FOLDING TREADMILL

FITNESS.MADE EASY FOR EVERYONE

URFD001

USER MANUAL

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, subject to change without notice.

Manufacturer: Shenzhen Yile Dynamic Technology Co., LTD.
Address:131, Shahe Xili, 2-2 Xili North Road, Licheng Community, Xili Street,Nanshan District, Shenzhen City, China

Version:1.0

MADE IN CHINA

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SERVICE

IMPORTANT: FOR UREVO ONLY

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department by the below methods:

Services@urevosports.com

Response Time: 24-48 hours
Emailing us with the Order ID will be the best method to receive a response during peak business hours.

Website: www.urevosports.com

PLEASE DO NOT RETURN THIS PRODUCT WITHOUT ASKING OUR CUSTOMER SERVICE.

Scan this QR Code to get the Product Installation Guide

YouTube Video

IMPORTANT SAFETY GUIDELINES

⚠️ *Read all instructions before using this appliance.*

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. An appliance should never be left unattended plugged in. Unplug from outlet when not in use,and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. 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.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. Caution - To reduce the risk of injury from moving parts - Unplug before servicing.
13. Warning - To reduce the risk of Electric shock - Unplug before cleaning or servicing.
14. Warning - Risk of personal injury - Keep children under the age of 13 away from machine.
15. To disconnect, turn all controls to the position, then remove plug form outlet.
16. Connect this appliance to a properly outlet only. See grounding instructions.
17. This appliance is not intended for use by persons with reduces 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.
18. **The maximum weight capacity for this product is 265 lbs / 120 kg. DO NOT EXCEED MAXIMUM WEIGHT CAPACITY.**

SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY GUIDELINES

GROUNDING INSTRUCTIONS:

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

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.

POWER SUPPLY PRECAUTIONS

1. Use 110-120V~60Hz power supply.
2. The power plug must be reliably grounded, and the socket must be equipped with a dedicated circuit to avoid sharing a circuit with other electrical equipment.
3. Directly plug the power cord firmly into the socket.
4. Use a qualified socket to avoid dangers arising therefrom. If the plug does not match the socket, do not use the plug and ask an electrician to handle it.
5. Do not let the power cord contact the rollers. Do not put the power supply on the running belt. Do not use any damaged plugs.
6. Do not pull out or insert the power plug with wet hands.
7. Pull out the plug from the socket before cleaning and maintenance.
8. Check whether the treadmill functions normally before use. If normally, you can use it, otherwise do not use it and contact our Customer Service Department in time.
9. Clip the safety lock wire to your clothes before exercise for emergency stop.
10. Ensure that there is a 2000*1000mm vacant safe area without obstacles behind the treadmill during exercise.
11. In case of an abnormality, pull up with the handrail to keep your feet off the runningbelt and jump out of the treadmill.
12. If you feel dizzy, chest pain, nausea, or breathless during exercise, stop exercising immediately and consult a fitness coach or doctor.
13. Do not use this product outdoors, under high humidity or sunlight.
14. Power off and unplug when you leave.

PRECAUTIONS FOR INSTALLATION

1. Read the instructions carefully before installation.
2. Take out all parts from the package and separately place them on the clean ground for your overall check and easy installation.
3. Check whether all parts are complete according to the packing list.
4. Be careful when using tools or handling. Do not install the product by force according to your preference.
5. Check whether tools and packaging materials left behind are dangerous. Plastic and foam are harmful to children.
6. Install the product properly after carefully reading the steps and instructions in themanual.
7. This product must be properly installed by an adult. If necessary, ask a professional to install it.

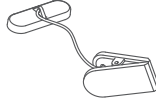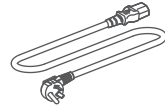⚠ *Warning: Install the product properly and do not damage it.*

PACKAGE LIST

Product Accessories
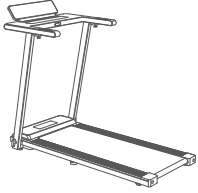
Treadmill × 1

Safety Key × 1

Power Cord × 1

User Manual x 1

Warranty Card × 1

Tool Pack

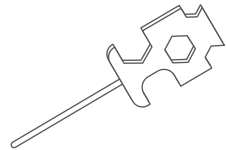**A**

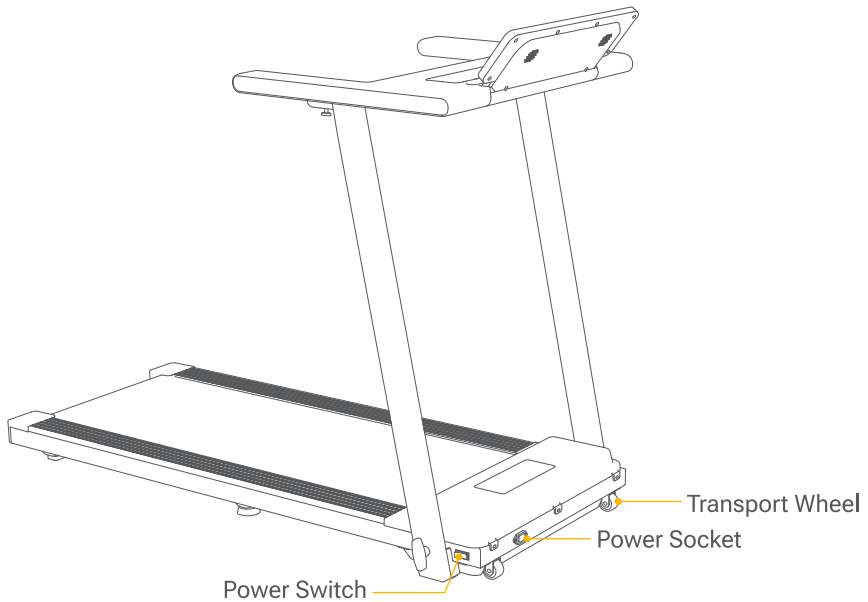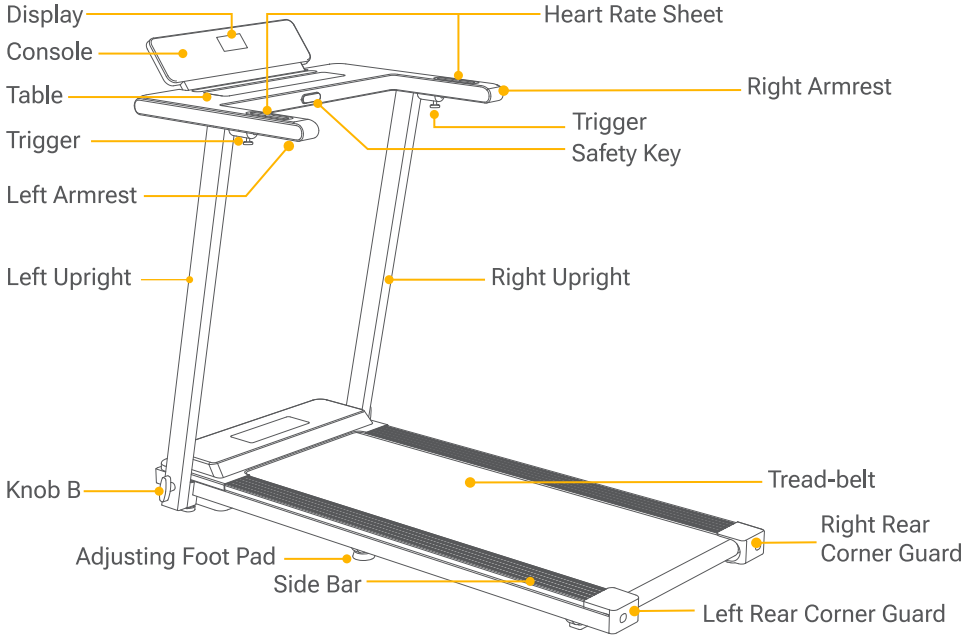6mm L-shaped Hexagon
Wrench x 1

B

Lubricating Oil x 2

C

Multi-function Open
Spanner x 1

PRODUCT STRUCTURE

Display

Console

Table

Trigger

Left Armrest

Left Upright

Knob B

Adjusting Foot Pad

Side Bar

Heart Rate Sheet

Right Armrest

Trigger

Safety Key

Right Upright

Tread-belt

Right Rear Corner Guard

Left Rear Corner Guard
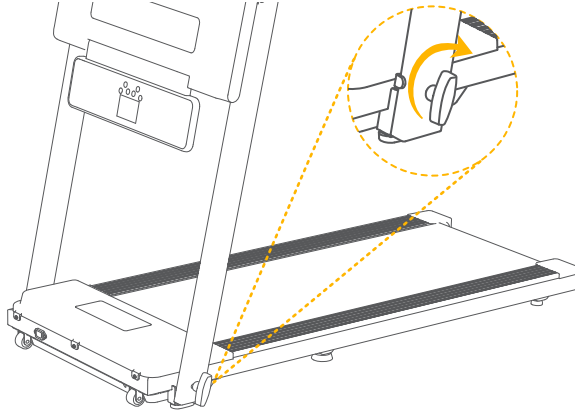
Tread-belt

Transport Wheel

Power Socket

Power Switch

ASSEMBLY

Installation Steps

Step 1: Take the machine out of the package and place it on the ground. Hold the uprights and stand up. Firmly tighten knob at connection of the treadmill clockwise. The knob is pre-assembled.
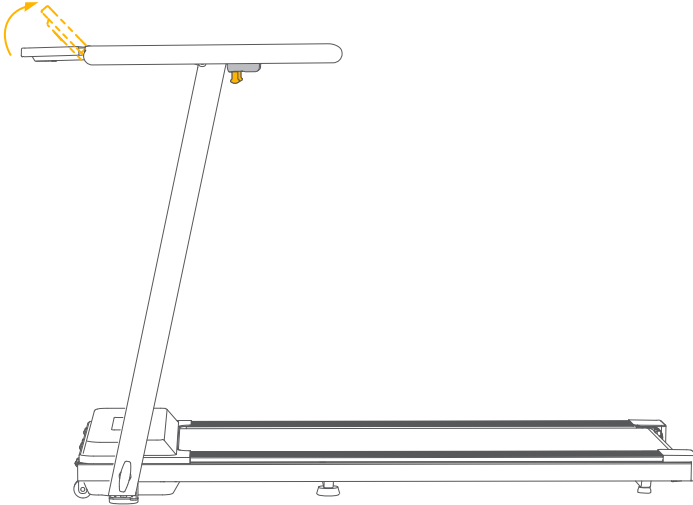

⚠️ *To avoid hurting, do not place your hands at the top of the uprights when tighten the knob.*

Step 2: Press down the armrests to level the table, then you can hear a "click" sound. It means the armrests are attached properly.
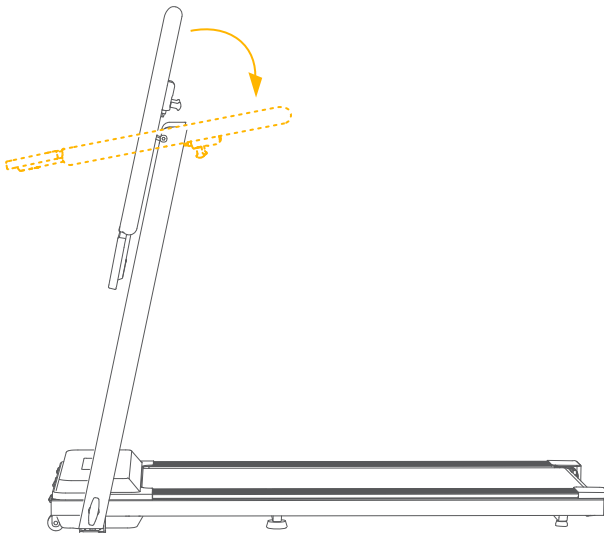
Step 3: Lift the console as illustrated.

Step 4: Install the red safety key (the end of its magnet) at the place with a yellow label in the middle below the table. The installation of the treadmill is completed.
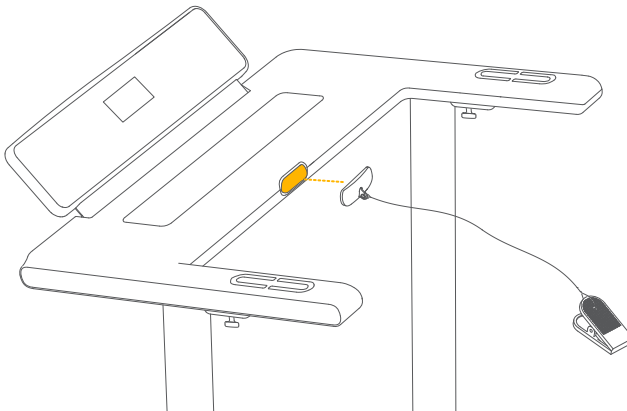
⚠ · *The treadmill will only work if the safety key is properly placed on the slot of the dashboard.*
 · *Clip the safety key to your clothes.*
   In the unlikely event of an accident, pull off the safety key to shut down the motor immediately.   If you want to continue using the treadmill, put the safety key back.

Power On

1. Insert power cord to appliance.
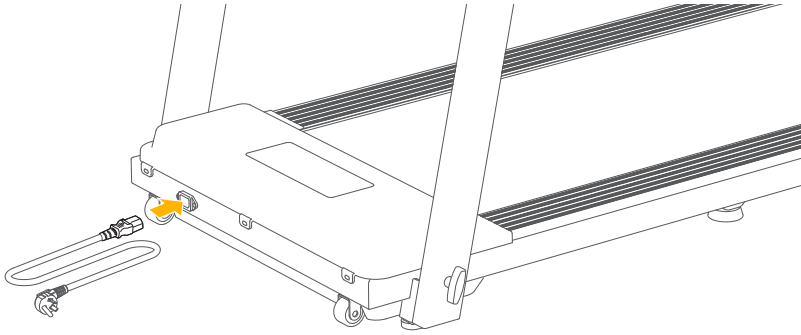
2. Plug in the power cord and turn on. The indicator will light up, you will hear a beep and the display will also light up.
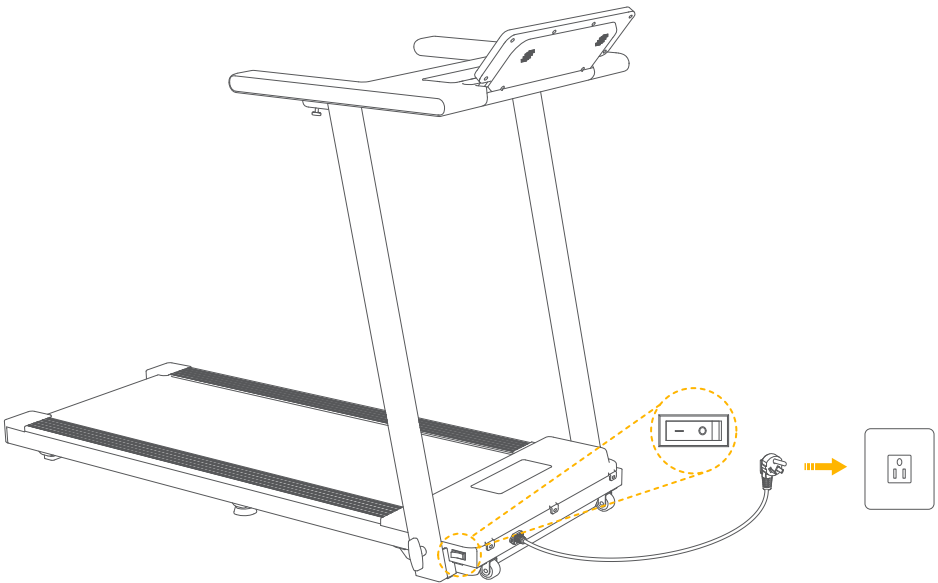
Folding The Treadmill

⚠️
- *Make sure the power is turned off and the power plug is removed from the socket.*
- *Please mind your hands when folding down the armrest .*

1. Press the console as illustrated (Fig. 1).
2. Pull both triggers to the end simultaneously (Fig 2), and then lift the armests to move the table to the position(Fig 3).
3. Loosen knob B counterclockwise, and then fold the uprights(Fig 4).
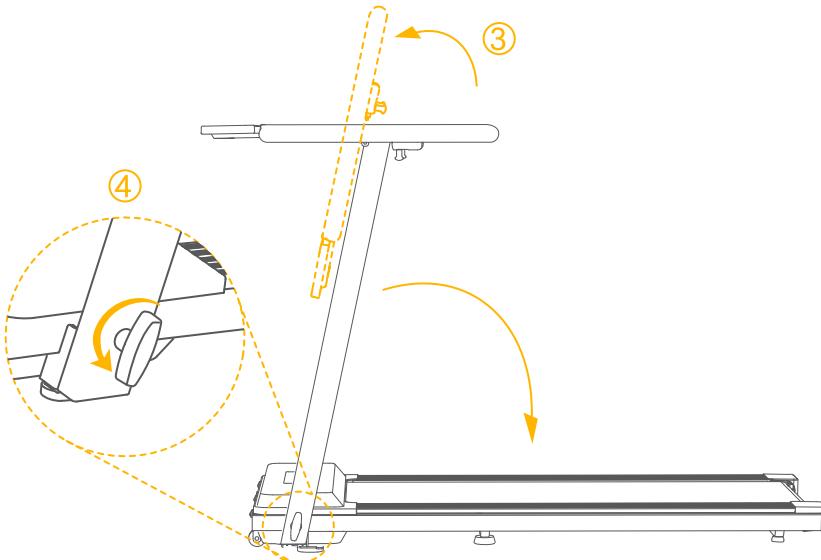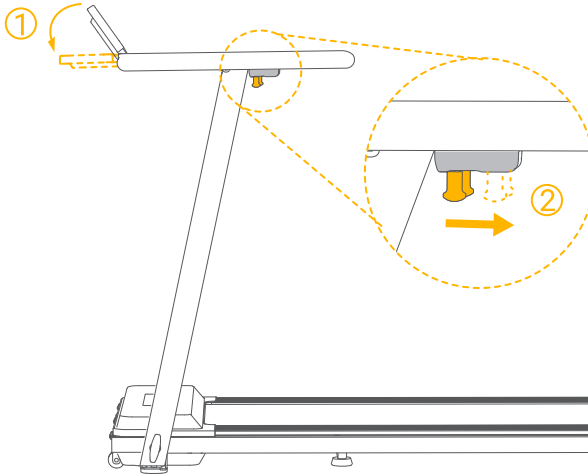
Adjustment Of Running Belt

The following two situations need to adjust the running belt

Situations 1：The running belt has been adjusted before shipment, but it would be stretched and its center position would deviate from the original position after use causing damage to the foot edge strips and rear cover due to rubbing. It is normal that the running belt is stretched during use.

Situations 2：If the running belt slips or does not run smoothly when you use the treadmill, you can adjust the tightness of the running belt.

Adjust the position of the running belt:

When you are running on the treadmill, the pressure on the running belt is imbalanced as the force applied by your feet on the belt is different, which will deviate the running belt from the center. Such deviation is normal and the running belt will return to the middle if no one runs on it. If it is not centered, you need to adjust the running belt until it moves to the middle.
1.Allow the treadmill to run with no load and adjust the speed to 7.5 MPH.
2.Observe the distance between the running belt and the left and right edge strips.
• If it moves to the left, use the hexagon wrench to rotate the left screw by 1/4 turn clockwise.
• If it moves to the right, use the hexagon wrench to rotate the right screw by 1/4 turn clockwise.
• If the running belt is still not centered, repeat the above operation until it moves to the middle.
3.When the running belt is in the middle, adjust the speed to 7.5 MPH, and observe the deviation and smoothness of the running belt. If there is a deviation, repeat the adjustment steps. Warning! Do not tighten the rollers too much. This will result in permanent damage to the bearings.
If the above operations are not effective, you need to tighten the running belt a little more.

Adjust the tightness of the running belt:

1. Insert the **6mm hexagon wrench A** into the adjusting screw on the both side of the running belt, and rotate the wrench by 1/4 turn clockwise to adjust the rear roller to tighten the running belt.
Be sure to rotate the adjusting screws by the same amplitude so that the rear rollers will be parallel to the frame after adjustment. Repeat until the running belt does not slip.
2. If you want to reduce the tension of the running belt, rotate the wrench counterclockwise with the same amplitude on both sides.
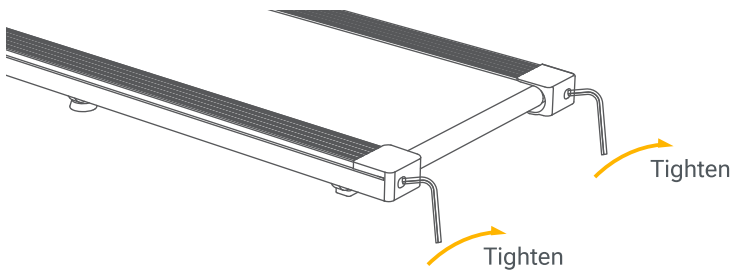
Tighten

Tighten

NOTE:

The running belt cannot be tightened too much. This would damage the running belt, the roller bearings, etc., increase the pressure on the front/rear rollers, and cause abnormal noise or other problems.

Lubricating & Maintenance

The treadmill has been lubricated before shipment. However, frequent check of lubricity of the treadmill helps keep it in the best condition. **Please make sure to add proper lubricant when using the product for the first time.The treadmill must be lubricated after one**

Each time when the treadmill is used for 30 hours or 30 days, pull up the running belt at the side and reach out your hand to touch the surface of the treadmill as far as possible. If you feel touching lubricating oil, it is not necessary to add oil. If you feel high dryness, follow the instructions below to apply oil.

NOTE: Use non-petroleum lubricating oil.

Lubricating the treadmill:

①. Add oil on the surface below the running belt. (as shown in the figure below);
②. Cut a small opening on the oil bottle mouth for easy squeezing out oil;
③. Raise the running belt so that you can place the oil bottle to the bottom of the running belt and inject oil to the middle of the running board. Put down the running belt, press the oil filling port, and rotate the running belt to apply oil evenly on it;
④. Start the treadmill and wait one minute until oil is evenly distributed before using it.

Lubricating Oil
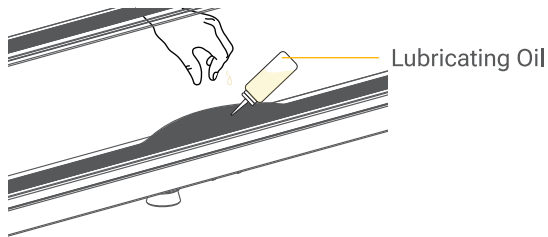
Maintenance

Clean the treadmill frequently to extend its service life.
1. When cleaning the treadmill, be sure to pull out the power cord from the socket to shut off the power.
2.Use a clean towel or wet cloth to wipe away sweat stains and debris from the dashboard and other parts.
3.Do not use corrosive goods or liquids to prevent electronic components from damage. Do not expose the electronic components to sunlight.
4.Clean up the ground once a week to remove the dirt brought by shoes and other debris.

OPERATION

Console

Start / stop:

Start:
Start: In standby mode, Attach the Safety Key correctly, press the "**START**" key, and the treadmill will start running at the lowest speed of 0.6 mile after a 3 second countdown;

Stop:
when exercising, press the "**STOP**" key or directly disconnect the Safety Key to stop running.

Console interface

BUILT-IN PROGRAM

PROG.   SPEED +   START   PAUSE SPEED -   MODE
                    STOP
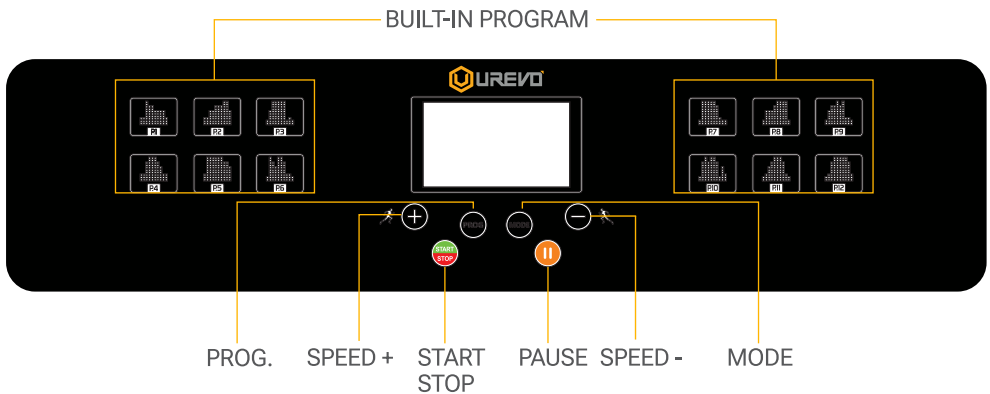
Key function:

START	Press this key, and the treadmill will start running from the lowest speed or the programmed default speed after a 3second countdown.
STOP	In running mode, press this key and the treadmill will stop running.
PUASE	Press this key to pause the treadmill when it is running.
MODE	In standby mode, press this key to enter the countdown mode setting, and the selection order is: TIME-DIS.-CAL.- Manual mode.
PROG.	In standby mode, press this key to select any built-in program. Program selection: P1 ~ P12 - Manual mode.
-	1. Press this key to slow down the speed by 0.2 miles when it is running. 2. Can be used to set time, distance, and calories values.
+	1. Press this key to increase the speed by 0.2 miles when it is running. 2. Can be used to set time, distance, and calories values.

NOTE: *The treadmill will automatically turn off the screen after 30 minutes of data retention.*

Display
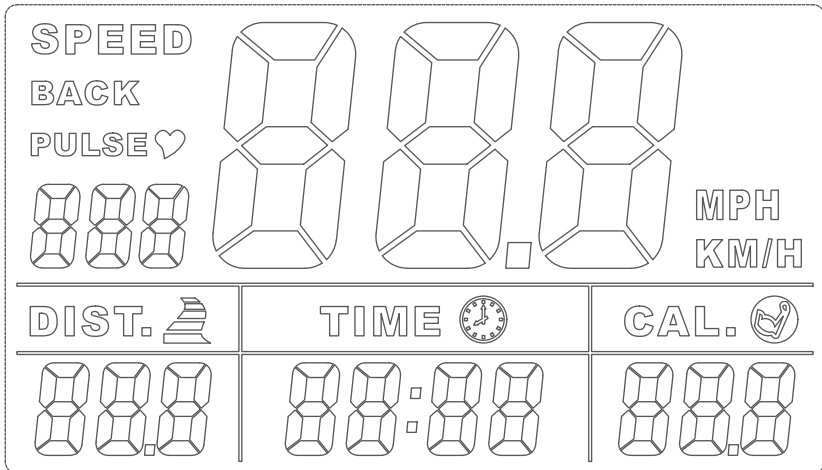
Name	Function
SPEED	1. Display the countdowns of "3" - "2" - "1" in turn during startup; 2. Display the exercising speed when exercising ; 3. Display "E0" when the Safety Key is disconnected;
TIME	1. Display the exercising time when exercising; 2. When adjusting the value in the countdown mode, it displays the set time value;
DIS.	1. Display the exercising distance when exercising; 2. When adjusting the value in the countdown mode, it displays the set distance value.
CAL.	1. Display the value of calories consumed when exercising; 2. When adjusting the value in the countdown mode, it displays the set calorie value.
PULSE	1. Display the value of heart rate when start. 2. For the most accurate reading, place the palms of your hands on both heart rate sheets and wait for 30 seconds.

Mode

Manual Mode

1. In standby mode, press the "**START**" key directly, and the treadmill starts from the lowest speed after a 3 second countdown;

2. Press " **+ / -**" to adjust the speed value;

3. Press the "**STOP**" key to slow down the treadmill to a stop.

Countdown mode

In this mode, the user can set the value of time, distance, and calories according to the demand. After setting, press the "**START**" key, the treadmill will enter the countdown mode. Once the set value drops to "0", the treadmill will slow down and stop automatically.

1. In standby mode, press the "**MODE**" key to enter the countdown mode;

2. Press the "**MODE**" key to cycle switch: **"TIME" - "DIS." - "CAL."** – Manual mode.

3. Press the "**+ / -**" key to add and subtract the value of the current window;

4. Press the "**START**" key, and the treadmill starts from the lowest speed 0.6 mph after a 3 second countdown. At this time, just like in manual mode, the speed and slope can be adjusted through the keys on the panel;

5. When the value set by countdown mode on the window drops to "**0**", the treadmill will slow down and stop automatically. While exercising, you can also press the "**STOP**" key or disconnect the Safety Key to stop.

Built-in program

In addition to the manual mode, there are 12 different programs built into the treadmill. Each program is divided into 10 segments, and the running time of each segment is set time / 10.

1. In standby mode, press the "**PROG.**" key to select any built-in program from P01 to P12. At this time, the "**TIME**" window displays the default value and flashes, so press the "**+ / -**" key to adjust the required exercising time;

2. Press the "**START**" key, and after a 3 second countdown, the treadmill will start to run at the speed of the first segment of the selected program. When this segment of the program is finished, the treadmill will automatically enter the next segment of the program and adjust the corresponding parameters synchronously;

3. While running, you can press the "**+ / -**" key to adjust the speed, but when you enter the next segment of the program, the treadmill will automatically adjust to the default value of the corresponding segment;

4. When all segments of the program are finished and the program is finished, the treadmill will slow down and stop automatically. While exercising, you can also press the "**STOP**" key or disconnect the Safety Key to stop running.

PROG. \ SEG.		Setting time(10segments)									
		1	2	3	4	5	6	7	8	9	10
P1	Speed	1.2	1.2	2.6	3.6	5.6	6.6	7.6	4.6	2.6	1.2
P2	Speed	1.2	1.2	3.2	5.8	6.6	6.6	7.6	3.6	2.6	1.2
P3	Speed	1.6	1.6	5.8	5.8	6.0	6.0	6.0	2.6	1.8	1.2
P4	Speed	1.0	1.0	3.0	3.0	7.6	7.6	4.6	3.2	2.2	2.2
P5	Speed	2.0	2.0	3.0	5.0	6.0	7.0	7.6	4.6	3.6	2.0
P6	Speed	2.0	2.0	4.0	4.0	6.0	6.0	7.6	3.0	3.0	2.0
P7	Speed	2.0	2.0	6.0	7.6	7.6	7.6	5.0	3.0	2.0	2.0
P8	Speed	2.0	4.0	4.0	5.0	5.0	7.0	7.0	6.0	6.0	2.0
P9	Speed	2.0	4.0	5.0	5.0	6.0	6.0	7.0	3.0	3.0	2.0
P10	Speed	1.0	5.0	6.0	5.0	7.0	7.0	7.6	2.0	4.0	2.0
P11	Speed	1.0	3.0	4.0	7.6	7.6	7.0	7.6	3.0	3.0	2.0
P12	Speed	2.0	3.0	5.6	7.6	7.6	6.6	6.6	6.6	3.0	1.8

Dormancy function

When the treadmill stops running and there is no operation for more than 10 minutes, the system will automatically turn off all displays and enter the sleep mode. Pressing any key will wake it up.

Parameter display and setting range:

	Display range	Mode default value	Program default value	Setting range
Speed	US: 0.6~7.6MPH	--------	--------	US: 0.6~7.6MPH
Time	0:00~99.59	30:00	30:00	5:00~99:00
Distance	US: 0~99.9MI	1.0	--------	US: 1~99MI
Calories	0~999	50	--------	10~999

Error Code

Common failures of control system and troubleshooting.
The following present error codes displayed on the electronic meter and their solutions:

Error code	Fault analysis	Handling method and sequence
E0	Safety lock falls off	1. Check whether the safety lock magnet has magnetic force. 2. Check whether the socket of magnetic ring tube of the display board is loose. 3.Check whether the controller's communication line and the display board communication line are loose. 4.Replace the upper controller.
E2	Lower controller's power tube is damaged	Replace the upper controller.
E4	Shield wire failure	1. First replace the 5P communication line of the display board. 2. Replace the host controller.
E5	Power tube breakdown short-circuit protection (Anti-explosion protection)	1. Exclude the cases of overweight, shortage of oil on the running belt or running board. 2.Excessive torque setting. 3.Replace the motor or host controller.
E6	Main motor abnormality protectio	1. Check whether the motor wire is connected. 2. Replace the motor. 3. Replace the host controller.
E7	Communication error	1. Replace the 5P communication line of the display board. 2. Replace the display motherboard. 3. Replace the host controller.
E8	Overload protection	1. Exclude the cases of overweight, shortage of oil on the running belt or running board. 2. Replace the running belt or running board. 3. Replace the motor. 4. Replace the host controller.

TROUBLESHOOTING

Failures and solutions

This product is reliably designed and easy to use. In case of a problem, carefully read the solutions to the failures as described below.

Failure: No information is displayed on the screen.
Solution: Check whether the power cord is plugged in properly, whether the plug is loose, and whether the power switch is turned on.

Failure: Power outage during use.
Solution: Check whether the power cord is connected firmly and whether the overcurrent protector is disconnected.

Failure: Running belt is not centered.
Solution: Check whether the treadmill is placed on flat ground and whether the running belt is adjusted properly. Refer to the adjustment of running belt.

If the problem in your treadmill is not included in the above, and you are not sure how to solve it, please contact us(Email: Services@urevosports.com) timely and do not handle it by yourself.

WARRANTY

MANUFACTURER'S LIMITED WARRANTY

UREVO warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with UREVO Owner's Manual. UREVO 's obligation under this warranty applies to the following:

COMPONENT LENGTH OF WARRANTY

Structural Frame 1 year For Home Use Only
All Other Components 90 days For Home Use Only

Exclusions from Warranty Coverage:

UREVO does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:
1. Improper installation and/or failure to abide by UREVO 's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;
3. Cosmetic items such as scratches, dents or discolorations;
4. Damage caused by normal wear and tear, vandalism, accidental or by animals;
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.);
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to among other things, flake, chalk, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

UREVO , using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

Replacement parts can be ordered by emailing our customer service department:

Services@urevosports.com

Open Monday thru Friday 8:00 AM - 5:00 PM (PST).
When ordering replacement parts please have the following information ready:

1. Order Number
2. Description of Parts(Add photos or videos would be helpful)
3. Part Number
4. Date of Purchase