

Your treadmill comes pre-lubricated with silicone oil.

However, the friction between the belt and running board plays a major role in performance and durability, so regular lubrication is necessary.

How to Check If Lubrication Is Needed:

1. Turn off the treadmill.
2. Gently lift the running belt and touch the center underside of the belt.
3. If you feel a slight dampness, no lubrication is needed.
4. If it feels dry, it's time to apply lubricating silicone oil.

Recommended Lubrication Frequency

1. Usage Level Time on Treadmill/Week Lubrication Frequency.
2. Light Use Less than 3 hours Every 6 months.
3. Moderate Use 3–5 hours Every 3 months.
4. Heavy Use Over 5 hours Every 1.5 months.

General Product Maintenance

1. To avoid overheating and ensure long-term use, turn off the treadmill after 1.5 hours of continuous operation and let it rest for 10 minutes before resuming.
2. Check the tension of the running belt regularly
 - (1) If the belt is too loose, it may slip during use.
 - (2) If it's too tight, it can overload the motor and increase wear on the belt and roller.
 - (3) Proper tension allows you to lift both sides of the belt about 50–75 mm (2–3 inches) off the running board using your hand.

Treadmill Belt Adjustment

All treadmills undergo belt adjustment before leaving the factory and after installation. However, the belt may still deviate after a period of use. The possible causes of this phenomenon are as follows:

1. The main unit is not placed on a level surface;
2. The user's feet are not positioned at the center of the belt during exercise;
3. The user applies uneven force with both feet.

Step 1: Preparation

1. Place the treadmill on a level surface.
2. Set the speed to around 2.2 MPH (3.5 KM/H).
3. Observe if the belt shifts left or right during use.

Step 2: Aligning the Belt

If the belt shifts left:

1. Turn off the power.
2. Use an Allen wrench to turn the left rear bolt clockwise 1/4 turn.
3. Turn the treadmill back on and observe.
4. Repeat until the belt is centered. (Figure A)

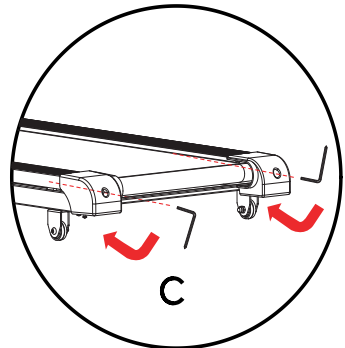
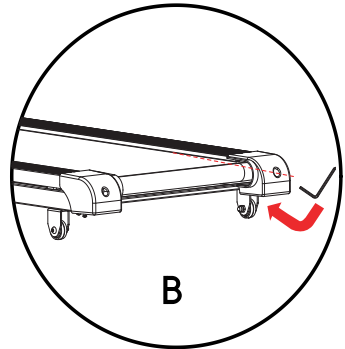
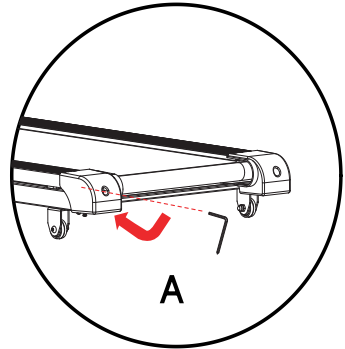
If the belt shifts right:

1. Turn off the power.
2. Turn the right rear bolt clockwise 1/4 turn.
3. Restart the treadmill and check alignment.
4. Repeat until centered. (Figure B)

Step 3: Adjusting Belt Tension

If the belt feels loose:

1. Turn off the power.
2. Turn both rear bolts clockwise 1/4 turn.
3. Turn the treadmill back on.
4. Stand on the belt to check for slipping.
5. Repeat if needed. (Figure C)



How to Connect Your Treadmill to Fitness Apps?

(Compatible with: FitShow, Zwift, Kinomap)

Before You Start

- ✓ Ensure your treadmill's firmware is updated.
- ✓ Enable Bluetooth on your smartphone/tablet.
- ✓ Download the latest version of your preferred app.



Step1: Download

iOS:
App Store → Search "FitShow"
→ Tap "Get".

Android:
Google Play → Search "FitShow"
→ Tap "Install".

iOS/Android:
Search "Zwift" in your app store
→ Install.

iOS/Android:
Search "Kinomap" → Install.

Step2: Registration

Register a new account.

Register a new account.

Register a new account.

Step3: App Connection

Press the "Quick Start" button, then look for your treadmill (THERUN) in the list.

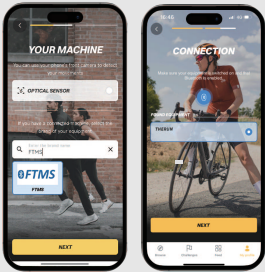


Choose one of the three modes to go to the "Pairing" page. Find your treadmill(THERUN) from the list.



Select "Equipment Management" - "Add new equipment" - "TREADMILL".

Select "FTMS" → "TREADMILL" Select "THERUN TJ07 " displayed on the page. Type "THERUN" above and " TJ07 " below.



Note: App features may update periodically—always refer to the latest version provided by the official app for current functionality.

THANK YOU SO MUCH FOR YOUR PURCHASE!

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

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MADE IN CHINA

For more installation videos and
tutorials please follow our social
media account. Come and search
for THERUN-sport!

