2. Lift the running deck until it locks into the upright position. The hydraulic folding mechanism assists with this.
3. To unfold, gently push the deck release mechanism and slowly lower the deck to the floor.



Image: The THERUN TR07 treadmill shown in its folded position, indicating its compact storage capability.

5. MAINTENANCE

Regular maintenance ensures optimal performance and extends the life of your treadmill.

5.1 Cleaning

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

5.2 Belt Lubrication

The running belt requires lubrication every 3-6 months, depending on usage. Use only 100% silicone lubricant.

1. Turn off and unplug the treadmill.
2. Loosen the rear roller bolts slightly to lift the belt.
3. Apply a thin line of silicone lubricant evenly under the center of the running belt.
4. Tighten the rear roller bolts.
5. Plug in the treadmill and run it at a slow speed (1-2 MPH) for 5 minutes to distribute the lubricant.

5.3 Belt Adjustment

If the running belt slips or drifts to one side, it may need adjustment.

- **Belt Slipping:** If the belt slips during use, turn the rear roller adjustment bolts clockwise in small increments (1/4 turn) until the slipping stops.
- **Belt Drifting Left:** Turn the left rear roller adjustment bolt clockwise in 1/4 turn increments.
- **Belt Drifting Right:** Turn the right rear roller adjustment bolt clockwise in 1/4 turn increments.
- After each adjustment, run the treadmill for a few minutes at 3 MPH to check alignment. Repeat if necessary.

6. TROUBLESHOOTING

Refer to this section for common issues and their solutions.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in, power switch off, safety key not inserted.	Check power cord connection, ensure power switch is ON, insert safety key fully.
Running belt stops suddenly.	Safety key dislodged, motor overload.	Re-insert safety key. Reduce workout intensity if motor overload is suspected.

Problem	Possible Cause	Solution
Belt slips during use.	Belt too loose, insufficient lubrication.	Adjust belt tension (see Section 5.3). Lubricate belt (see Section 5.2).
Belt drifts to one side.	Belt misalignment.	Adjust belt alignment (see Section 5.3).
Unusual noise from treadmill.	Loose components, lack of lubrication, foreign object.	Check all bolts for tightness. Lubricate belt. Inspect for foreign objects.

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

7. SPECIFICATIONS

Model Name	TR07
Motor Power	3.0 HP
Speed Range	0.5 - 9.0 MPH
Incline Type	Manual (3 levels, 0-6%)
Running Area	43.3" x 16.5"
Display	18" LCD (Time, Speed, Distance, Incline, Calories, Heart Rate)
Preset Programs	15
Weight Capacity	300 lbs
Noise Level	55 dB
Folding Mechanism	Hydraulic folding

8. WARRANTY AND SUPPORT

THERUN products are manufactured to high-quality standards. For specific warranty details, please refer to the warranty card included with your product or visit the official THERUN website.

For technical assistance, replacement parts, or any questions regarding your THERUN TR07 treadmill, please contact THERUN customer support:

- **Website:** [Visit the THERUN Store on Amazon](#) (for general inquiries)
- **Email:** Refer to your product packaging or warranty card.
- **Phone:** Refer to your product packaging or warranty card.

Please have your model number (TR07) and purchase date available when contacting support.

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

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

Example: How do I reset this device or fix this error?

Details

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

Submit question