



SereneLife SLFTRD18 Smart Digital Folding Exercise Machine User Manual

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SereneLife SLFTRD18 Smart Digital Folding Exercise Machine



Instructions

MODE:

Press the MODE button to select different functions (time or distance) for setting exercise goals in manual program mode before training.

SPEED (SPEED UP):

Press the SPEED button to make upward adjustments for pre-setting target training time or distance in manual program mode before training. Press the SPEED button to make upward adjustments for pre-setting target training time in pre-set training program (P01-P12) mode before training.

Makes speed adjustments during all training periods on different training modes. The speed range is from 0.6 MPH to 6.0 MPH.

SPEED (SPEED DOWN):

Press the SPEED button to make backward adjustments for pre-setting target training time or distance in manual program mode before training. Press the SPEED button to make backward adjustments for pre-setting target training time in pre-set training program (P01-P12) mode before training.

Makes speed adjustments during all training periods on different training modes. The speed range is from 0.6 MPH to 6.0 MPH.

INSTANT SPEED (2 / 3 / 4 / 5):

Used to reach desired speed more quickly.

PULSE/cal:

During exercise mode, press the PULSE/cal button to switch display the pulse and calories values on the split window of PULSE/CAL..

DISPLAY FUNCTIONS:

TIME:

Displays your elapsed workout time in minutes and seconds. Press the START button on the computer to begin exercising, the LCD window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving. The running belt starts moving with an initial speed of 0.6 MPH. You may press the SPEED or SPEED button on the computer console or handlebar to increase or decrease the running speed during exercise. Time starts counting up from 0:00 to 99:00 per 1-second increment.

SPEED:

Displays the current speed from the minimum 0.6 MPH to the maximum 6.0 MPH. You may increase or decrease the speed by pressing the SPEED or SPEED button on the computer console or handlebar.

DIST. (DISTANCE):

Displays the accumulative distance travelled during workout. Press the START button on the computer to begin exercising, the LCD window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving. The running belt starts moving with an initial speed of 0.6 MPH. You may press the SPEED or SPEED button on the computer console or handlebar to increase or decrease the running speed during exercise. The distance starts counting up.

PULSE:

Displays your current heart rate in beats per minute (BPM). To activate, grip the hand pulse sensors during exercise and the pulse will display after 2-5 seconds. For a more accurate reading, grip pulse sensors with both hands.

CAL. (CALORIES):

Displays the total calories burned during your workout. Press the START button on the computer to begin exercising, the LCD window will countdown 3 seconds with the LCD showing "3-2-1" before the running belt starts moving. The running belt starts moving with an initial speed of 0.6 MPH. You may press the SPEED or SPEED button on the computer console or handlebar to increase or decrease the running speed during exercise. Calorie starts counting up. (This data is a rough guide for a comparison of different exercise sessions and should not be used in medical treatment).

TRAINING IN MANUAL PROGRAM MODE:

You may pre-set target TIME or DISTANCE in STOP mode before training. Only one of the functions can be pre-set. To set TIME press the MODE button on the computer console until you see the split window of TIME begin blinking. Press the SPEED or SPEED button on the computer console or handlebar to change the setting. Each increment is 1 minute. The pre-set target time range is from 5:00 to 99:00 minutes. Once you pre-set target time, press the START button on the computer to begin exercising. The running belt starts moving with an initial speed of 0.6 MPH. You may press the SPEED or SPEED button on the computer console or handlebar to increase or decrease the running speed during exercise. Time starts counting down from pre-set target time to 0:00 per 1 second backward. When the pre-set target time counts down to 0:00, the computer will beep to alert you and the treadmill will stop automatically.

To set DISTANCE press the MODE button on the computer console until you see the split window of DISTANCE begin blinking. Press the SPEED or SPEED button on the computer console to change the setting. The pre-set target distance range is from 0.50 to 65.00 miles, the default distance is 1 mile.

Once you pre-set target distance, press the START button on the computer to begin exercising. The running belt starts moving with an initial speed of 0.6 MPH. You may press the SPEED or SPEED button on the computer console or handlebar to increase or decrease the running speed during exercise. The distance starts counting down from pre-set target distance to 0.00. When the pre-set target distance counts down to 0.00, the computer will beep to alert you and the treadmill will stop automatically.

TRAINING IN PRE-SET PROGRAM MODE (P01-P12):

The computer offers 12 pre-set programs (P01-P12). You may select one of the pre-set training programs in STOP mode before training. Press the PROG (PROGRAM) button on the computer console to select one of the training programs. The split window of TIME begins blinking. You may press the SPEED or SPEED button on the computer console or handlebar to change the setting. Each increment is 1 minute. The pre-set target time range is from 5:00 to 99:00 minutes. Once you pre-set the target time, press the START button on the computer to begin exercising. The running speed will change automatically during the workout (as shown below). The program is split evenly into 20 intervals. You may press the SPEED or SPEED button on the computer console or handlebar to increase or decrease the running speed during exercise. When the pre-set training program time counts down to 0:00, the computer will beep to alert you and the treadmill will stop automatically.

Program	Speed (MPH)																			
P1	1.5	2.0	2.0	2.5	3.0	2.0	2.5	3.0	3.0	2.0	2.5	3.0	2.5	2.5	2.5	1.5	2.0	2.0	3.0	2.0
P2	1.5	2.5	2.5	3.0	3.5	2.5	3.5	3.5	3.5	2.5	3.0	3.5	2.5	2.5	2.5	1.5	1.5	3.0	2.5	1.5
P3	1.5	2.5	2.5	3.5	3.5	2.5	4.0	4.0	4.0	2.5	4.0	4.0	2.5	2.5	2.5	1.5	2.5	3.0	2.0	1.5
P4	2.0	3.0	3.0	3.5	4.0	4.0	3.0	4.0	4.0	5.0	5.0	3.0	5.0	3.0	3.0	3.5	3.5	2.5	2.5	2.0
P5	1.5	2.5	2.5	3.0	3.5	4.0	4.0	3.0	3.5	4.0	5.0	5.0	3.0	2.5	2.5	3.5	3.0	3.0	2.5	1.5
P6	1.5	2.5	2.0	2.5	3.0	2.5	5.0	4.0	3.0	4.0	5.0	2.0	3.5	2.5	2.5	1.5	3.0	2.5	2.0	1.5
P7	1.5	2.0	2.0	2.0	2.5	3.0	2.0	2.5	3.0	2.0	2.5	3.0	2.0	2.0	2.0	3.5	3.5	3.0	2.0	2.0
P8	1.5	2.0	2.0	3.5	4.0	4.0	2.5	3.5	4.0	2.5	2.5	2.5	3.5	4.0	2.5	2.5	2.5	1.5	2.0	1.5
P9	1.5	2.5	2.5	4.0	4.0	2.5	4.0	5.0	2.5	5.0	5.5	5.5	2.5	2.5	2.5	3.0	3.5	2.0	2.0	1.5
P10	1.5	2.5	3.0	3.5	4.0	3.0	2.5	3.5	5.0	5.0	3.5	3.5	3.0	2.5	2.5	1.5	2.5	2.5	2.0	2.0
P11	2.0	2.5	3.0	5.5	3.0	5.5	3.0	3.0	3.0	5.5	5.5	3.0	3.0	3.0	5.5	5.5	5.0	4.0	3.5	2.0
P12	1.5	3.0	5.0	6.0	4.0	4.0	6.0	6.0	4.0	4.0	6.0	6.0	3.5	3.5	5.5	5.5	3.0	3.0	2.5	2.0

CARE, MAINTENANCE & TROUBLESHOOTING GUIDE

WARNING: To prevent electrical shock, please turn off and unplug the treadmill before cleaning or performing routine maintenance.

WARNING: Always check the wear and tear components like spring knob and running belt to prevent injury.

CLEANING

After each exercise, ensure that the unit is wiped down and any sweat is removed from the unit.

The treadmill can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents. Be careful not to get excessive moisture on the display panel as this might damage the unit and create an electrical hazard. Please keep the treadmill, especially the computer console, out of direct sunlight to prevent damage to the screen.

STORAGE

Store the treadmill in a clean and dry indoor environment. Never leave or use the unit outdoors. Ensure the master power switch is off and the power cord is un-plugged from wall outlet.

TROUBLESHOOTING GUIDE

Problem	Potential Causes	Corrections
Treadmill will not start.	<ol style="list-style-type: none">1. Treadmill not plugged in.2. Safety Tether Key is not correctly installed.3. Circuit breaker in the house has been tripped.4. Treadmill circuit breaker has been tripped.	<ol style="list-style-type: none">1. Plug the power cord into a wall outlet.2. Reinstall the Safety Tether Key.3. Reset the circuit breaker, or call an electrician to replace the circuit breaker.4. Wait 5 minutes and then try to restart the treadmill.
Belt slips.	Belt not tight enough.	Adjust belt tension.
Belt hesitates when stepped on.	<ol style="list-style-type: none">1. Not enough lubrication applied onto the running deck.2. Belt is too tight.	<ol style="list-style-type: none">1. Apply lubricant.2. Adjust belt tension.
Belt is not centred.	Running belt tension not even across the rear roller.	Center the belt.

LUBRICATION

Lubricating under the running belt will ensure superior performance and extend its life expectancy. After the first 25 hours of use (or 2-3 months) apply some lubricant, and repeat for every following 50 hours of use (or 5-8 months).

How to check running belt for proper lubrication

Lift one side of the running belt and feel the top surface of the running deck.

If the surface is slick to the touch, then no further lubrication is required. If the surface is dry to the touch, apply some lubricant.

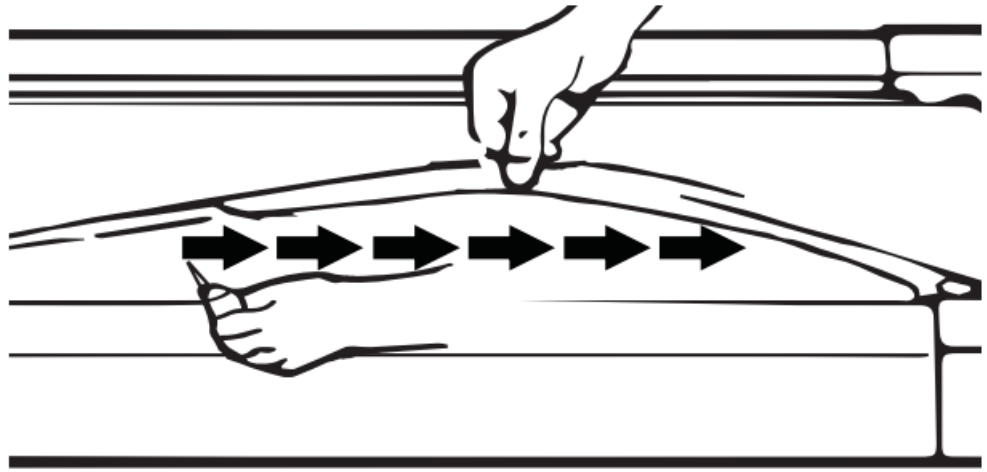
How to apply lubricant

Lift one side of running belt. Pour some lubricant under the centre of the running belt on the top surface of the running deck. Run on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

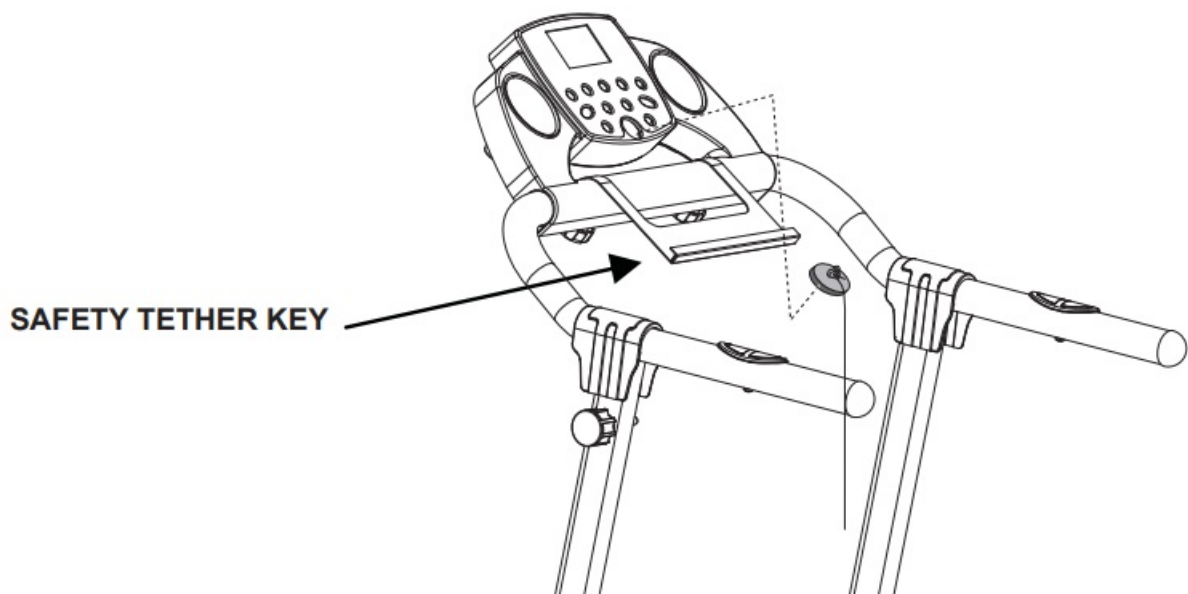
NOTE: DO NOT overlubricate running deck. Any excess lubricant that comes out should be wiped off.



Lubricant
1 PC



EMERGENCY STOP

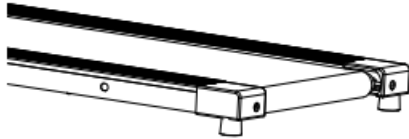


Before beginning a workout session ensure that the Safety Tether Key is properly placed onto the Computer Console and the Safety Clip is securely attached to an article of your clothing. If you fall the clip will pull out the SAFETY TETHER KEY from the Computer Console and the running belt will stop immediately for emergency stop, helping to prevent injury.

Replaced the Safety Tether Key onto the Computer Console. Press the START button to begin exercise again.

BELT ADJUSTMENT

The running belt is pre-adjusted to the running deck at the factory, but after prolonged use it can stretch and require readjustment. To adjust the belt, turn on the main power switch of the treadmill and let the belt run at a speed of 8-10 KPH. Use the Allen Wrench provided to turn the rear roller adjustment bolts in order to centre the belt. If the running belt is shifting to the left, turn the left adjustment bolt 1/4 turn clockwise, and the running belt should start to correct itself.

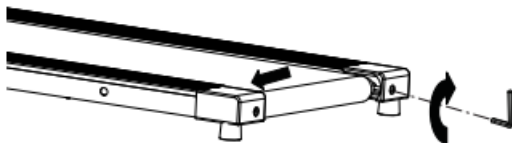


Tool:



Allen Wrench

If the running belt is shifting to the right, then turn the right adjustment bolt 1/4 turn clockwise, and the belt should start to correct itself. Keep turning the adjustment bolts until the running belt is properly centered.

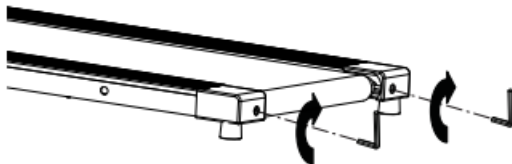


Tool:



Allen Wrench

If the running belt is slipping during use, turn off and unplug the treadmill. Using the Allen Wrench provided, turn both left and right rear roller adjustment bolts 1/4 turn clockwise, then turn the main power switch back on and run the treadmill at a speed of 8-10 KPH. Run on to the running belt to determine if the belt is still slipping. Repeat this procedure until the belt no longer slips.



Tool:



Allen Wrench

COMPATIBLE FITNESS APPLICATIONS



iPhone Android

Fitshow

Android:

Download your favorite application from the Google PlayStore.

iPad/iPhone:

Download your favorite application from the AppStore.

Check if your mobile device confirms the requirements for the application.

The requirements of each application are shown in the Google PlayStore or AppStore.

How to use:

Turn on the Bluetooth function of your mobile device. Open the application on your device. Click on in the main menu on the button "Indoor" to search for available devices.



Choose the shown device from the list to pair it.

Once the device is paired you can start using the application in different categories:

- Quick Run
- Map Mode
- Target Mode

Please understand that we are not able to offer you a complete operation guide of the application inside this manual, as the app will be updated from time to time.

This process can make changes to the operation or the design of the application. Please refer to the instructions inside the specific app download store or contact us.

SLFTRD18

Track Base Smart Digital Treadmill with Downloadable App

Features:

- Smart Digital Treadmill Design
- Get Connected with the 'FitShow' App
- Pairs to Your Device via Bluetooth Connectivity
- Running & Training Data Statistics Readout
- Built-in Hand Grip Sensors for Pulse Monitoring
- Digital LCD Display Screen with Touch Button Controls
- Displays Run Time, Distance, Speed, Calories Burned, Heart Rate
- Adjustable Speed Settings
- Selectable Preset Training Modes
- Simple Electric Motorized Plug-in Design
- Convenient Folding Style for Easy Setup & Storage
- Used for Walking, Jogging, Running Exercise Training
- Perfect for Weight Loss, Cardiovascular Fitness, Endurance & Stamina Building
- Integrated Safety Key, Emergency Power Off
- Removable Book / Tablet Device Holder

The 'Fitshow' App

- Train Smarter and Connect via Your Favorite Device
- Works with Smartphones, Tablets, Laptops, etc.
- Free to Download via Your Smartphone
- Multifunctional Sports App
- Connect to the Treadmill via Bluetooth
- App Provides Access to Exercise Activities
- Linked to 'HealthKit' to Record and Collect Activity Data
- Easily Share Health and Fitness Data via Social Media
- Available for iOS and Android

Bluetooth Connectivity:

- Hassle-Free Pairing, No Password Required
- Compatible with All of Today's Latest Bluetooth Devices
- (Smartphones, Tablets, Laptops, Computers, etc.)
- Bluetooth Version: 4.0 BLE

Technical Specs

- Motorized Treadmill Motor Power: 1.0HP
- Running Belt / Running Surface Size (L x w): 39.3" x 13.4" -inches
- Motor Power: 1.0 HP
- Adjustable Speed: 0.6 – 6.0 mph
- Maximum Weight Support: Up to 265 lbs.
- *Some Assembly Required
- Power Supply: 100-120V
- Total Folded Dimensions (L x W x H): 49.6" x 24.0" x 51.2" -inches
- Total Open Dimensions (L x W x H): 27.5" x 24.0" x 51.2" -inches
- Sold as: Unit

FCC Statement

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference. and
2. this device must accept any interference received, including interference that may cause. undesired operation.

This equipment have have been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates. uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions. may cause harmful interference to radio communications. However, there is no guarantee that interference with not occur in a particular installation. This equipment does- cause harmful interference to radio or television reception. which can be determined by turning the equipment off and on. the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.

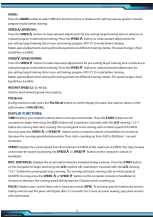
- Increase the separation between The equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio TV technician for help.

Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user’s authority to operate the equipment

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be located or operating in conjunction with any other antenna or transmitter.

This equipment should be installed and operated with a minimum distance of 20cm between the radiator & your body.

Documents / Resources

	<p>SereneLife SLFTRD18 Smart Digital Folding Exercise Machine [pdf] User Manual SLFTRD18, 2A5Z2-SLFTRD18, 2A5Z2SLFTRD18, SLFTRD18 Smart Digital Folding Exercise Machine, Smart Digital Folding Exercise Machine</p>
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References

- [P Pyle USA Electronics | Home Audio | Car Audio & More](#)