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SereneLife



SLFOLD20

Folding Motorized Treadmill Machine

USER GUIDE

**READ ALL INSTRUCTIONS CAREFULLY BEFORE USING THIS PRODUCT.
RETAIN THIS OWNER'S MANUAL FOR FUTURE REFERENCE.**

Features:

- Electric Motorized Plug-in Design
- Home Gym Digital Treadmill Design
- 4 White LED Light Displays
- Easy Handlebar Control Panel for Set up Position Use
- Watch Remote Controller
- Simple Electric Motorized Plug-in Design
- Displays Run Time, Distance, Speed, and Calories Burned
- Includes Mobile Phone/Tablet,
- Supports BT Music and Fitshow, Kinomap, Zwift App
- Large Multi-layer Tread Belt
- Durable, Steady, and Easily Operated
- Preset Training Modes for Quick Exercise Sessions
- Adjustable Speed & AmpTimer Settings
- Used for Walking, Jogging, Running Exercise Training
- Perfect for Weight Loss, Cardiovascular Fitness, Endurance & Amp Stamina Building
- Integrated Safety Key, Emergency Power Off
- Shock Absorption Design
- Folding Treadmill Machine and Built-in Transport Wheels
- Convenient Speed Adjustment via Included Remote Control

Bluetooth Connectivity:

- Hassle-Free Pairing, No Password Required
- Compatible with All of Today's Latest Bluetooth Devices
(Smartphones, Tablets, Laptops, Computers, etc.)
- Bluetooth Version: BLE4.0
- Wireless Range: Up to 16.4' ft.

What's in the Box:

- (1) Treadmill
- (1) Power Cord
- (1) Lubrication Bottle
- (1) Remote Controller

Technical Specs:

- Construction Material: Powder Coated Steel, ABS
- Battery Powered Remote Control: Requires (1) x CR-2032, Included
- Power Cord Length: 6.0' ft.
- Power Supply: 100-120V
- Rated Frequency: 60Hz
- Motorized Treadmill Motor Power: 2.5 HP
- Adjustable Speed Range: 0.6 – 7.6 MPH
- Adjustable Timer Range: 5 - 99 Minutes
- Weight Capacity: Up to 265+ lbs.
- Treadmill Motor Power: 2.5HP
- Product Weight: 58.2 lbs.
- Running Belt/Running Surface Size (L x W): 16.9" x 43.3" -inches
- Total Folded Dimension (L x W x H): 55.5" x 25.9" x 4.3" -inches
- Total Open Dimension (L x W x H): 53.7" x 25.9" x 37.8" -inches

California Prop 65 Warning

WARNING:

This product may expose you to chemicals, which is known to the state of California to cause cancer, birth defects and other reproductive harm. Do not ingest.

For more info go to: www.P65warnings.ca.gov

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.

WARNING & SAFETY INFORMATION

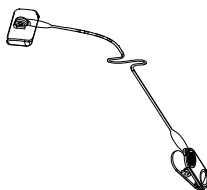
1. **Ensure that you read the manual carefully before attempting to assemble or use Power Electric Treadmill.**
2. The Treadmill must be positioned on a firm flat surface.
3. The Treadmill is designed for indoor use only. Do not use outdoors.
4. Do not position the Treadmill on a deep thick carpet as air needs to be able to circulate underneath.
5. Wear comfortable and suitable clothing when using the treadmill.
Do not wear loose or long clothing as this may get caught in the moving belt.
6. Do not use the treadmill barefoot or in socks.
Always wear appropriate, enclosed athletic footwear.
7. Do not stand on the Treadmill belt before operating. Position your feet on either side of the Treadmill belt and as the motor starts step onto the treadmill.
Do not step on the belt if the Treadmill is at full speed.
8. Do not allow children or pets near the Treadmill when in use.
9. Children and elderly should only use the Treadmill under adult supervision.
10. Always unplug the Treadmill from the main power supply when not in use.
11. Regularly clean the Treadmill after use. Remove any dust and sweat from the handles and the running belt. Use a light soapy water mixture to clean the running belt. **NEVER USE A ROUGH CLEANING AGENT.**
12. When the Treadmill is not in use for an extended period fold away it away and store in a clean dry place.
13. If any part of the electrical cable or plug is loose or becomes worn, do not use the Treadmill and have a qualified electrician inspect the problem.
14. The Treadmill is not a toy and is not intended for use by persons (including children) with any physical or mental conditions. The Treadmill should not be used by any person who has not read and understood the manual.
15. If the user has had any prior medical condition they should consult a doctor before use.

WARNING: *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.*

ACCESSORIES

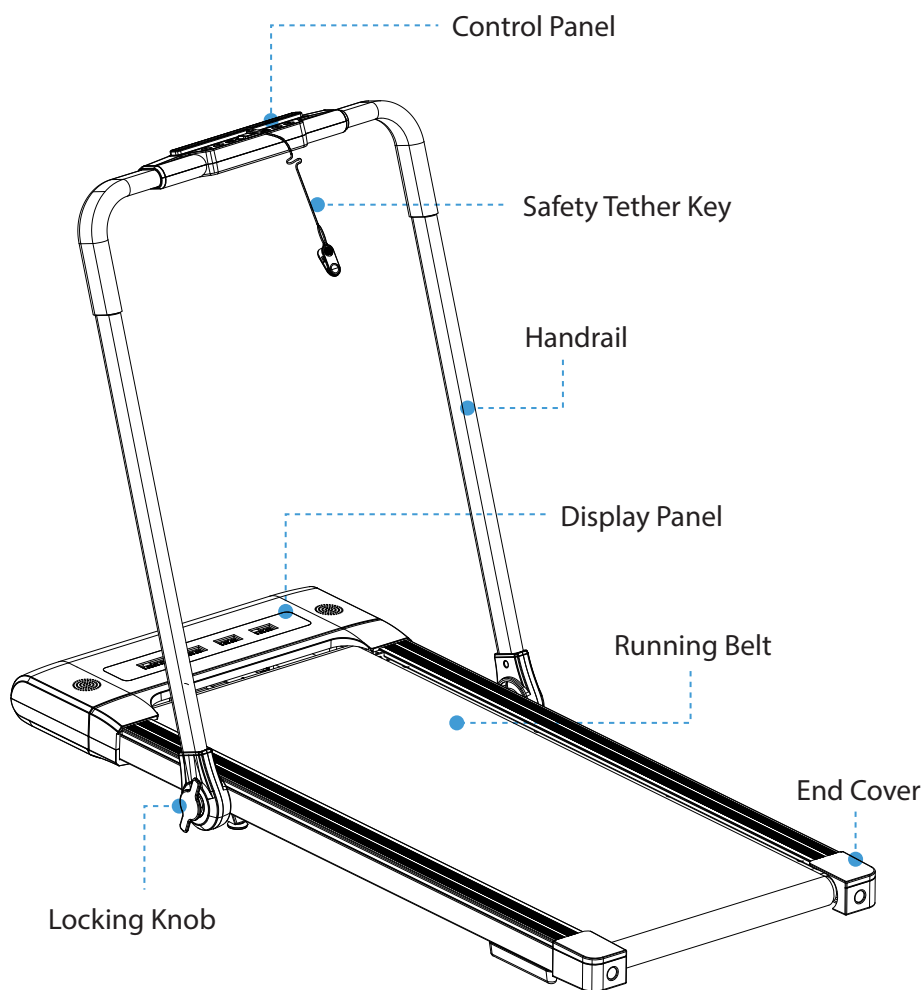


Allen Key

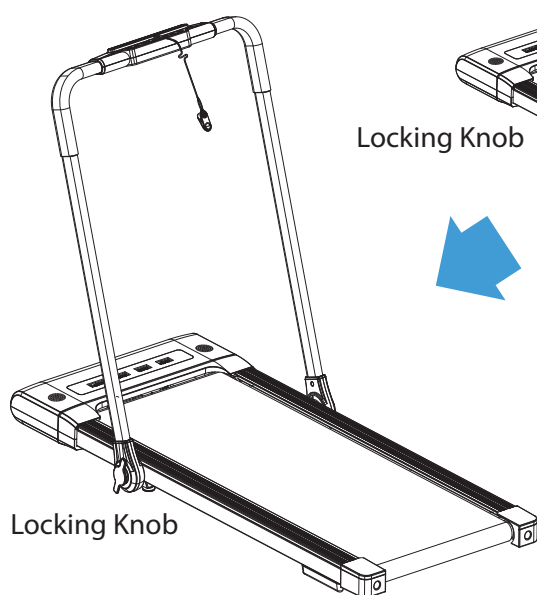


Safety Tether Key

PARTS LIST




ASSEMBLY INSTRUCTIONS



Loose the Locking Knob, then lift up the treadmill to the right position, tighten the Locking Knob again.

 Do not rely on it to support your body weight during use.

 **Bluetooth™** Turn on Bluetooth capability on your device and make it discoverable, choose the shown device "BTMP3" to pair it.

Once the device is paired you can start using the application on your device to play, pause and adjust the volume, etc.

⚠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.



⚠WARNING

INGESTION HAZARD: This product contains a button cell or coin battery

CONTROL PANEL



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

DISPLAY FUNCTIONS

QUICK START: Press the **START** button on the computer to begin exercising. The running belt starts moving with an initial speed of 0.6MPH. You may press the **SPEED +** or **SPEED -** button on the computer console to increase or decrease the running speed during exercise. During workout, you may press the **STOP** button on the computer console to end your workout at any time.

START: Press the **START** button to begin exercising.

PAUSE/STOP: Press the **PAUSE/STOP** button to resume/end your workout. In running mode, press the Pause key to enter the pause mode. The current parameters remain unchanged and the speed flashes.

MODE: To select different function (**TIME, DISTANCE, or CALORIES**) for setting exercise goals in manual program mode before training.

PROG (PROGRAM): To select your chosen workout (P1 to P12).

SPEED +: To adjust the function value up.

To increase running speed adjustments during all training periods on different training modes.

SPEED -: To adjust the function value down.

To decrease running speed adjustments during all training periods on different training modes.

TIME: Displays your elapsed workout time in minutes and seconds.

You may also pre-set target time in **STOP** mode before training.

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 to change the setting. 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.

SPEED: Displays the current speed from the minimum 0.6 MPH to the maximum 5.0MPH or 7.6 MPH.

DIS (DISTANCE): Displays the accumulative distance traveled during workout.

You may also pre-set target distance in **STOP** mode before training.

To set **DIS (DISTANCE)** press the **MODE** button on the computer console until you see the split window of **DIS (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 1.00 to 65.0 km.

Once you pre-set target distance, press the **START** button on the computer to begin exercising.

CAL (CALORIES): Displays the total calories burned during your workout.

You may also pre-set target calories in **STOP** mode before training.

To set **CAL (CALORIES)** press the **MODE** button on the computer console until you see the split window of **CAL (CALORIES)** begin blinking.

Press the **SPEED +** or **SPEED -** button on the computer console to change the setting. The pre-set target calories range is from 10 to 995 calories.

Once you pre-set target calories, press the **START** button on the computer to begin exercising.

TRAINING IN PRE-SET PROGRAM MODE

When in **PROGRAM** mode, press the **PROG (PROGRAM)** button to select your chosen workout (P01 to P12). Press the **SPEED +** or **SPEED -** button to change the setting. Press the **START** button to confirm and start your workout.

This treadmill console has 2 kinds of Workout Programs to choose from.







Program	Time Segment																			
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	1.5	1.5	2.0	2.0	2.5	2.5	2.0	2.0	2.5	2.5	3.0	3.0	2.0	2.0	2.0	2.5	2.0	2.0	1.5	1.5
P02	2.0	2.0	2.0	2.0	2.5	2.0	3.0	2.5	2.0	2.5	3.0	2.0	2.5	2.5	2.5	2.0	2.0	2.0	1.5	1.5
P03	2.0	2.0	2.0	3.0	3.0	3.0	2.5	2.5	3.0	3.0	2.0	2.0	3.0	3.0	2.5	2.5	3.0	2.5	2.0	1.5
P04	1.5	1.5	2.0	2.5	2.5	2.0	2.5	3.0	2.0	3.0	4.0	4.0	4.0	2.5	2.5	3.0	2.5	2.5	2.0	1.5
P05	2.5	2.0	2.5	2.0	3.0	2.5	2.0	3.0	4.0	4.0	3.0	3.0	2.0	2.0	2.5	4.0	2.0	2.0	2.0	1.5
P06	2.5	2.5	2.5	2.0	4.0	2.5	2.5	2.5	2.5	4.0	4.0	2.5	2.5	2.5	4.0	4.0	3.0	2.5	2.0	1.5
P07	2.0	2.5	4.0	2.0	3.0	3.0	4.5	4.5	3.0	3.0	4.5	4.5	3.0	3.0	4.0	4.0	2.5	2.5	2.5	2.0
P08	1.5	2.5	3.0	2.0	1.5	2.5	3.0	4.5	1.5	2.5	3.0	4.5	1.5	2.5	3.0	4.0	1.5	2.5	3.0	1.5
P09	2.0	2.0	3.0	2.0	4.5	4.5	4.5	5.0	5.0	3.0	2.5	2.5	3.0	3.0	4.5	4.5	3.0	3.0	2.0	1.5
P10	1.5	2.5	3.0	2.0	4.0	4.0	4.5	4.5	5.0	5.0	4.5	4.5	4.0	4.0	3.0	3.0	2.5	2.0	2.0	1.5
P11	2.0	2.5	3.0	2.0	3.0	6.0	3.0	3.0	3.0	6.0	6.0	3.0	3.0	3.0	6.0	6.0	5.0	4.5	4.0	2.0
P12	1.5	3.0	5.0	2.0	4.5	4.5	6.5	6.5	4.5	4.5	6.5	6.5	4.0	4.0	6.0	6.0	3.0	3.0	2.5	2.0

WALKPAD MODE



- TIME:** Displays your elapsed workout time in minutes and seconds.
- SPEED:** Displays the current speed from the minimum 0.6 MPH to the maximum 5.0 MPH.
- DISTANCE:** Displays the accumulative distance travelled during workout.
- CALORIES:** Displays the total calories burned during your workout.

FUNCTION BUTTONS

-  **[Start] Key:** Press this key to start exercise program.
-  **[P] Key:** press this key to select exercising speed programs P01-P03.
-  **[M] Key:** Press this key to select the time distance or calories in the manual program.
-  **[+] Key:** Press this key to increase the speed.
-  **[-] Key:** Press this key to decrease the speed.
-  **[Stop/Pause] Key:** Press this key during exercise to interrupt the program (motor stops running), you can press [Start] key to continue this exercise program or press [Stop/Pause] key again to finish this program.



Program	Time Segment																			
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01	2.0	2.0	2.0	2.0	2.0	2.0	3.0	3.0	3.0	3.0	3.0	3.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0
P02	2.0	2.0	2.0	3.0	3.0	2.0	3.0	3.0	4.0	4.0	2.0	3.0	3.0	3.0	2.0	2.0	2.0	3.0	2.0	2.0
P03	2.0	2.0	2.0	3.0	3.0	4.0	4.0	3.0	3.0	4.0	4.0	4.0	3.0	2.0	2.0	2.0	3.0	3.0	2.0	2.0

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).

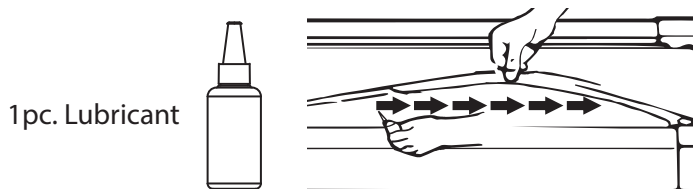
How to check running belt for proper lubrication

- 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.

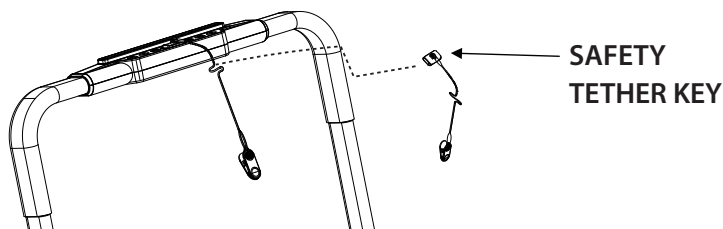
How to apply lubricant

- 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 over lubricate running deck. Any excess lubricant that comes out should be wiped off.*



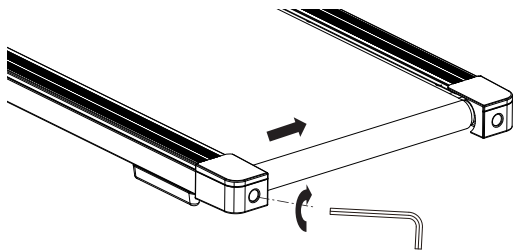
EMERGENCY STOP



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.

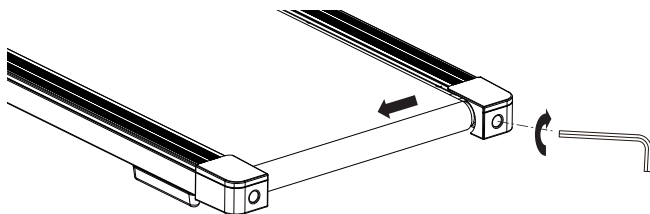
BELT ADJUSTMENT

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 0.6-2.0 MPH. 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.



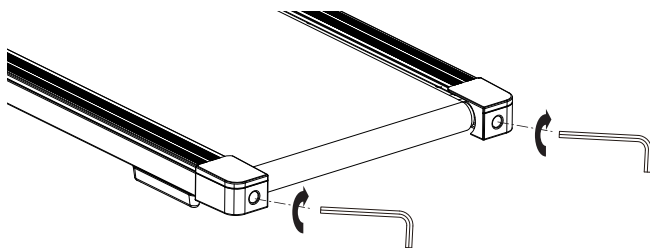
Tool: Allen Wrench

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 0.6-4.0MPH. 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

CARE AND MAINTENANCE

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	Solution
Treadmill won't start	1. Treadmill not plugged in 2. Safety Tether Key is not correctly installed. 3. House Circuit breakers has "tripped" 4. Treadmill circuit breakers has "tripped"	1. Plug the power cord into the 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	1. Not enough lubrication applied onto the running deck. 2. Belt is too tight	1. Apply lubricant. 2. Adjust belt tension
Belt is not centered	Running belt tension not even across the rear roller	Center the belt

WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

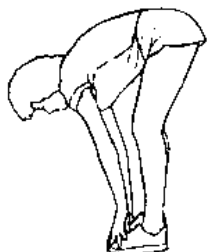


QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

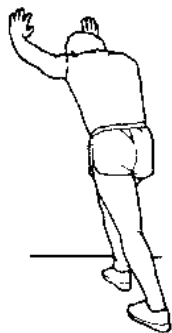
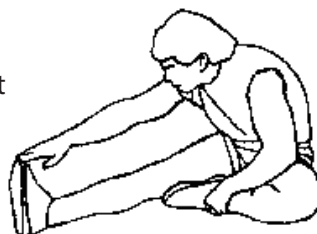


TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

APPLICATION SOFTWARE (APP)

Check if your mobile device confirms the requirements for the application. The requirements of each application are shown in the Google PlayStore or AppStore.

- *Please remember to turn ON the Bluetooth feature on your device.*

Android



Kinomap



iOS



- *Please remember to turn ON the Bluetooth feature on your device.*

Android



FIT & SHOW



iOS



- *Please remember to turn ON the Bluetooth feature on your device.*



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. Refer to the instructions inside the specific app download store or contact us.

FCC INFORMATION

WARNING: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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 unit 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 turning the equipment off and on, the user is encouraged to try and 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 to 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.

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.
2. This device must accept any interference received, including interference that may cause undesired operation.

Register Product

Thank you for choosing SereneLife. By registering your product, you ensure that you receive the full benefits of our exclusive warranty and personalized customer support.

Complete the form to access expert support and to keep your SereneLife purchase in perfect condition.

Start Here



Model Number:
SLFOLD20

SereneLifeHome.com/pages/register

SereneLife



Questions or Comments?

We are here to help!

Phone: 1.718.535.1800

Serenelifehome.com/ContactUs