



SereneLife SLFTRD18 Track Base Smart Digital Treadmill with Downloadable App User Manual

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SereneLife SLFTRD18 Track Base Smart Digital Treadmill with Downloadable App



IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo and are subject to change without prior notice.

IMPORTANT SAFETY INSTRUCTIONS

Basic precautions, including the following important safety instructions should always be followed when using this treadmill. Read all instructions before using this treadmill.

DANGER: To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using and before cleaning, assembling, or servicing the treadmill. Failure to follow these instructions may lead to personal injury and cause damage to the treadmill.

WARNING: To reduce the risk of burns, fire, electric shock or injury to any persons, please read the following:

- Never leave the treadmill unattended while plugged in. Disconnect by turning off the master power switch and unplugging from wall outlet when not in use and before putting on or taking off parts.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this treadmill if it has a damaged cord or plug, or if it is not working properly. If it has been dropped or damaged, or been exposed to water, return the appliance to a service center for examination and repair.
- Do not attempt any maintenance or adjustments other than those described in this manual.
Should any problems arise, discontinue use and consult an Authorised Service Representative.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and other obstructions.

- Do not use the treadmill outdoors.
- Do not pull the treadmill by its power cord or use the cord as a handle.
- Keep children and pets away from the equipment while in use.
- Elderly or disabled users should only use this treadmill in the presence of an adult who can provide assistance if required.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Keep dry – do not operate in a wet or moist condition.
- The motor cover can become hot while the treadmill is in use. Do not place the treadmill on a blanket or other flammable surface as this can create a fire hazard.
- Keep electrical cord away from heated surfaces.
- Keep the treadmill on a solid, level surface with a minimum safety area clearance of two meters around the treadmill. Be sure the area around the treadmill remains clear of any obstructions during use.
- This treadmill is for domestic household use only.
- Only one person should use the treadmill at a time.
- Wear comfortable and suitable clothing when using the treadmill. Do not use the treadmill barefoot or in socks. Always wear appropriate, enclosed athletic footwear. Never wear loose or baggy clothing as it can become caught on the treadmill and create an entrapment hazard.
- Always hold on to the handrails while using the treadmill.
- Always make sure the spring knob and round knob are in place when folding and moving the treadmill.
- Do not leave children who are under 12 years-old unsupervised near or on the treadmill.
- To disconnect, turn all controls to the off position, then remove plug from the wall outlet.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should not be allowed to play on or near the treadmill at any time.
- **CAUTION – RISK OF INJURY TO PERSONS** – To avoid injury, use extreme caution when stepping onto or off of a moving treadmill belt. Carefully read this instruction manual before use.
- The maximum Weight Capacity is 120 kgs.
- Pull out the Safety Tether Key for an emergency stop.
- This unit must be plugged into a nominal 110 volt 60 Hz outlet that has been grounded.
- Keep hands clear of all moving parts. Never place hands or feet under the treadmill while in use.
- Do not use the treadmill on a carpet that is greater than 1.3 cm in height.
- Before using the treadmill, check that the belt is aligned and centered on the running deck and all visible fasteners on the treadmill are sufficiently tightened and secure.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- Never operate this treadmill if it is in a folded position.
- Allow the running belt to fully stop and unplug the power cord from the wall outlet before folding up the treadmill.
- Always face towards the computer console and do not run backward on the running belt.

WARNING: Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

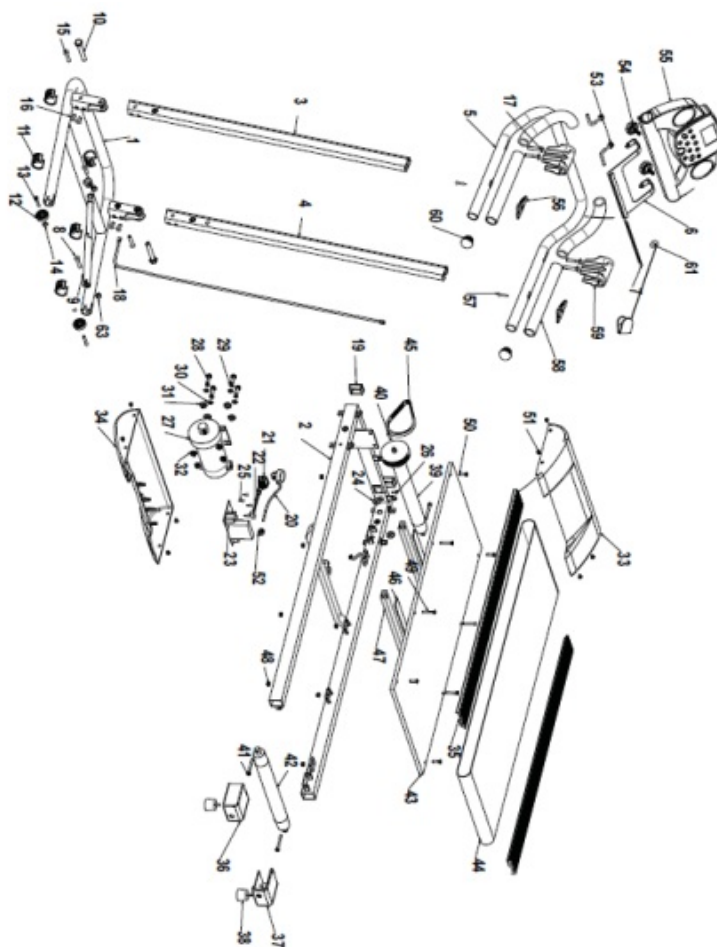
CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

PARTS LIST

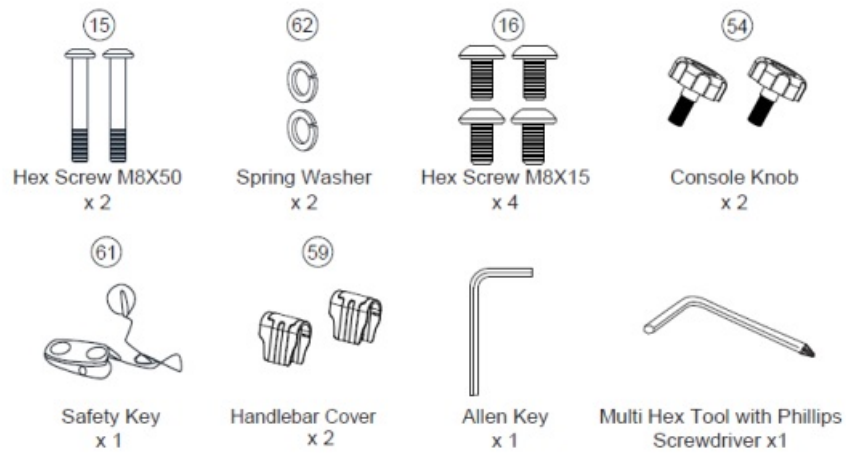
| Part No | Description | Qty | Part No | Description | Qty |
|---------|--------------------------|-----|---------|--------------------------|-----|
| 1 | Base Frame | 1 | 32 | Flange Nut M8 | 4 |
| 2 | Main Frame | 1 | 33 | Upper Motor Cover | 1 |
| 3 | Left Stand Tube | 1 | 34 | Lower Motor Cover | 1 |
| 4 | Right Stand Tube | 1 | 35 | Side Rail | 2 |
| 5 | Handlebar Tube | 1 | 36 | Left Rear Cover | 1 |
| 6 | Tablet Holder | 1 | 37 | Right Rear Cover | 1 |
| 7 | EVA Protection | 1 | 38 | Foot Pad | 2 |
| 8 | Hex Screw M8X35 | 2 | 39 | Front Roller | 1 |
| 9 | Gas Spring | 1 | 40 | Cross Screw M6X20 | 1 |
| 10 | Hex Screw M12X70 | 2 | 41 | Hex Socket Screws | 3 |
| 11 | Foot Pad | 5 | 42 | Back Roller | 1 |
| 12 | Transportation Wheel | 2 | 43 | Running Board | 1 |
| 13 | Head Hex Socket Screws | 2 | 44 | Running Belt | 1 |
| 14 | Locknut M6 | 2 | 45 | Driving Belt | 1 |
| 15 | Hex Screw M8X50 | 2 | 46 | Reinforced Tube | 2 |
| 16 | Hex Screw M8X15 | 4 | 47 | Reinforced Pad | 2 |
| 17 | Head Hex Socket Screws | 4 | 48 | Flange Nut M6 | 8 |
| 18 | Main Control Cable | 1 | 49 | Cross Screw M6X40 | 4 |
| 19 | End Cap 30X40 | 2 | 50 | Cross Screw M6X25 | 4 |
| 20 | Power Cord | 1 | 51 | Cross Screw M5X10 | 8 |
| 21 | Power Switch | 1 | 52 | Power Cord Grommet | 1 |
| 22 | Wire for Power Switch | 1 | 53 | Pulse Sensor Wire | 2 |
| 23 | Electric controller | 1 | 54 | Console Knob | 2 |
| 24 | Wire Grommet | 2 | 55 | Console | 1 |
| 25 | Head Self-drilling Screw | 4 | 56 | Pulse Sensor | 2 |
| 26 | Head Cross Screws | 1 | 57 | Self-drilling Screw 4X30 | 2 |

| | | | | | |
|----|--------------------|---|----|------------------------|---|
| 27 | Motor | 1 | 58 | Handlebar Foam Grip | 1 |
| 28 | Hex ScrewM8X25 | 4 | 59 | Handlebar Cover | 2 |
| 29 | Spring Washer M8 | 4 | 60 | Tube Cap for Handlebar | 2 |
| 30 | Washer M8 | 4 | 61 | Safety Key | 1 |
| 31 | Foot Pad For Motor | 4 | 62 | Spring Washer | 2 |
| | | | 63 | Locknut | 2 |

EXPLODED VIEW

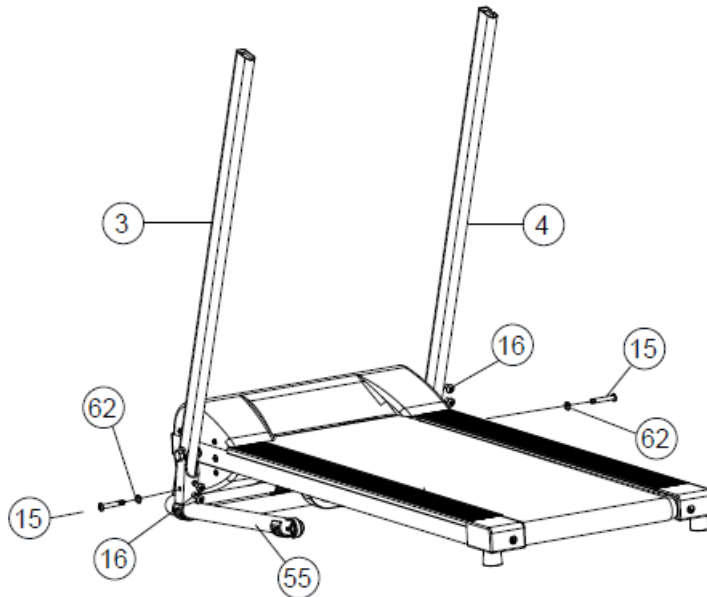


TOOL KIT



ASSEMBLY INSTRUCTIONS

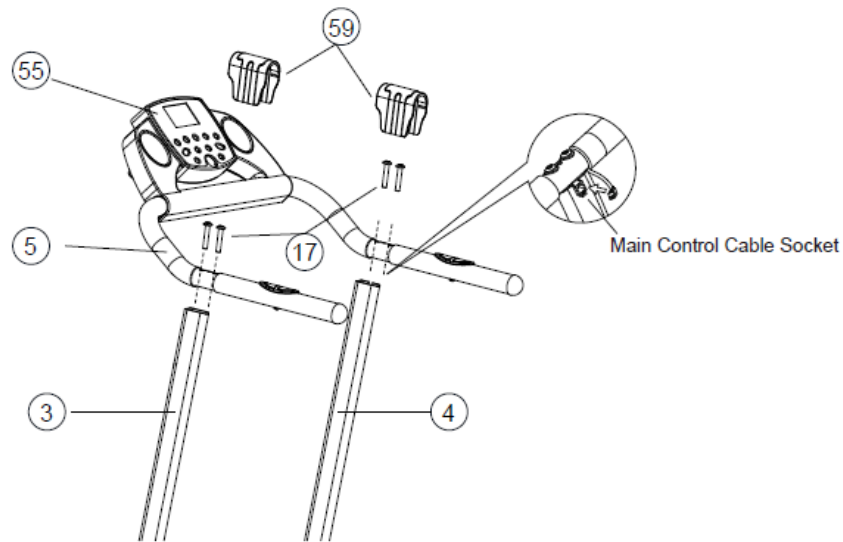
5 easy steps to assemble your treadmill then you're ready to workout.



Step 1

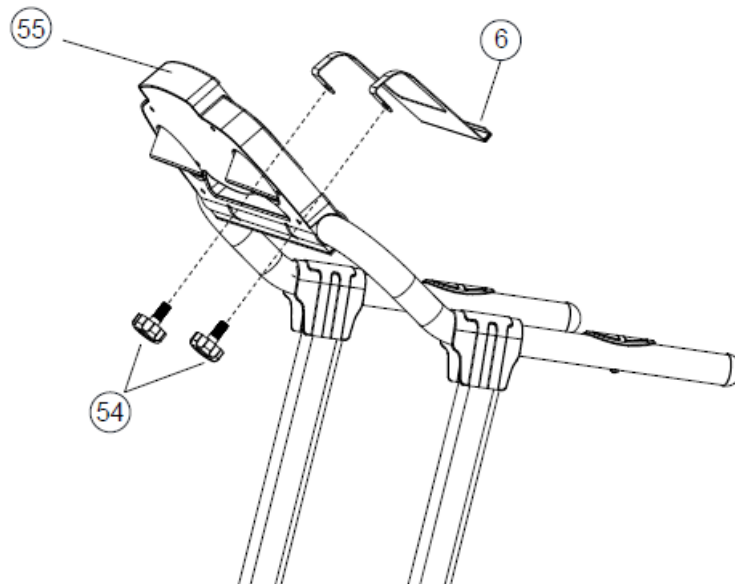
- A. Place the treadmill in the upright position on a level flat surface.
- B. Lift the Left Stand Tube (3) and Right Stand tube (4) up, insert the Hex Screw M8X50 (15) and Hex Screw M8X15 (16) into the holes on the Base Frame (1), tighten them by Allen Key.

EXPLODED VIEW



Step 2

- A. Remove the four Head Hex Socket Screws (17) in the end of the Left Stand Tube (3) and Right Stand Tube (4).
- B. Attach the Handlebar (5) onto both ends of the Stand Tube (3 and 4), tighten the screws with the Allen Key provided.
- C. Connect the wire that comes from the Computer Console (55) to the Main Control Cable Socket from the right handlebar support of the Right Stand Tube (4).
- D. Install both Handlebar Covers (59) onto the Handlebar (5).



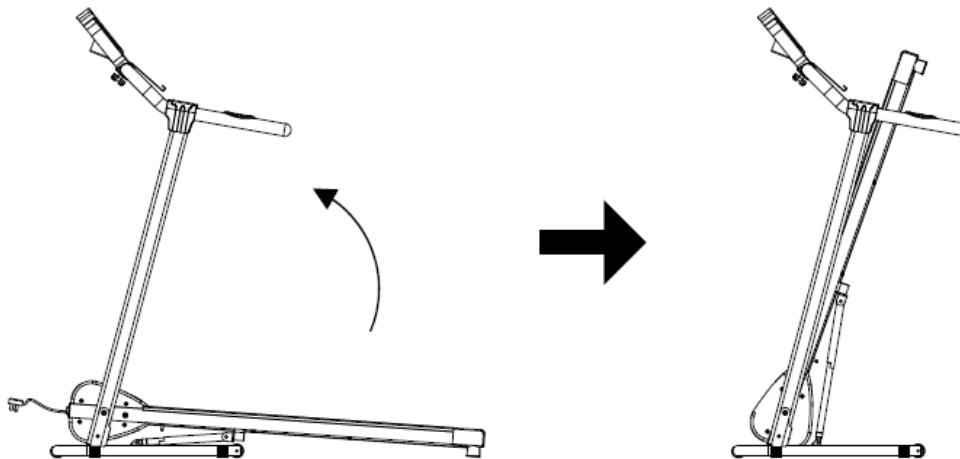
Step 3

- A. Turn the Computer Console (55) up or down to align the computer knob hole, and then place the Tablet Holder (6) onto the Computer Console (55) to align the hole.
- B. Lock the Computer Console (55) in place by tightening the Computer Knob (54).

FOLDING INSTRUCTIONS

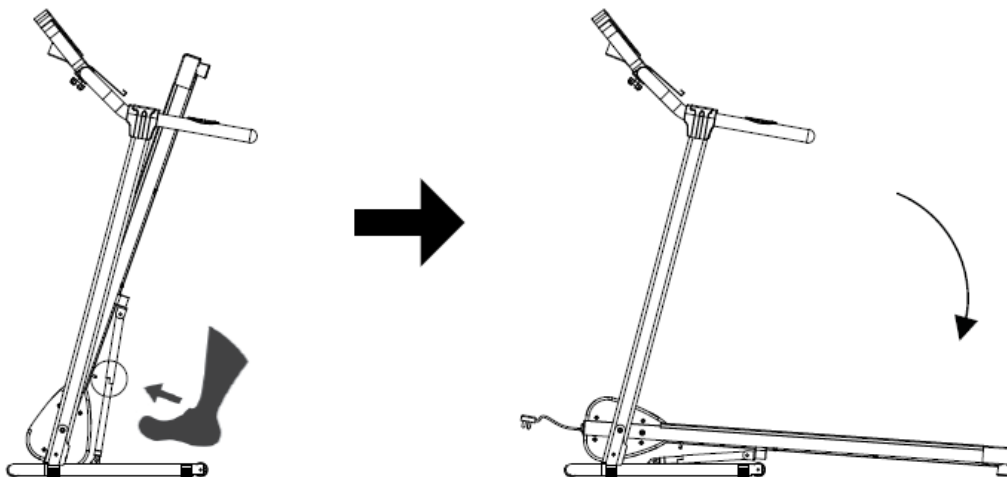
TO FOLD

Firmly grasp the rear end of the mainframe with both hands. Carefully lift the end of the mainframe up into the upright position until the Foot Lock Latch engages and securely locks the mainframe into position. Make sure the mainframe is securely latched before moving the treadmill. Store the treadmill in a clean and dry environment away from children.

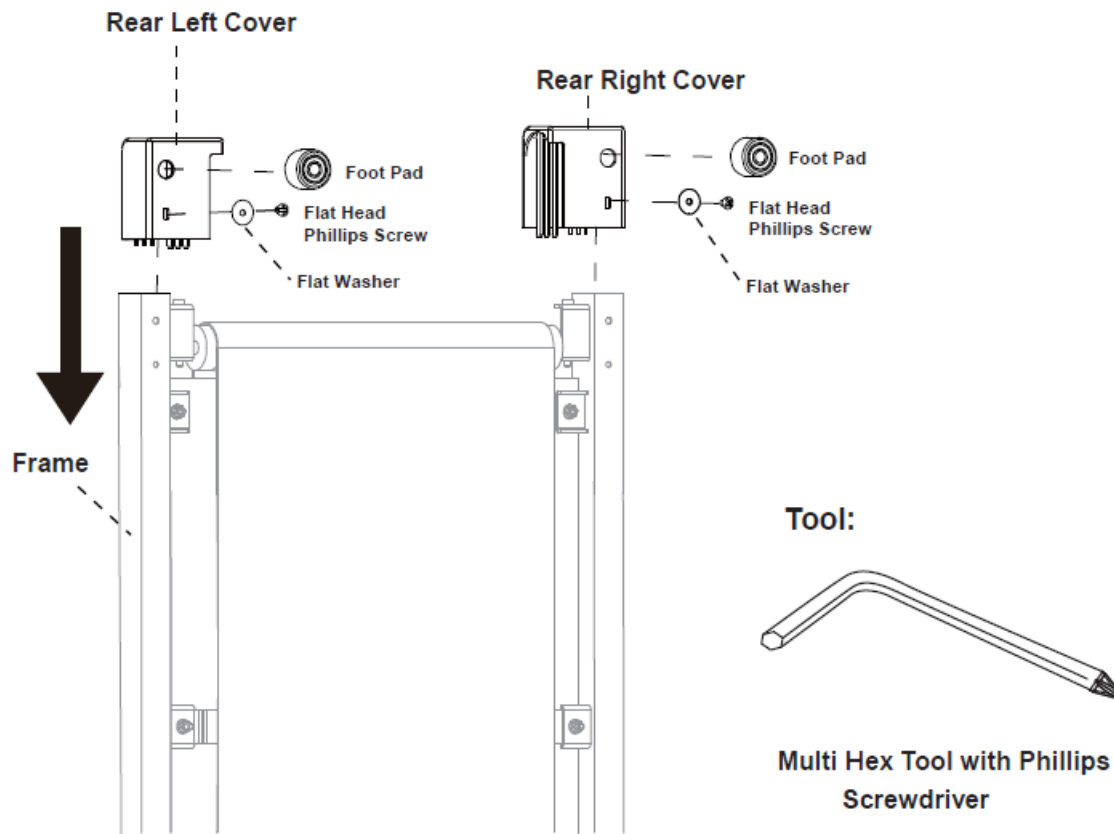


TO UNFOLD

To set down the treadmill, firmly grasp the back end of the treadmill with both hands. Gently kick on the Foot Lock Latch with your foot until the lock latch disengages. Carefully lower the mainframe to the ground.

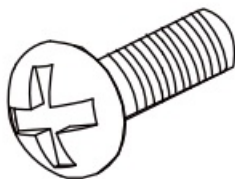


ASSEMBLY



- A . Remove one Foot Pad, Flat Head Phillips Screw, and Flat Washer from both sides of the Frame, Attach the Rear Left Cover onto the left side of the Frame. Align the holes and secure the Rear Left Cover using the Foot Pad, Flat Head Phillips Screw, and Flat Washer, that were previously removed by Multi Hex Tool with Phillips Screwdriver.
- B. Align the holes and secure the Rear Right Cover using the Foot Pad, Flat Head Phillips Screw, and Flat Washer that were previously removed by Multi Hex Tool with Phillips Screw-driver.

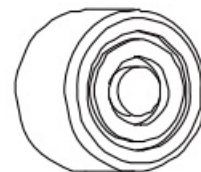
Free -Installed Hardware:



**Flat Head Phillips
Screw 2 PCS**



**Flat Washer
2PCS**



**Foot Pad
2PCS**

OPERATING THE COMPUTER



Flip the Master Power Switch that is located at the front of the treadmill to the ON position.

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.

NOTE: Always stand on the side rails when you start the treadmill, never start the treadmill while you are standing on the running belt.

QUICK START:

Press the START button on the computer to start exercise, 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. Always allow the treadmill to reach a speed of 0.6 MPH before stepping on to the running belt. You may press the SPEED or SPEED button on the computer console or handlebar to increase or decrease the running speed during exercise. The split window of SPEED will display your current running speed. The speed range is from a minimum 0.6 MPH to a maximum 6 MPH. You may also press one of the INSTANT SPEED buttons (2 / 3 / 4 / 5) on the computer console and the split window of SPEED will display the speed that you have pressed and the running speed will change to 2 MPH, 3 MPH, 4 MPH, or 5 MPH respectively. The split window of TIME will display your elapsed workout time in minutes and seconds. The split window of DIST. (DISTANCE) will display the accumulative distance traveled during a workout. The split window of CAL. (CALORIES) will display the total accumulated calories burned during a workout. The split window of PULSE will display your current heart rate in beats per minute (BPM).

To activate, grip the hand pulse sensors on both handlebars during exercise and the pulse will display after 4-5 seconds. For a more accurate reading, grip pulse sensors with both hands. During training, you may press the STOP button on the computer console to stop the treadmill from running at any time, or pull out the safety tether key to stop the treadmill from running.

FUNCTION BUTTONS:

START:

Press the START button to start training on different training modes.

STOP:

Press the STOP button to stop training in different training modes.

PROG (PROGRAM):

Press the PROG button to select the pre-set training program (P01-P12) mode before training.

Documents / Resources



[SereneLife SLFTRD18 Track Base Smart Digital Treadmill with Downloadable App](#) [pdf] User Manual
SLFTRD18, 2A5Z2-SLFTRD18, 2A5Z2SLFTRD18, SLFTRD18 Track Base Smart Digital Treadmill with Downloadable App, Track Base Smart Digital Treadmill with Downloadable App

References

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