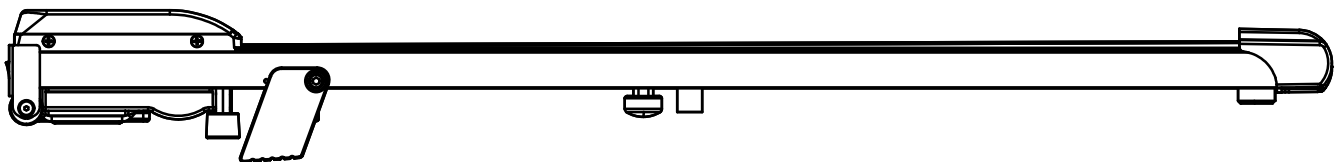


***THE*RUN**

TREADMILL FITNESS GUIDE

W1 PACE



USER MANUAL

Please read this User Manual carefully before using this product. SAVE THESE INSTRUCTIONS

If any problems, please contact our After-sales E-mail: **customerservice@therun.info**

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1. Running Basics

1.1 How Much Should You Run Each Week?

The U.S. Department of Health and Human Services recommends adults to get at least 150 minutes of moderate-intensity exercise (e.g., brisk walking) or 75 minutes of vigorous-intensity exercise (e.g., running) weekly for optimal health benefits.

For treadmill runners:

Beginners: Start with 20–30 minutes, 3x/week (e.g., brisk walking or light jogging).

Intermediate: Gradually increase to 45–60 minutes, 4–5x/week.

Advanced: Maintain 60+ minutes, 5–6x/week with interval training.

1.2 Heart Rate Zones & Calculation

Calculate your max heart rate (MHR) using the Karvonen Formula: $MHR = 220 - \text{Age}$

*Target Heart Rate (THR) = $[(MHR - \text{Resting Heart Rate}) \times \text{Intensity}] + \text{Resting Heart Rate}$ *

Example: A 30-year-old with a resting HR of 60 bpm training at 70% intensity:

$MHR = 220 - 30 = 190 \text{ bpm}$

$THR = [(190 - 60) \times 0.7] + 60 = 151 \text{ bpm}$

Heart Rate Training Zones:

Zone	Intensity (% Max HR)	Primary Purpose
Zone 1	59–74%	Active recovery & light warm-ups
Zone 2	74–84%	Base building, steady-state fat burn
Zone 3	84–88%	Tempo runs to boost lactate threshold
Zone 4	88–95%	High-intensity interval training (HIIT)
Zone 5	95–100%	All-out sprints & peak performance

Important Notice

Speed settings, incline levels, heart rate algorithms and training recommendations provided are for reference only. Adjust according to your physical condition. Discontinue use if experiencing discomfort and consult medical professionals.

1.3 Proper Running Form

1.3.1 Body Posture

Foot Placement: Keep toes pointed straight ahead and avoid inward or outward rotation.

Head Position: Hold head neutrally aligned with spine, eyes focused 20–30 feet ahead.

Lower Body: Maintain soft knees with slight flexion; never lock joints.



Arm Mechanics:

- I .Bend elbows at 90° like holding potato chips.
- II .Keep shoulders down/back and no hunching or shrugging.
- III.Swing arms front-to-back in tight pendulum motion.
- IV.Pro Tip: Imagine punching backward, not crossing your chest midline.

1.3.2 Cadence & Stride Length

Cadence, measured in steps per minute (spm), refers to the total number of steps you take while running in 60 seconds. Aim for 170–190 SPM help to reduce injury risk. To calculate it:

- First, count only your right foot strikes for one minute.
- Second, multiply that number by 2 (since each "step" includes both feet).

Example: If your right foot hits the ground 90 times in 60 seconds, your cadence is $90 \times 2 = 180$ spm.

Stride Length: Adjust based on speed. Shorten strides for uphill/slow runs; lengthen slightly for sprints.

Cadence Progression

Each runner initiates the stride reset by actively driving the foot upward toward the glutes.



Jogging Cadence:
170–190 steps
per minute (spm)



**Moderate-Paced
Running:**
≤240 spm



Sprint Cadence:
≤330 spm

Pace-Driven Adaptation

Increased running pace amplifies both pull-through range and velocity while maintaining cadence efficiency.



Don't push off the floor.

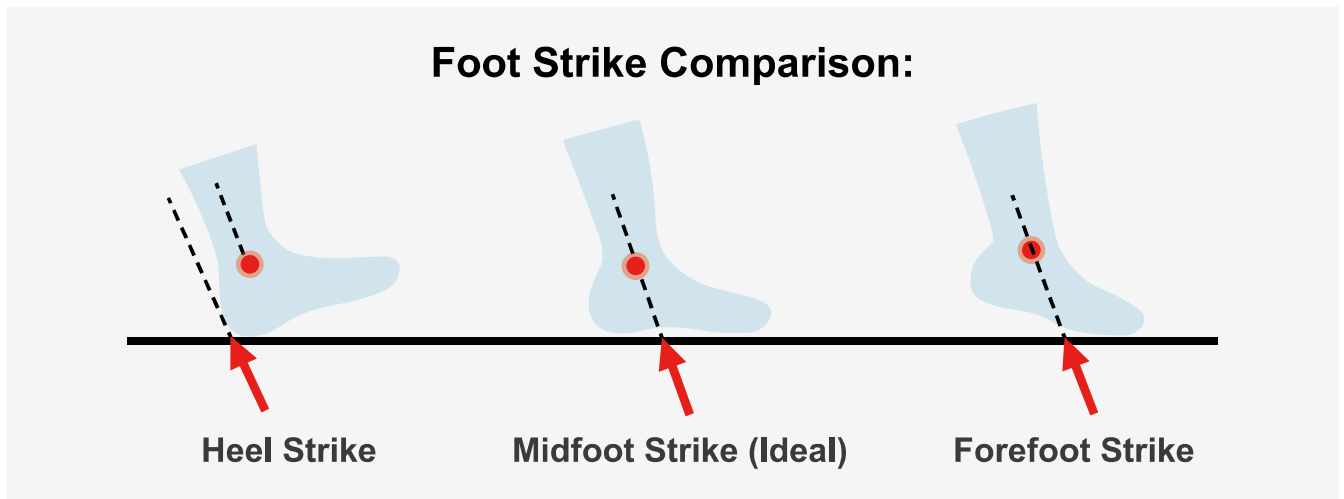
This can cause your hamstrings to tense up and not produce more drive.



Avoid excessive rear-leg calf activation.

Delayed quadriceps engagement beneath your center of mass restricts full hip/knee range of motion.

1.3.3 How to Land Safely to Avoid Injury?



Landing with your heel away from your center of gravity will subject your joints to bear 2-3 times your body weight, which is extremely vulnerable to injury.

Forefoot striking offers better shock absorption but demands greater calf and ankle strength. This places higher strain on muscles and soft tissues in the lower leg and foot, as they must tense to absorb ground forces. Over time, this can lead to fatigue, shin splints, achilles tendonitis, or plantar fasciitis.

The key to safe foot placement is landing close to your center of gravity (ideally under your hips). Overstriding (landing too far ahead of your body) forces the knees to straighten, amplifying vertical impact and requiring joints to rapidly absorb harsh ground forces—a recipe for injury.



1.3.4 Optimize Breathing for Performance

Proper breathing ensures oxygen delivery, prevents side stitches, and maximizes endurance. And Here's how to breathe smarter:

I . Boost Airflow

Breathe through your mouth and nose during runs. Mouth breathing reduces airway resistance, conserves energy, delays fatigue, and improves cooling. Winter tip: Slightly open your mouth to allow air to warm in your mouth before reaching your throat.

II . Manage Breathing Rate

Avoid overly slow or deep breaths that limit oxygen intake. Aim for fewer than 30 breaths per minute (one full breath every 2+ seconds).

III. Focus on Full Exhalations

Air is pushed into your lungs by pressure differences. Emptying your lungs more fully (strong exhales) creates greater pressure drop, allowing deeper inhales.

IV. Sync with Your Stride

Match breathing to your rhythm—try inhaling for 2 steps and exhaling for 2 steps or inhaling for 3 steps and exhaling for 3 steps. Experiment to find your ideal pattern.

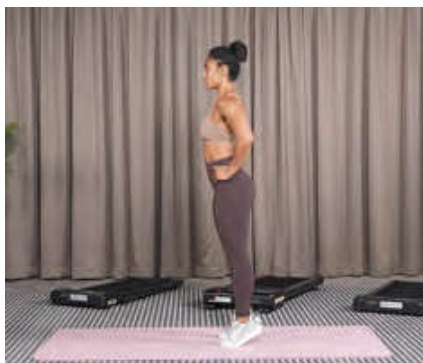
2. Warm Up

2.1 Pre-Run Activation Routine

Muscles power every movement during running and exercise, generating force while stabilizing joints. Properly activating muscles before running enhances performance, endurance, and injury prevention. Recommended warm-up sequence (20 seconds per exercise):



Ankle Rotations
(10 seconds per ankle)



Ankle Rocking
(front-to-back motion)



Side Lunges
(both sides)



Knee Hugs
(alternating legs)



Hip Circles
(dynamic rotation)



Jumping Jacks



Forward Arm Circles
(chest expansion)



Backward Arm Circles



Neck Rotations
(clockwise/counterclockwise)

2.2 5-Minute Treadmill Warm-Up Protocol

- I . Speed 1 mph • 1 minute
- II . Speed 1.5 mph • 1 minute
- III. Speed 2.5 mph • 1 minute
- IV. Speed 3 mph • 1 minute
- V . Speed 1.5 mph • 1 minute

(Note: mph = miles per hour. Adjust pacing based on fitness level.)

3. Fat Loss Guidelines

3.1 Fat Burning Heart Rate Zones:

Feel for yourself to keep the intensity of exercise at a “slightly out of breath but able to talk” state. The fat burning heart rate is recommended to be kept in zone 2 (intensity at 74%-84% MHR) as the optimal heart rate.

Example: A 30-year-old with a resting HR of 60 bpm training at 74% -84% intensity:

$MHR = 220 - 30 = 190$ bpm

$THR = [(190 - 60) \times 0.74] + 60 \approx 156$ bpm

$THR = [(190 - 60) \times 0.84] + 60 \approx 169$ bpm

The optimal fat burning heart rate for a 30 year old user is 156-169 beats per minute.

3.2 Fat Loss Program Recommendations

3.2.1 For Medium-sized Runners

- I . Speed 2MPH, 2 minute
 - II . Speed 3.8MPH, 2 minute
 - III. Repeat the above process X 5
 - IV. Cool down speed 1.5mph, 1 minute
- Frequency: 3-4 times a week



3.2.2 For Overweight Runners

- I . Speed 1.5 MPH, 2 minute
 - II . Speed 3MPH, 2min
 - III. Repeat the above process X 5
 - IV. Cool down speed 1mph, 1 minute
- Frequency: 3-4 times a week



4. Playing with the Treadmill

I . Walking, 1min

Stand centered on the belt with feet hip-width apart. Start the treadmill at 1.5-1.8 mph. Maintain upright posture, relaxed shoulders, and arms swinging naturally. Focus on heel-to-toe rolling motion.



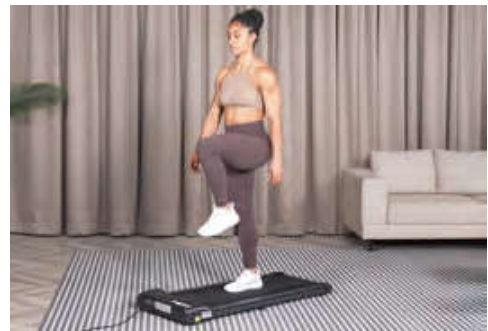
II . Model Walk at Moderate Pace, 1min

Keep the same speed. Engage core muscles and maintain runway-style posture: chin parallel to ground, shoulders back, purposeful arm swings (imagine you are waling a show). Land mid-foot with slightly elongated strides compared to casual walking.



III. High Knee Walk at Slow Pace

Keep speed at 1-1.5 mph. Stand tall with your shoulder width apart, raise one knee up to at least parallel to the ground while pumping the opposite arm and elbow forward, and then drive the opposite knee up with your opposite arm driving forward. Foucus on keeping your core tight to maintain your balance.



IV. Butt Kicks at Slow Pace, 1min

Maintain 1-1.5 mph speed. Flex knees to kick heels toward glutes with each step, keeping thighs vertical. Minimize forward lean; engage hamstrings consciously.



V. Crab Walk, 30S

Reduce speed to 0.8 mph. Assume athletic stance: Lower center of gravity, knees bent, hips back, hands on fists in front of your chest. Step laterally across resistance band, maintaining low squat position. Switch directions at 1 min.



5. Post-Run Recovery Stretches

Muscles rely on both contractility (shortening) and extensibility (lengthening) for optimal function. Running primarily trains shortening capacity. Post-run stretching restores elasticity, reduces stiffness, and safeguards against injury. Hold each stretch 30 seconds unless noted:



STANDING THIGH STRETCH
(per leg)



KNEELING HAMSTRING STRETCH
(per leg)



SEATED SPINE ROTATION STRETCH
(per side)



Forward Fold
(20 seconds, hamstrings/lower back)



Neck Side Stretch
(per side)

6. Warranty & After-sales Accessories

All treadmill purchases include a 1-year comprehensive warranty (effective from purchase date). Defective parts due to manufacturing issues will be fully covered during the warranty period. See warranty card for details.

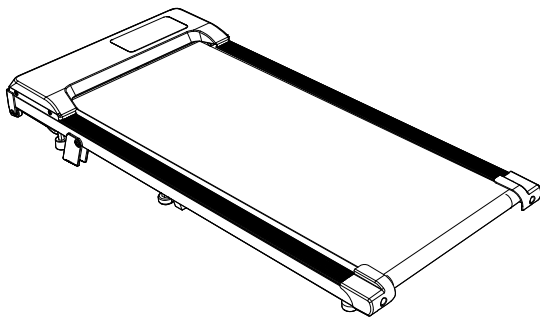
To reward guests who choose THERUN, we offer extra warranty and an exclusive accessory treadmill mat. Come and call our hotline 1-866-996-8040 and you will get:

1 year extended warranty (total 2 years coverage)

An exclusive accessory non-slip treadmill mat

Limit one per household.

7. Product Line Preview



THERUN W1 PACE



LED Screen



0.5-4.0 MPH



8% Incline



265 LBS

This ultra-slim walking pad operates at 0.5-4.0 MPH with incline mode - ideal for enhanced calorie burn, perfect for beginner runners and casual workouts.

Your Fitness Journey Grows With Us!


35.5" x 15"



THERUN W1 STARTER


39" x 15"



THERUN W1 MAX


0-6%



THERUN W1 BASIC


0-6% Auto



THERUN W1 PROS


0.6-6.2 MPH



THERUN X1 BASIC


0.6-6.2 MPH



THERUN X1 BASIC (ORANGE)


0-12% Auto



THERUN T12 STARTER


0-15% Auto



THERUN T15 BASIC


0-18% Auto



THERUN T18 PRO

Beginner:
3 Months

Advanced:
6 Months

Pro:
12 Months

Safety instruction

Thank you for purchasing our products. Correct use of the treadmill is important for your safety and convenience. Please read the following carefully before using the treadmill:

1. After confirming that the treadmill is installed in accordance with the installation instructions, the power can be turned on. Be careful not to block the plug on the wall when placing it, and reserve a space of 0.8 meters in front for easy insertion.
2. Reserve a safe space of 0.8 meters on both sides of the treadmill. and reserve a safe space of 2 meters (length)* 1 meter (width) behind the treadmill.
3. Plug the power cord into a power outlet with a safety ground. The power supply of the treadmill is dedicated. If the power cord is damaged, please buy it from the dealer and have it replaced by a professional.
4. The treadmill is for indoor use **ONLY**. Please do not use it outdoors. Please place on a flat, level and clean surface. Do not place it near water area or on a thick carpet, so as not to affect the heat dissipation. The treadmill is a special equipment, please do not modify it for other purposes.
5. Do not wear clothes that are too large or too loose when exercising, in order to prevent safety accidents caused by hanging on the treadmill. Rubber-soled running or gym shoes are recommended.
6. Do not take off the protective cover casually. If it needs to be opened for maintenance, please unplug the power cord first.
7. When the treadmill is in use, do not let children approach it to prevent danger.
8. If the treadmill suddenly accelerates or the treadmill increases automatically due to a problem with the display panel, please press the stop button on the remote, and the treadmill will stop immediately.
9. If the display panel fails to stop, please jump out of the walking area quickly, turn off the power in time, and notify the after-sales personnel.
10. When the treadmill is not in use, the power cord should be unplugged and put away.
11. Minors must be accompanied by an adult when using the treadmill.

For consumer use only.

To refer to the owner's manual for additional warning, and safety information. All warning and instruction be read and followed.

Not exceed the capacity of the unit.

Using the machine for support during stretching or allowing resistance, ropes or other means to be set up and on a solid level surface.

CAUTION – To Reduce The Risk Of Injury From Moving Parts -
Unplug Before Servicing.

WARNING – To Reduce the Risk of Electric Shock – Unplug Before
Cleaning or Servicing.

WARNING

DANGER – To reduce the risk of electric shock:

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

1. The Treadmill should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
3. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
4. Do not carry this appliance by supply cord or use cord as a handle.
5. Keep the cord away from heated surfaces.
6. To disconnect, turn all controls to the off position, then remove plug from outlet.
7. This appliance is not intended for use by persons 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. Keep children under the age of 13 away from this machine.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

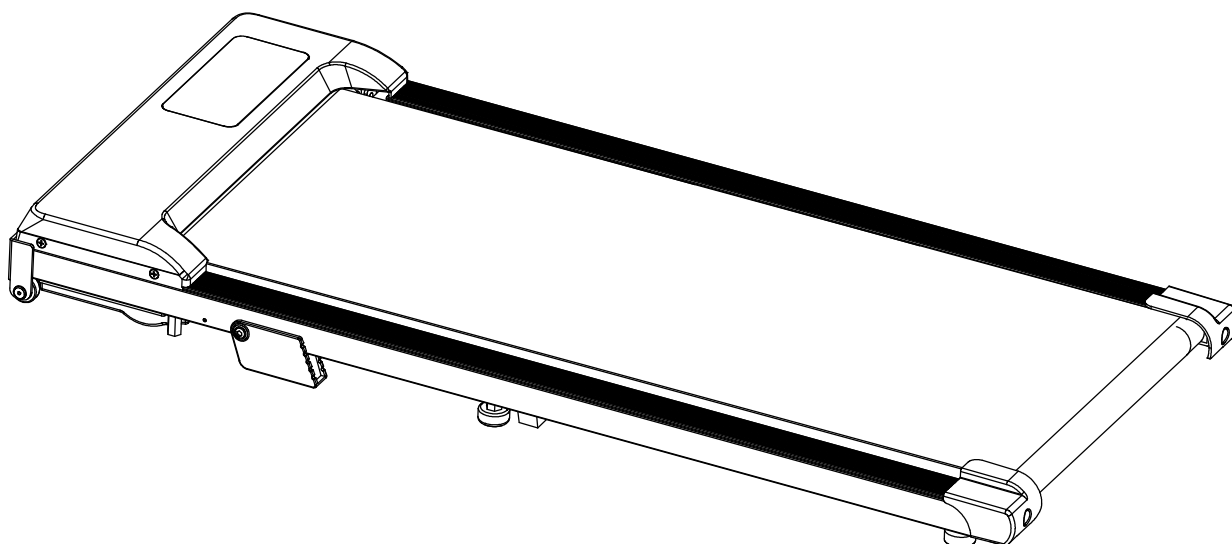
CAUTION – To Reduce The Risk Of Injury From Moving Parts - Unplug Before Servicing.

WARNING – To Reduce the Risk of Electric Shock – Unplug Before Cleaning or Servicing.

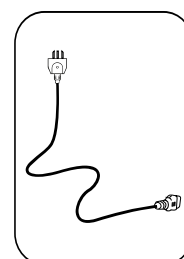
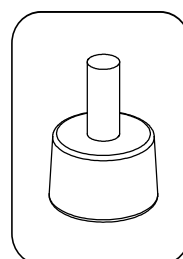
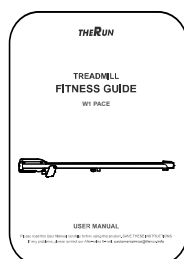
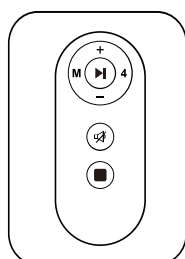
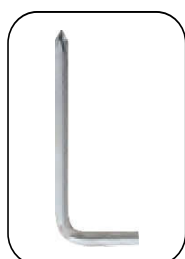
WARNING – Risk of personal injury – Keep children under the age of 13 away from machine.

CAUTION – Risk of Injury to Persons – To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.

Packing list



TREADMILL× 1



ALLEN WRENCH× 1 REMOTE CONTROL× 1 SILICONE OIL× 1

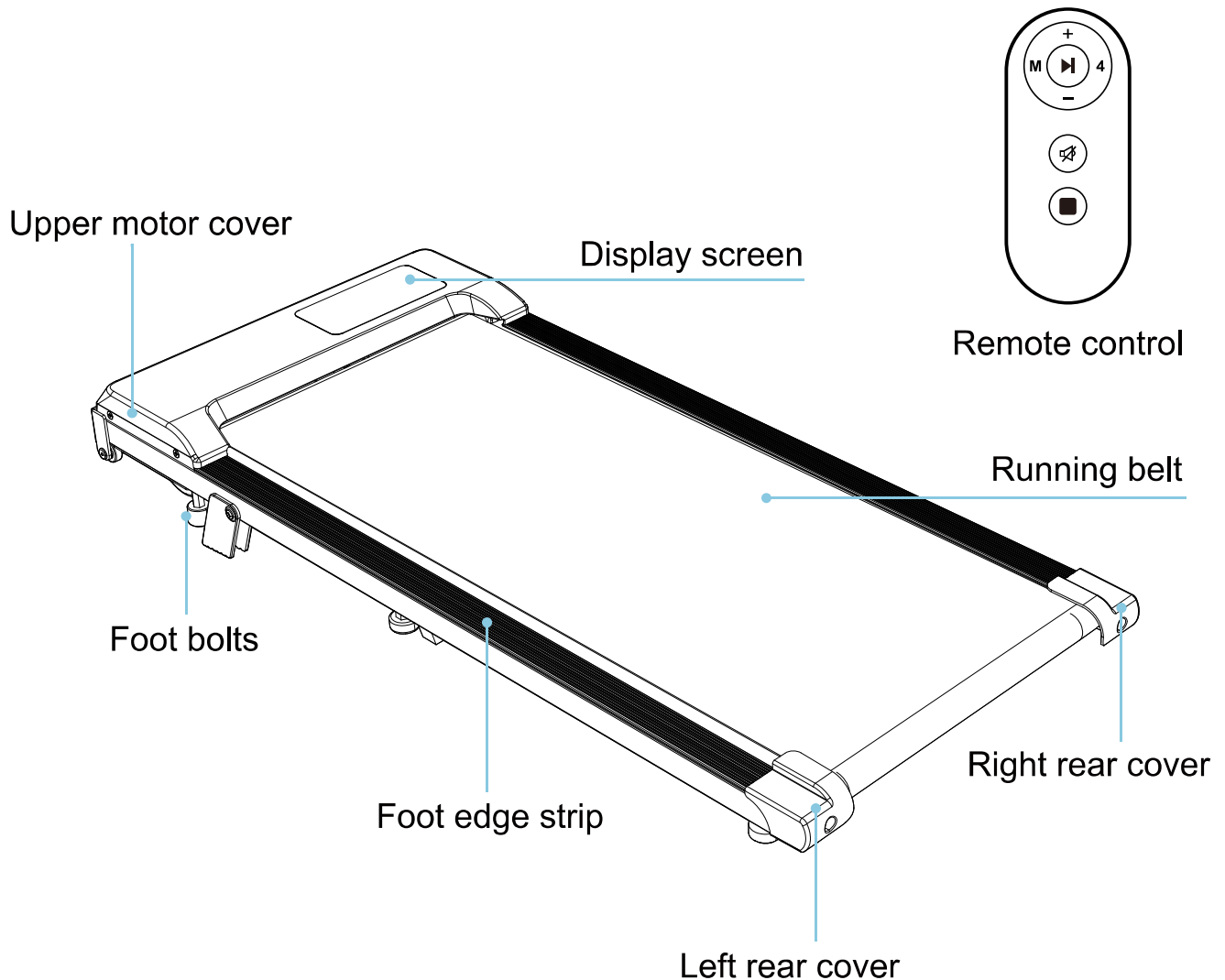
MANUAL× 1

FOOT BOLTS× 2

POWER CORD× 1

No.	Name	Quantity	Remarks
1	Treadmill	1	
2	Allen wrench	1	
3	Remote control	1	
4	Silicone oil	1	30ml
5	Manual	1	
6	Foot bolts	2	
7	Power cord	1	

Product structure

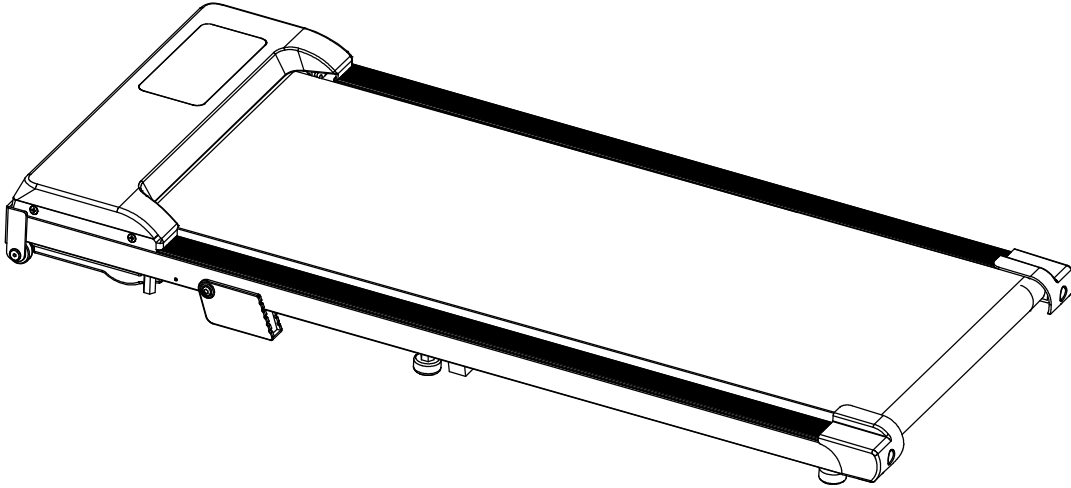


Technical parameters

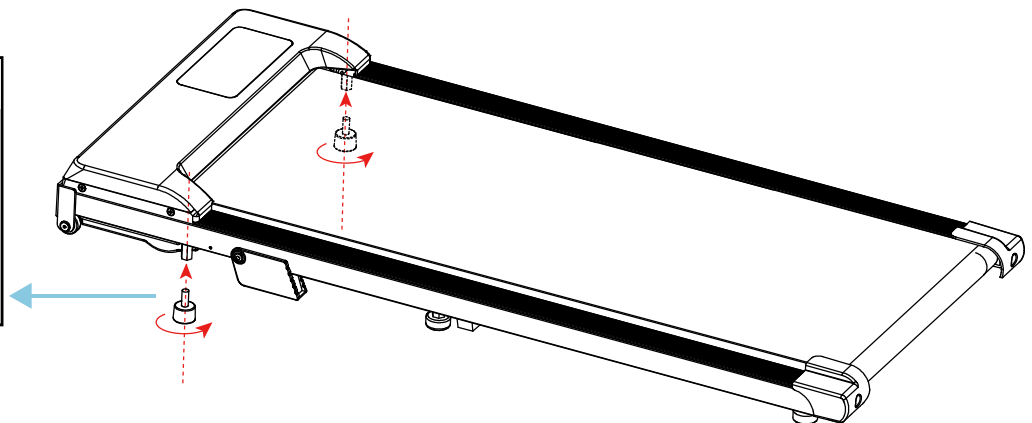
Model	TJ18
Input voltage	AC 100~120 V 50/60 Hz
Product dimensions	1060*485*105 mm
Product N.W.	14.8 KG
Speed range	0.5-4.0 MPH

Installation instruction

1. Take out the products and parts in the box and place the main frame flat on the ground.

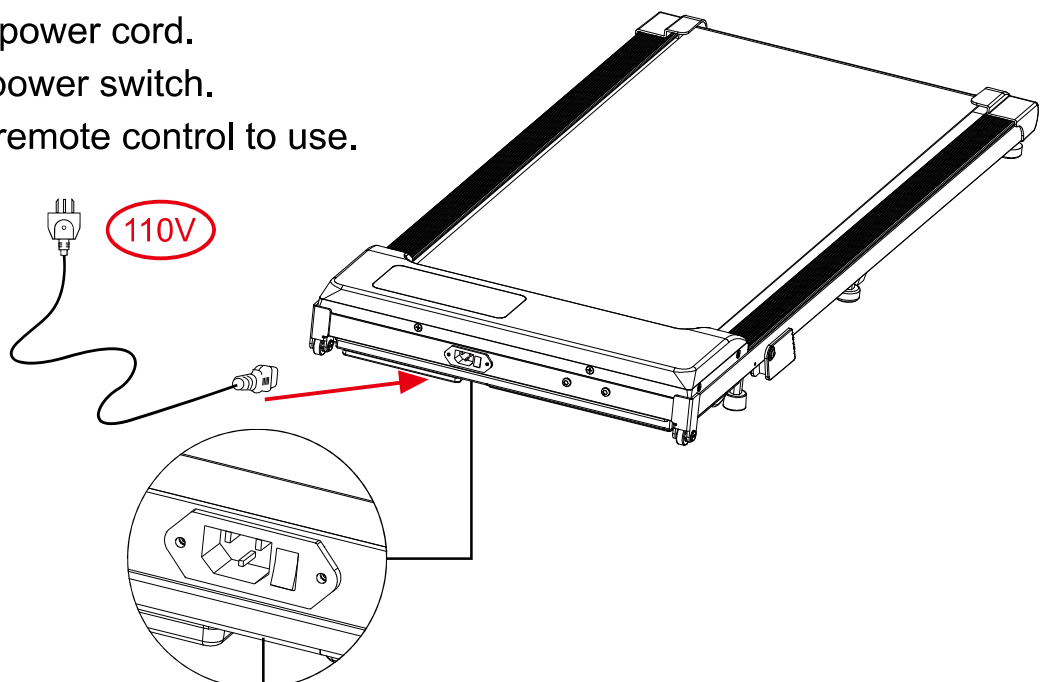


2. Tighten the foot bolts onto the front of the frame as shown.



3. Place the console flat on the ground:

- (1) Connect the power cord.
- (2) Turn on the power switch.
- (3) Operate the remote control to use.



4. Slope Adjustment:(1) CUT OFF POWER FIRST!

(2) Lift up the back of the machine and use your foot to push the slope adjuster lever in the direction of the arrow (Figure 1). This will flip it open.

(3) As shown in Figure 2, adjust the center foot pads down until it touches the floor. This sets the machine at an angle.

To go back to flat (no slope): Just do the steps above in reverse order.

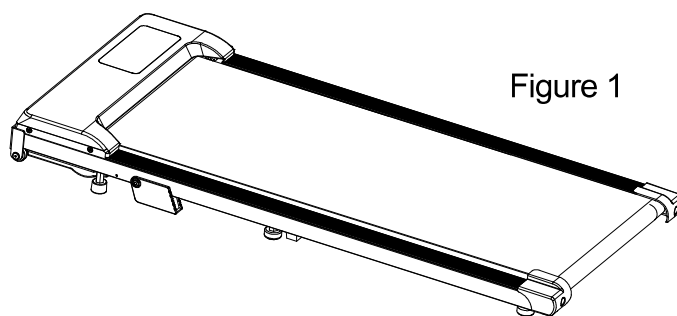


Figure 1

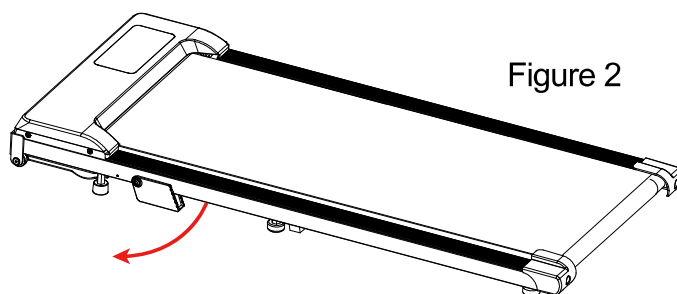
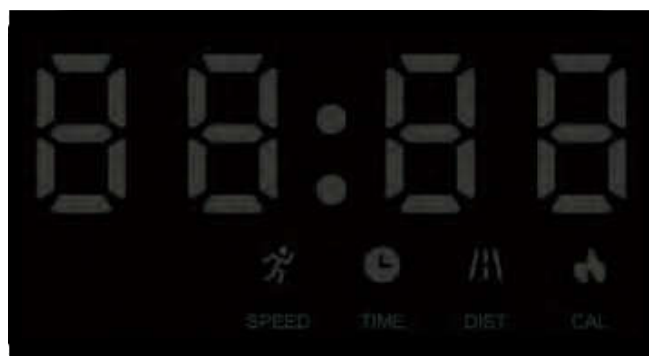


Figure 2

Operation instruction



I.Parameter description

Sports parameters in various sports modes:

Minimum display speed 0.5 mph.

Maximum display speed 4.0 mph.

Maximum exercise time in time mode: 99 minutes.

Minimum exercise time in time mode: 5 minutes.

Maximum distance in distance mode: 99 mile.

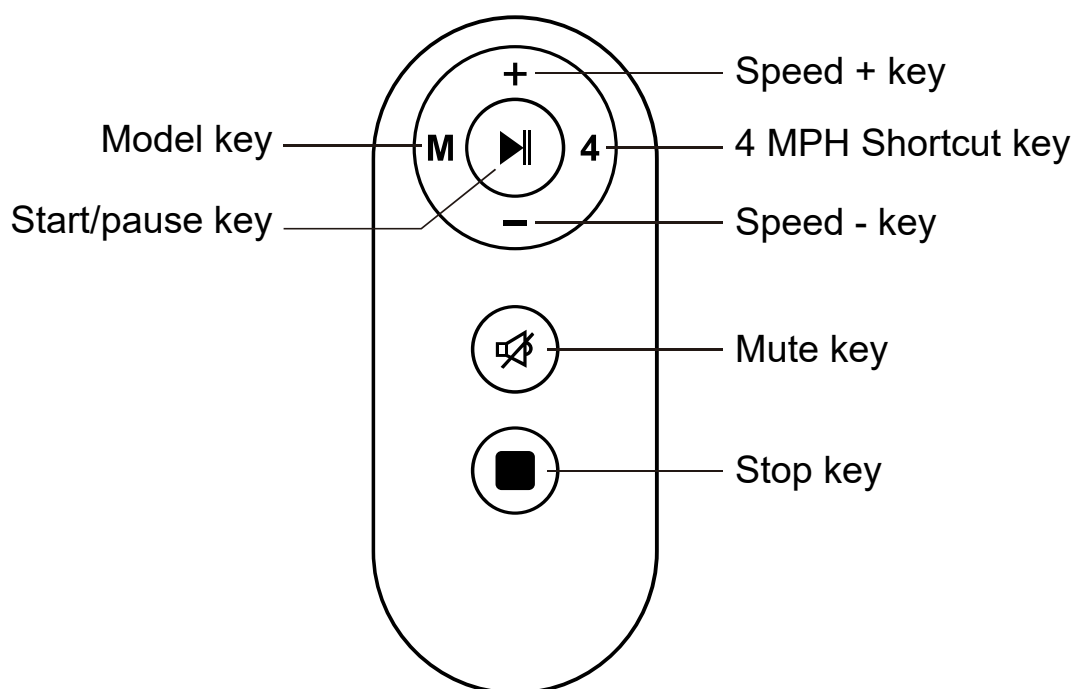
Minimum distance in distance mode: 1 mile.

Maximum calorie consumption in calorie mode: 990 calories.

Minimum calorie consumption in calorie mode: 20 calories.

II. Button function description

Remote control function keys:



III. Button function and operation instructions

Start/Pause Button

Function description: Starts/Pauses the motor.

- In manual mode, press this button to start the motor.
- During a run, press this button to pause and save data. Press again to resume (exercise data continues to accumulate, but the speed returns to the lowest speed).

Stop button

Press this button to slow down the speed and all data will be reset to zero.

Speed + key

- This button controls the machine speed increase and time increase functions.

Speed - key

- This button controls the machine speed decreasing and time decreasing functions.

4 MPH Shortcut key

Press this key and the treadmill will quickly run to a speed of 4 MPH.

Mode key

Function description: Selects countdown mode.



- In manual mode, press this button to enter countdown mode settings.
- Sequence: Time Countdown → Distance Countdown → Calories Countdown.

Mute button



Press this button to turn off the treadmill buzzer, press it again to turn on the treadmill buzzer.

Note: The effective range of the controller to receive control signals is 2-5 meters.

IV. Description of sports mode

A. Manual Mode:

1. Before exercising, check that the power cord is plugged in securely and turned on. The standby display will display 0000.
2. Press the  for 3s before a countdown begins. The speed will display 0.5 MPH.
3. The speed, time, distance, and calories burned will alternate on the display. Press the   on the remote to adjust the speed, from a minimum of 0.5 MPH to a maximum of 4 MPH.
4. Press the  again to slowly pause the machine, reset the speed, and maintain the current readings. The screen will remain lit.
5. Press the  again to restart the machine, displaying 0.5 MPH and other readings.
6. Press the  again to slowly stop the machine, and all readings will reset to zero.

B. Countdown Mode:

In standby mode (display shows 0:00), press **(M)** to cycle through modes. Use **(+)****(-)** to adjust the value. Press **(▶)** to confirm, which triggers a 3-second countdown before the mode starts.

H-1: Time Countdown (default: 30:00, flashing)

- Use the Speed +/- buttons to set the time (5:00-99:00 minutes), and press the Start button to start.
- Time counts down, and distance and calories count up.
- The device slowly shuts down when the time reaches zero.

H-2: Distance Countdown (default: 1.0 mile, flashing)

- Use the Speed +/- buttons to set the distance (1.0-99.0 km), and press the Start button to start.
- Distance counts down, and time/calorie counts up.
- The device slowly stops when distance reaches zero.

H-3: Calorie Countdown (default: 50, flashing)

- Use the +/- buttons to set the number of calories (20-990). Press the Start button to start.
- Calorie counts down, and time/distance counts up.
- The device slowly stops when calories reach zero.

V. Sleep Function Description

The device enters sleep mode (display off) after 10 minutes of inactivity. Press any button to wake it up and return to the initial standby state.

VI. Error message prompt description

Please contact our after-sales service team if you have any problem. Our After-sales E-mail: customerservice@therun.info.

Problem	Possible Cause	Repair Method
Treadmill does not work	Not plugged in	Plug the power cord into the electrical outlet
	Circuit signal system open	Check the input terminals of the controller and the signal wiring
	Power switch is off	Turn the power switch to the ON position
Running belt moves unevenly	Insufficient lubrication	Apply methyl silicone oil lubricant
	Running belt is too tight	Adjust the tension of the running belt
E01	Communication interruption	Check if the communication cable is disconnected or loose
E02	Motor wire disconnected	Check if the motor connection wire is loose or disconnected
E05	Overcurrent protection	Turn the product off and restart it to resolve the issue

WARNING

- **INGESTION HAZARD:** This product contains a button cell or coin battery.
- **DEATH** or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause **Internal Chemical Burns** in as little as **2 hours**.
- **KEEP** new and used batteries **OUT OF REACH** of **CHILDREN**.
- **Seek immediate medical attention** if a battery is suspected to be swallowed or inserted inside any part of the body.



Battery information

1. Compatible battery type: CR2032.
2. Nominal battery voltage: 3V.
3. Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children. Do NOT dispose of batteries in household trash or incinerate.
4. Even used batteries may cause severe injury or death.
5. Call a local poison control center for treatment information.
6. Non-rechargeable batteries are not to be recharged.
7. Do not force discharge, recharge, disassemble, heat above 60°C or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns.
8. Ensure the batteries are installed correctly according to polarity (+ and -).
9. Do not mix old and new batteries, different brands or types of batteries, such as alkaline, carbon-zinc, or rechargeable batteries.
10. Remove and immediately recycle or dispose of batteries from equipment not used for an extended period of time according to local regulations.
11. Always completely secure the battery compartment. If the battery compartment does not close securely, stop using the product, remove the batteries, and keep them away from children.

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

NOTE: This equipment has 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 will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by tuning 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.

FCC Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Exercise safety measures

Consult a professional before exercising. He can help you recommend exercise frequency, exercise intensity, and exercise time appropriate to your age and physical condition. If you feel chest tightness or pain while exercising, your heart beats irregularly, shortness of breath, dizziness or other discomfort, please stop immediately! Consult a professional before continuing to exercise.

Maintenance guide

WARNING: Before cleaning or maintaining the product, be sure to unplug the electric treadmill. Cleaning: A thorough cleaning will greatly extend the life of your electric treadmill.

Remove dust regularly to keep parts clean. Be sure to clean the exposed parts on both sides of the running belt, this will reduce the accumulation of debris under the running belt. Make sure your sneakers are clean and avoid carrying foreign objects under the running belt to wear out the running board and running belt. The surface of the running belt must be wiped with a damp cloth dampened with soap. Be careful not to splash water on the electrical components and under the running belt.

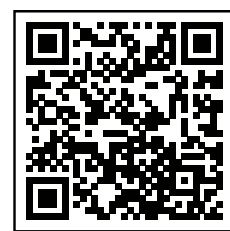
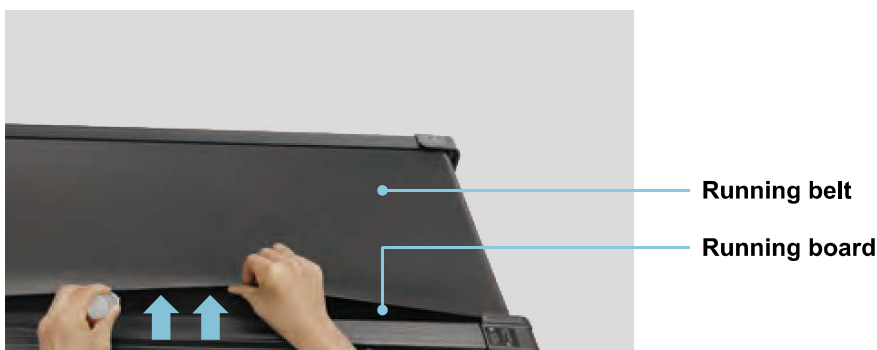
WARNING: Be sure to unplug the power source of the electric treadmill before moving the motor cover. Open the motor cover at least once a year to vacuum the motor, clean the running belt and lubricate the silicone oil.

Maintenance instructions

- In order to better maintain your electric treadmill and prolong the life of the machine, it is recommended that you turn off the power after 2 hours of continuous use and let the machine rest for 10 minutes before using it.
- If the running belt is too loose, it will slip during running; if it is too tight, it may reduce the motor performance and increase the wear of the roller and running belt.
- When the running belt is at the appropriate tightness, you can manually lift the sides of the running belt approximately 50-75mm off the running deck.

Lubrication

- As mentioned above, the running deck should be lubricated regularly, but avoid over-lubrication. Remember: **Proper lubrication** is an important factor in improving the life of your treadmill.
 - **Check:** Grab the treadmill belt and run your hand as close to the center of the back of the belt as possible. If your hand is stained with silicone oil (feeling slightly damp), relubrication is not necessary. If the treadmill is dry and your hand is free of silicone oil, you need to add silicone oil.
 - To apply silicone oil to the running deck:
 - (1) Turn off the power to the treadmill.
 - (2) Turn the treadmill on its side, pull up the treadmill belt, and drip approximately 10ml of silicone oil between the treadmill and the belt. Then, level the treadmill and run it at 0.6 MPH to evenly distribute the oil. Gently step on the front of the treadmill belt from left to right for about 8-10 minutes to allow the oil to be completely absorbed.
 - We recommend regular inspection of the running boards. Contact customer service if any damage occurs.
 - Lubrication intervals:
 - Light use (<3 hours/week): Every 6 months
 - Medium use (3-5 hours/week): Every 3 months
 - Heavy use (>5 hours/week): Every 1.5 months
 - Please purchase silicone oil from your dealer or our company.
- Note: Any other maintenance should be carried out by a professional.



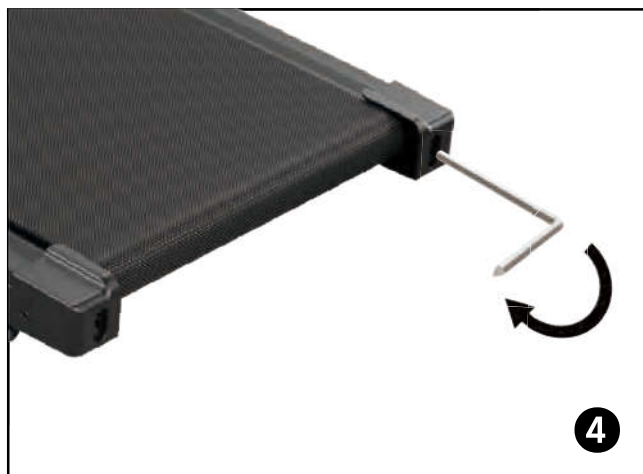
Add Silicone Oil

Belt tension adjustment

- The running belt is factory-adjusted. Please verify the running belt's operation before unpacking and installation.
- If you experience any pausing or slipping during running after a period of use, adjust the belt adjustment bolts on both sides simultaneously, turning them clockwise in half-turn increments. Fine-tune until the belt stops slipping during normal use.

Running belt alignment

1. Place the treadmill on a level ground.
2. Run at a low speed (about 2MPH).
3. If the running belt deviates to the left: Rotate the adjustment bolt on the left clockwise by 1/4 turn, stop for 30 seconds and observe. Repeat the operation without straightening.
4. To the right of the running belt: Rotate the adjusting bolt on the right clockwise by 1/4 turn, stop for 30 seconds and observe. Repeat the operation without straightening.



THANK YOU SO MUCH FOR CHOOSING THERUN!

Should you have any issues, please don't
hesitate to contact us at E-mail:

customerservice@therun.info

US

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