



## **CURSOR FITNESS C20 Under Desk Treadmill 2 in 1 Walking Pad User Manual**

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# **CURSOR**

**CURSOR Fitness  
C20 Treadmill  
User's Manual**



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## Important Precaution



	MINIMUM USER HEIGHT	140 cm		MAX USER WEIGHT	265 Lbs
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## WARNING

CORRECT LUBRICATION OF THE TREADMILL IS REALLY IMPORTANT. THIS LUBRICATION MUST BE PERFORMED REGULARLY DEPENDING ON EACH PERSON, EVEN BEFORE ITS FIRST USE.

YOU MUST PRESERVE THE ORIGINAL PACKAGING WITH ITS PROTECTIONS, PURCHASE RECEIPT, MANUAL, AND COMPONENTS DURING THE GUARANTEE PERIOD.

In order to decrease the risk of suffering severe injuries, read carefully all the important instructions and warnings regarding the use of a treadmill before using it.

**CURSOR FITNESS** doesn't take any responsibility for personal injuries or property damages resulting from the use of this product.

1. Before starting any workout program, consult your doctor. It's especially important for people older than 35 years old, people with a health problem, and pregnant women.
2. Use the equipment as explained in the instructions manual.
3. Keep the equipment in an enclosed area, away from dust or humidity. Don't store it in a garage, indoor backyard, or near the water. Humidity, dust and water could lead to a malfunction of the equipment, annulling its guarantee.
4. Place the unit on a flat surface. If the surface is uneven, the proper functioning could be affected. Some models include levelers or leveling threads behind the legs, helping the leveling. Please read the manual to verify if your unit is provided with one of them...
5. The unit must be placed in a ventilated area. Don't use it in places with sprays or oxygen dispensers. The air you breathe may be affected and cause an accident.
6. Keep children younger than 12 years old and pets away from the equipment. Keep the security distance.
7. Check in the manual the maximum weight your equipment can support. Excessive weight could lead to a malfunction in the operating system, which won't be covered by the guarantee.
8. If your equipment is working through a power supply: make sure that the power cord and plug are in good condition. Carry out the connection only when the circuit has a ground connection, otherwise, it could cause damages to the equipment or in the property which the guarantee won't cover. Power cords must be away from hot surfaces.
9. If it is a battery-powered unit: check and make sure that they are charged enough so the display will fully function.
10. If your unit works with an electric supply: check the speed it can reach, for your security. The best is to adjust gradually the speed in order to avoid sudden changes.
11. If your unit works through an electric supply: never leave the machine unattended while it's working.
12. Check and tighten all screws on a regular basis, because due to vibrations screws and nuts tend to loosen. Damages caused by a lack of maintenance won't be covered by the guarantee.
13. Two people will be needed in order to take the unit from the package. Otherwise, the damages caused at this moment won't be covered by the guarantee.
14. Don't let any object fall into the grooves.
15. If the unit works through a power cord: unplug always the power cord before cleaning it, after the workout, and before performing any maintenance duty.
16. If you start feeling pain or dizziness while training: STOP IMMEDIATELY.
17. You must preserve the original packaging with its protections, manual, and components during the guarantee period.
18. This electronic product can't be thrown under any circumstances into municipal rubbish bins. With the aim of

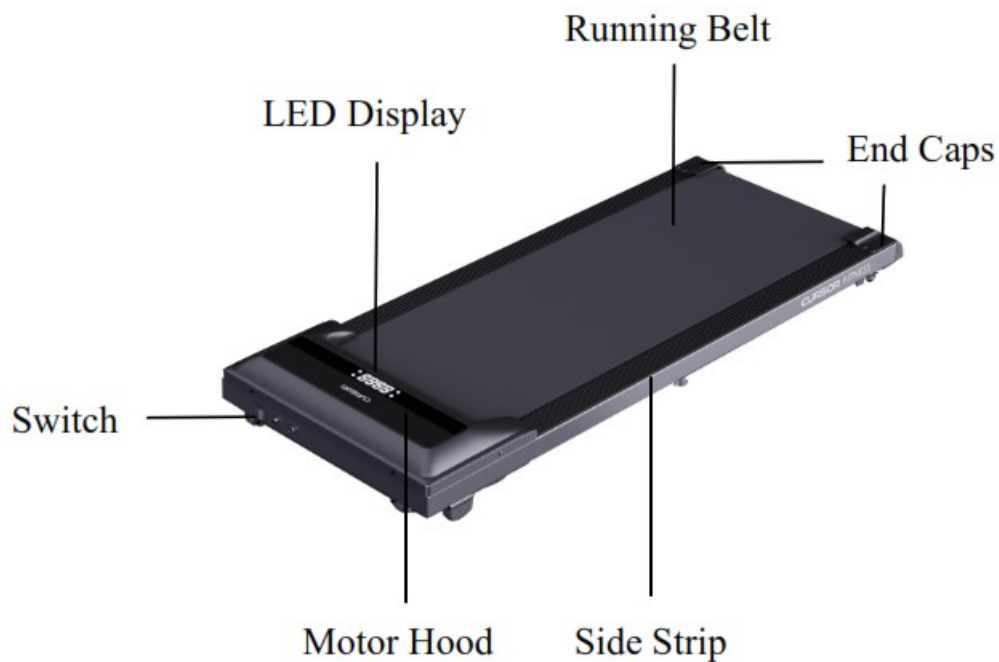
preserving the environment, this product must be recycled according to the applicable law of your country.

Please contact your town council to know more about this procedure.

19. Should you need technical assistance or advice with the installation of pieces, You can get in touch with us through 866-950-8629.

YOU MUST KEEP THE PURCHASE RECEIPT IN ORDER TO HAVE ACCESS TO THIS SERVICE KEEP THIS ADVICE FOR FUTURE REFERENCES

## Main Technical Features



Input Voltage	110V±10%
Frequency	60 HZ
Running Area	39.8" x 15.4"
Function	Remote control, Bluetooth, APP
Speed Range	0.6-3.9MPH
Max user weight	265 Lbs
Power	2.5 HP

## Assembly

Plug and Play, No assemble needed

No.	Fittings	Qty
1	Remote Control	1
2	Lubricant	1
3	Multi- wrench	1
4	5mm wrench	1
5	6mm wrench	1
6	CR2032 Lithium Battery	1



## Workout Guidelines



## Warming up

### **Beware:**

Before starting to use this or any exercise programs, consult your doctor. This is especially important for people older than 35 years old, or for people with health problems.

Program with warm-up workouts:

Warm-up: Start stretching and slightly activating the muscles between 5 and 10 minutes. The warm-up will increase your corporal temperature, your heart rate, and your blood flow, making you ready for the workouts.

- **WORKOUT FOCUSED ON THE TRAINING AREA:** Do some exercises during 20-30 minutes with your heart rate (don't maintain your heart rate for more than 20 minutes during the first weeks of the exercise program). Breathe constantly and deeply during the workout (never hold your breath).
- **COOL DOWN:** Finish with stretching exercises during 5-10 minutes. Stretching increases the flexibility of your muscles and helps you to avoid injuries after the workouts.

### **FREQUENCY OF THE WORKOUT:**

In order to be fit or improve your shape, complete three workout sessions each week, with a rest day between the workouts. After some months of regular training, you will be able of completing up to five workouts a week.

## **Treadmill Operation**

### **A brief introduction**

This electronic watch is easy to use and has few adjustment parameters The noun convention used in the specification:

Treadmill parameters: "Speed" values Motion parameters: "distance" value, "calorie" value, "time" value. Motion mode: wireless receiving control mode

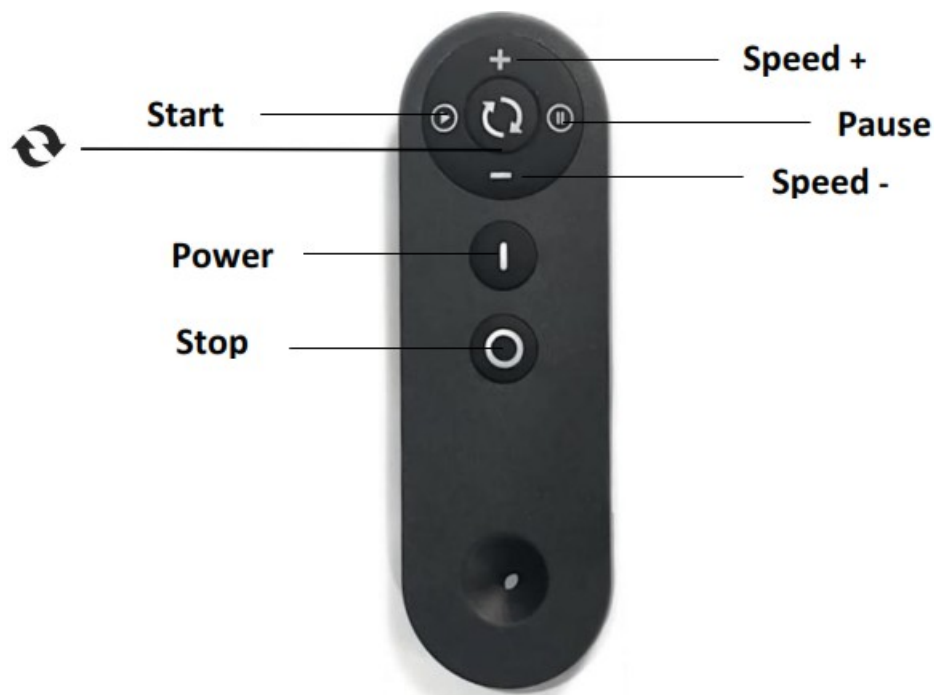
### **LED screen display description:**

1. Speed display: When this LED is on, the screen displays the current speed value.
2. Time display: When this LED is on, the screen shows the current time value.
3. Distance display: When this LED is on, the screen shows the current distance value.
4. Calorie display: When this LED is on, the screen shows the current calorie value of the exercise.

The above parameters are displayed at intervals of about 5 seconds.

This product is a wireless remote control, and the Settings are as follows:

1. Start button: Press the start button on the remote control and the treadmill belt begins to move.
2. Pause button: Press the pause button on the remote control to pause the treadmill belt's movement. The display window will show "PAU" and pause the current time, distance, calories, speed, etc. Press the start button on the remote control to continue the current status and resume exercising.
3. Speed +: Press the speed + button on the remote control to increase the exercise speed.
4. Speed -: Press the speed – button on the remote control to decrease the exercise speed.
5. P button: Press the P button on the remote control to switch the display window between exercise speed, time, distance, and calories.
6. Power button: Press the power button on the remote control to start exercising.
7. Stop button: Press the stop button on the remote control to stop exercising. Please note that if the movement time exceeds 99 min 59s, the system will stop automatically.



## Trouble Shooting

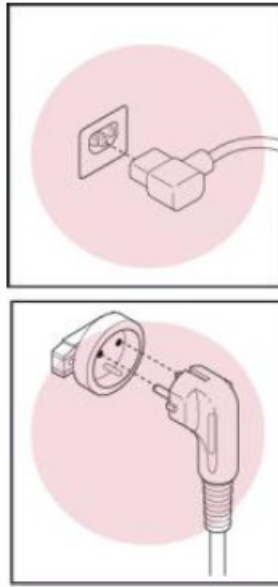
Error Code	Reason	Solution
E01	Communication error	Re-plug each plug of the signal line
		Replace the electronic meter
		Replace the driver
E02	Sensor detection error	Detect sensor route
		Change motor
		Change PCB
E03	Over current protection	Change PCB
E04	Sudden big current protect	Check the AC power supply voltage
		Change PCB
E05	Sudden low current protect	Check the AC power supply voltage
		Change PCB
E06	Overload error	Check running belt resistance
		Change motor
		Change PCB
E08	PCB overheat protection	Check running belt resistance
		Change PCB
E09	Motor testing error	Turn off and re-start machine Change motor
E11	Motor wire not well connected	Check motor wire
		Change PCB
		Change motor
E12	PCB error	Change PCB
E13	Computer error	Check connection wire
		Change PCB
		Change computer
E14	Phase failure error	Re-plug the phase wire into the drive
		Power off and on
		Replace the motor
E16	Drive failure	Replace the motor



## The Obvious Danger List

No.	Description	Associated
1.	Mechanical Hazards	
1.1	Crushing	Inclining
		Folding
1.2	Shearing	Inclining
		Folding
1.3	Drawing-in Or Trapping	Rear roller
		Drive system
1.4	Falling	Sudden starts/stops
		Excessive speed variation
		Support failure
1.5	Abrasion	Contact with moving running surface
1.6	Slippery Surface	Slipping and falling
1.7	Stored Energy	Folded treadmills falling down
		Springs or elastic devices prior to assembly
2.	Electrical Hazards	
2.1	Electrocution	Contact with live components
3.	Thermal Hazards	
3.1	Burns	Contact with hot surfaces
4.	Hazards generated by neglecting ergonomic principles in design process	
4.1	Ineffective ergonomics	Size or location of support surfaces
		Running surface dimensions
4.2	Human errors human behaviour	Reasonably foreseeable misuse
5.	Noise Hazards	
5.1	Disturbing acoustic communication	Moving treadmill motor and belt

## Maintenance



This product must be earthed. If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.

#### **DO NOT TANGLE THE POWER CORD**



#### **Regular maintenance of the treadmill**

- **STORAGE:** Keep your equipment in an enclosed place, away from dust or humidity. Don't store it either in a garage or in an indoor backyard, or near the water. Humidity, dust, and water could damage it and affect its functioning
- **ELECTRIC CABLE:** Make sure that the cable and plug are in perfect condition. Electric cables must be away from hot surfaces
- **SCREWS AND CONNECTING CABLES:** Supervise and tighten the screws on a regular basis, because due to the vibration the screws and nuts tend to loosen.

**Lubrication:** After running for a period of time, the treadmill must be configured with lubricants for lubrication.

**Schedule:**

< 3 hours/week	2 months
4 – 7 hours/week	1 month
> 8 hours/week	15 days

\*Do not lubricate more than what you need to. Remember: regular and reasonable lubrication is to improve the lifespan of your treadmill.



Whether it is necessary to lubricate, make sure the machine is switched off and unplug the electricity. Lift the running belt, and observe if there is any silicon remaining on the running board which is under the running belt. If it is dry, then you need to apply the lubricant.

a) The step to lubricate the running board is as follows: (see the above figure)

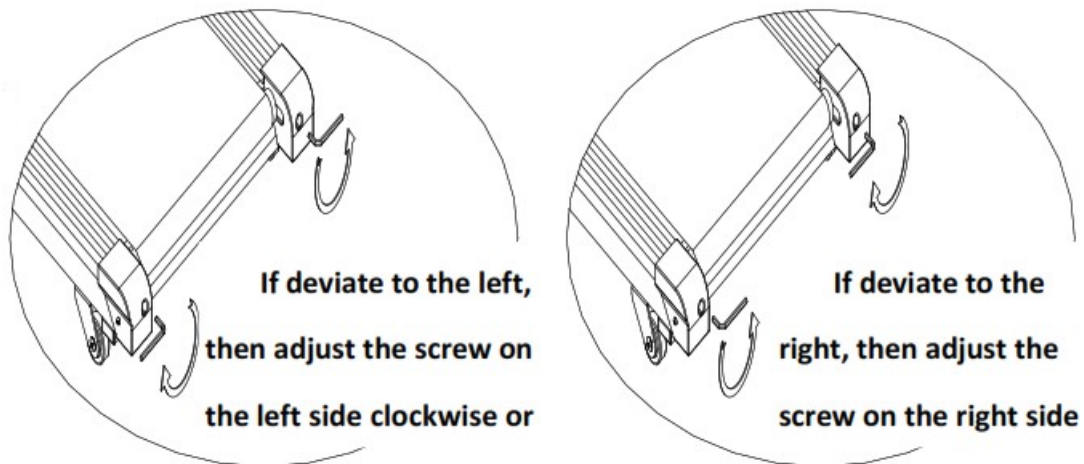
b) Stop the running belt.

c) Turn over the running belt. Insert the lubricant pot as deep as possible into the middle of the running belt. Apply the lubricant onto the inner side of the running belt. Lubricate both sides of the running belt. After the lubrication is completed, start the machine at 1km/h to let the running belt bring silicon all over the board.

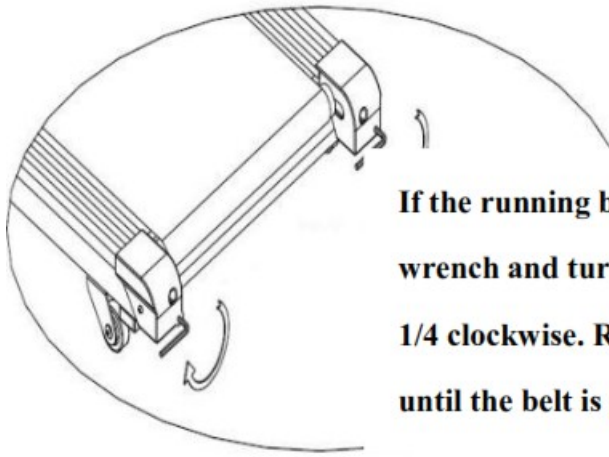
### Align and tighten the treadmill belt



- **ALIGN THE BELT:** Due to its use, the belt can move off-center. If the belt has moved to the left, start the treadmill and increase the speed to 3 MPH. Use the 5mm Wrench to turn the fixed left bolt clockwise or turn the fixed right bolt counterclockwise. Don't tighten the belt too much in order to be able to walk. Repeat this procedure until the belt is properly aligned.



- **TIGHTEN THE BELT:** (if the belt slips on the treadmill when walking). Start treadmill and increase the speed to 3 MPH. Using the 5mm wrench, turn both bolts 1/4 clockwise. If the belt is properly tight to walk, you must be able to pull up each side of the belt 5 or 7 cm off the platform. Be careful and maintain the belt aligned. Repeat this procedure until the belt is properly tightened.



**If the running belt slips, use a 6mm wrench and turn both sides of the bolts 1/4 clockwise. Repeat this procedure until the belt is properly tightened.**

#### • TIGHTEN THE DRIVE BELT:

If the drive belt becomes loose after using it for a period of time, you need to:

- (1) Open the motor cover.
  - (2) Use the 5mm wrench to turn the adjusting bolt clockwise.
- Repeat this procedure until the drive belt is not slippery anymore.

- **CLEANING:** Don't use abrasive products, a damp cloth is enough.
- **LEVELING:** If your unit is provided with leveling wheels, please adjust them in order to avoid vibrations and therefore malfunctions.
- **KEEP THESE MAINTENANCE ADVISES FOR FUTURE REFERENCES**

## CURSOR CARE



This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

#### Contact Cursor 7/24 response

- ✓ 7\*24 online California-based customer service team to solve after-sales problems without obstacles
- ✓ Return Policy: 30-Day Hassle-Free Return and Exchange
- ✓ Customer Service: California-Based Service Team Providing personalized solutions to ensure 100% customer satisfaction
- ✓ Exclusive Maintenance Service: We honor our commitment to quality and durability by offering free maintenance tools for orders within 6 months, including lubricants and remote control

Contact Number 866-950-8629


CursorCare Team E-Mail [cursorcare@outlook.com](mailto:cursorcare@outlook.com)

You must preserve the original packaging with its protections, purchase receipt, manual and components during the guarantee period.

# CURSOR

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Documents / Resources

<div><div>CURSOR Fitness</div><div>C20 Treadmill</div><div>User's Manual</div><div></div></div>	<div><div><a href="#">CURSOR FITNESS C20 Under Desk Treadmill 2 in 1 Walking Pad</a> [pdf] User Manual</div><div>C20 Under Desk Treadmill 2 in 1 Walking Pad, C20, Under Desk Treadmill 2 in 1 Walking Pad, Treadmill 2 in 1 Walking Pad, 2 in 1 Walking Pad, Walking Pad</div></div>
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References

- [User Manual](#)