

SereneLife



SLFOLD30

Folding Motorized Treadmill Machine

Electric Digital Low-Speed Fitness with Smart Speed Control

USER GUIDE

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 Authorized 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.

- Maximum Weight Capacity is 265 lbs.
- Pull out the Safety Tether Key for emergency stop.
- This unit must be plugged into a nominal 120 volt 60 Hz outlet which 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 the 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 backwards 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.

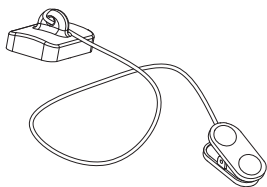
CAUTION

Read all instructions carefully before operating this product.

Retain this Owner's Manual for future reference.

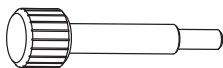
HARDWARE PACK

S1



Safety Key

S2



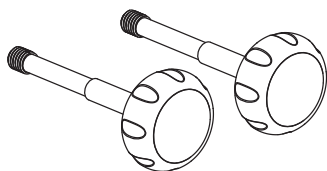
Tablet Holder Knob

S3



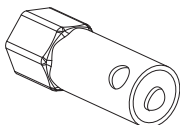
Allen Wrench

S4



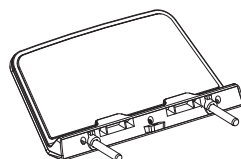
Handle Knob

S5



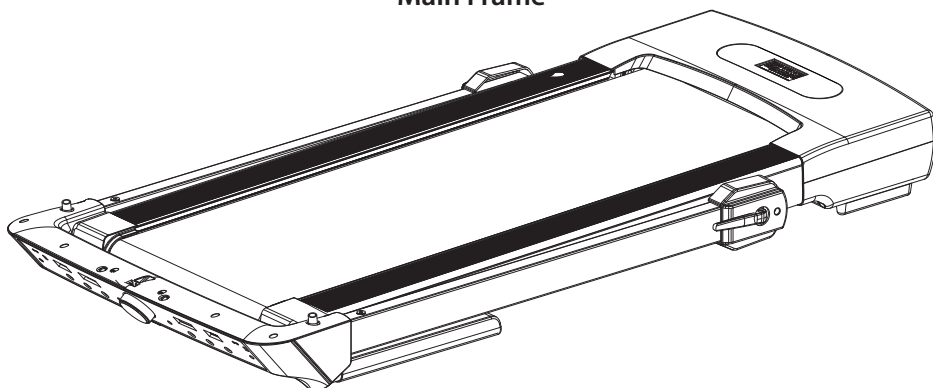
Socket Wrench
(Maintenance)

S6



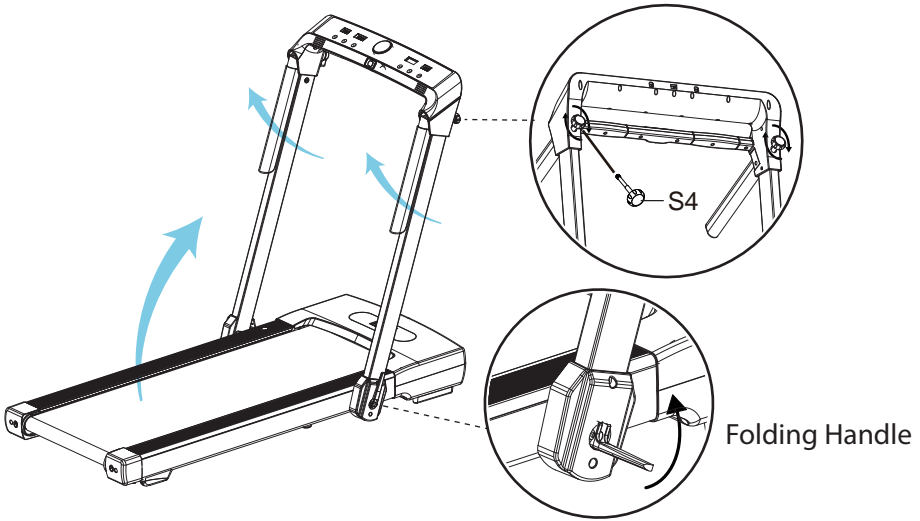
Tablet Holder

Main Frame



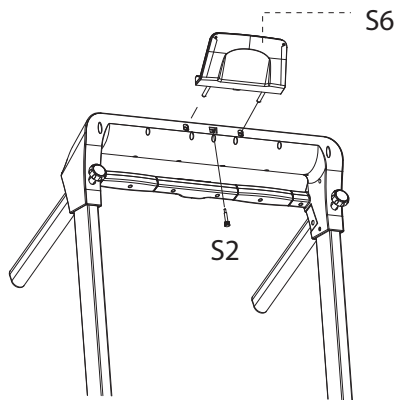
ASSEMBLY INSTRUCTION

Remove the treadmill from the shipping carton and place it on a level flat surface. Please always use the aid of a second person when removing the treadmill from the shipping carton.



STEP 1

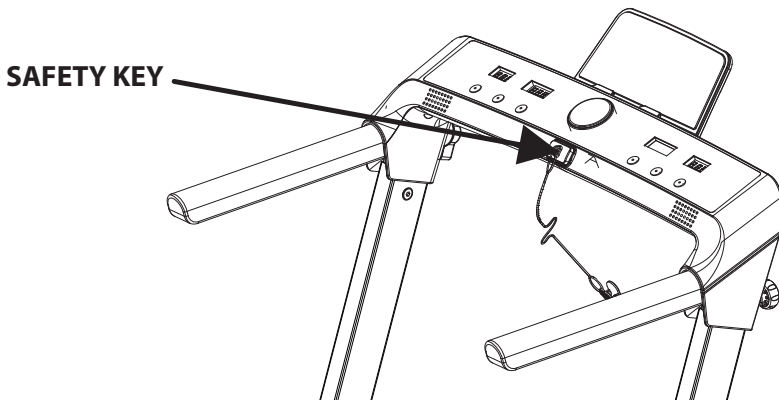
1. Release the Folding Handle in the right side of the treadmill.
Lift the both Left and Right Handlebar Support Tubes up to the upright position, then lock the folding handle back.
2. Lift up the both Left/Right handle bar, use two Handle Knobs (S4) to secure the both Left/Right Handle bar onto the Computer Console.



STEP 2

Place the Tablet Holder (S6) into the corresponding holes in the Computer Console, Lock the Tablet Holder in place by tightening a Tablet Holder Knob (S2).

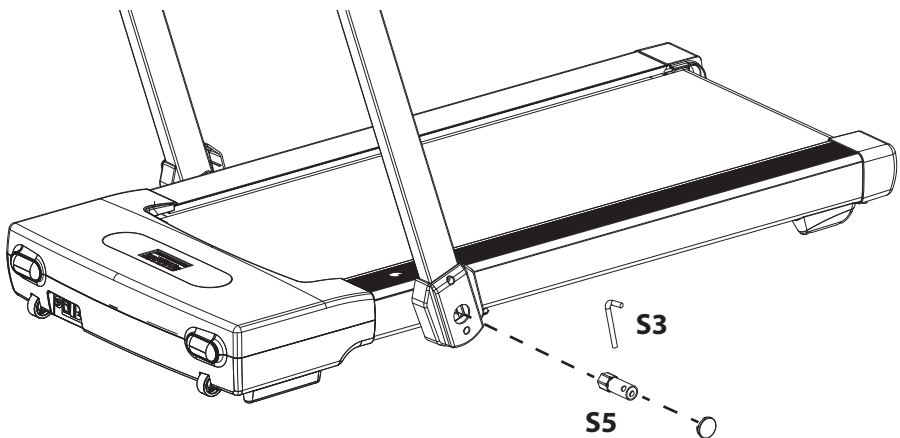
EMERGENCY STOP



Before beginning a workout session ensure that the SAFETY KEY is 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 KEY from the Computer Console and the running belt will stop immediately for emergency stop, helping to prevent injury.

MAINTAINENCE

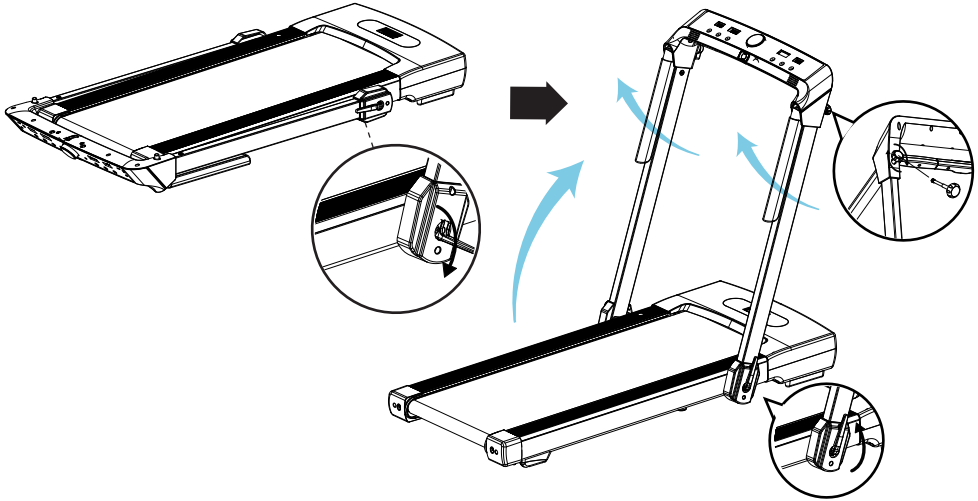
When the Handlebar Supporting Tubes shakes, remove the cover on the left side, insert the Socket Wrench (S5) into the corresponding hole, tighten it by the Allen Wrench provided.



UNFOLDING/FOLDING THE MACHINE

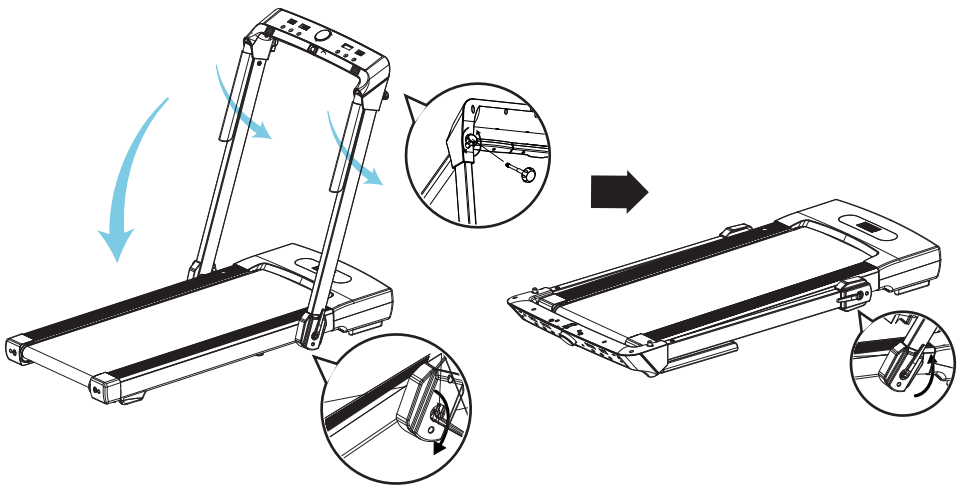
1. Unfolding the machine

Raise the folding handle on the right side of the treadmill to unfold. Unfold the Left/Right Handlebar and tighten the knobs behind the computer console. The knobs do not have to be completely unscrewed to prevent loss.



2. Folding the machine

Loosen the knobs behind the computer console and fold the Left/Right Handlebar. Then loosen the folding handle on the right of the treadmill to fold. The knobs do not have to be completely unscrewed to prevent loss.



COMPUTER CONSOLE



DISPLAY FUNCTION

SPEED: Displays the current running speed, which can display the current speed from a minimum of 0.6 MPH to a maximum of 8.7 MPH.

CALORIES: Display/countdown displays the total calories burned during exercise, can display a calorie range of 10-995.

TIME: Display/countdown to show your elapsed workout time in minutes and seconds, the time range can be displayed from 5:00-99:00.

DISTANCE: Display/countdown displays the accumulated distance during the exercise, the distance range can be displayed is 0.5-65.0 miles.

PROGRAM: Displays the automatic running program during the exercise, and the preset program displays P1-P12.

CONTROL KNOB

Program selection mode

You can choose between the following programs by turning the control knob.

[QUICK-START] Manual program

[TARGET TIME] Time program

[TARGET DISTANCE] Distance Program

[TARGET CALORIES] Calorie program

[PROGRAM 1-12] Speed programs 1-12

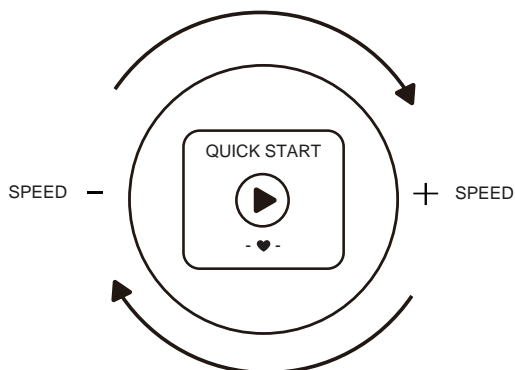


Program default mode

Press and hold jumps the display in the selected program into [SET] mode. There you can set the target value.

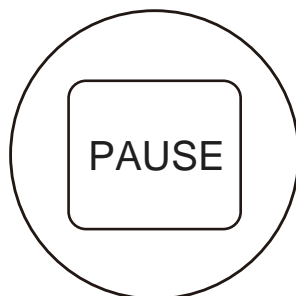
CONTROL KNOB

PRESS PLAY



[Short press]
- Start/Stop

PRESS AND HOLD PAUSE



[Press and hold]
- Pause

PROGRAM

[TARGET-TIME] Time Program

Use the control knob to select the [TARGET-TIME] program, then the display flashes and a suggestion of 30:00 Min is shown. Press and holding the control knob switches to the [SET] preset mode, where you can set the time by turning the control knob.

(Default option 5:00-99.00 Min) Start the program after specifying the time with the control knob and the default value counts down to "0". If this value is reached, a signal sounds and that treadmill stops.



[TARGET-DISTANCE] Distance-Program

Use the control knob to select the [TARGET-DISTANCE] program, then the display flashes and a suggestion of 0.6MPH is shown. Press and holding the control knob switches to the [SET] preset mode, where you can set the distance by turning the control knob.

(Default option 0,5-65,0 miles) Start the program after specifying the distance with the control knob and the default value counts down to "0". If this value is reached, a signal sounds and that treadmill stops.



[TARGET-CALORIES] Calorie program

Use the control knob to select the [TARGET-CALORIES] program, then the display flashes and a suggestion of 50kcal is shown. Press and holding the control knob switches to the [SET] preset mode, where you can set the calories by turning the control knob.

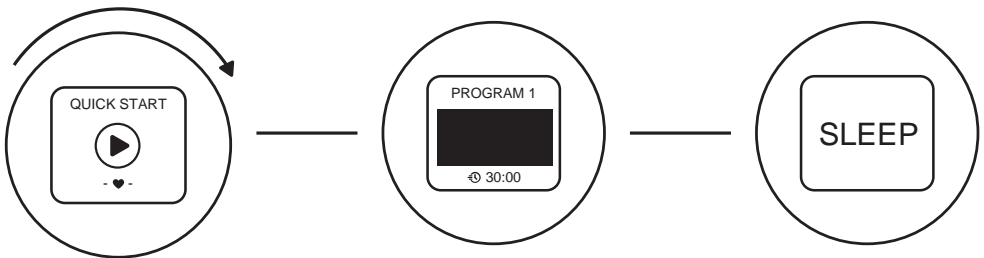
(Default option 10-995 kcal.) Start the program after specifying the calories with the control knob and the default value counts down to "0". If this value is reached, a signal sounds and that treadmill stops.



[PROGRAM 1-12] Exercise programs P01-P12

Use the control knob to select the one of the exercise speed programs P01-P12. Each program is divided into 20 intervals of time and the speed changes as following program list shows. Initial setting time is 30 min, set a time for training session and press control knob to start the program.

With next intervals of time the speed level will change back to program mode. If the program runs till end of time the motor will stop running after the display counts down time to zero. To stop the program, press the control knob. After 4 minutes, the treadmill will switch off to [SLEEP].







P1-P12

UNFOLDED MODE

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	3.0	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	4.0	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	4.5	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	4.0	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	3.0	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	3.0	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	6.0	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	6.5	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



-  Press the button to start/stop training on different training mode immediately.
-  Press the button to select the pre-set training program (P01-P04) mode before training. Hold the button for three seconds to switch on or off the light strips in two sides.
-  Press the button to make upward adjustments for the speed from 0.6 to 5.0 MPH.
-  Press the button to make backward adjustments for the speed from 0.6 to 5.0 MPH.



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	1.5	1.5	2.0	2.0	1.5	1.5	1.5	1.5	1.5	1.5	2.0	2.0	2.0	2.0	1.5	1.5	1.5	1.5
P02	1.5	1.5	1.5	1.5	2.0	2.0	2.0	2.0	2.5	2.5	2.5	2.5	2.0	2.0	2.0	2.0	1.5	1.5	1.5	1.5
P03	2.0	2.0	2.0	2.0	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.0	2.0	2.0	2.0	1.5	1.5	1.5	1.5
P04	2.5	2.5	2.5	2.5	2.5	2.5	3.0	3.0	3.0	4.0	4.0	3.0	3.0	3.0	2.5	2.5	2.5	2.5	2.5	2.5



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.

APPLICATION SOFTWARE (APP)

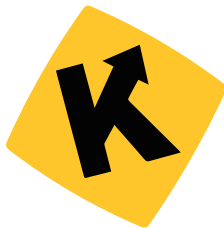
Check if your mobile device confirms the requirements for the application. The requirements of each application are shown in the Google PlayStore or AppStore.

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

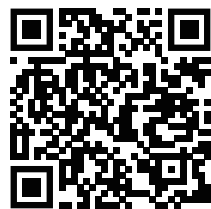
Android



Kinomap



iOS



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

Android



FIT & HOME



iOS



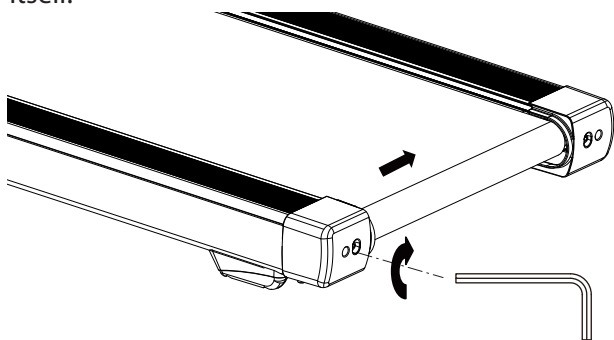
- Please remember to turn ON the Bluetooth feature on your device.



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.

BELT ADJUSTMENT

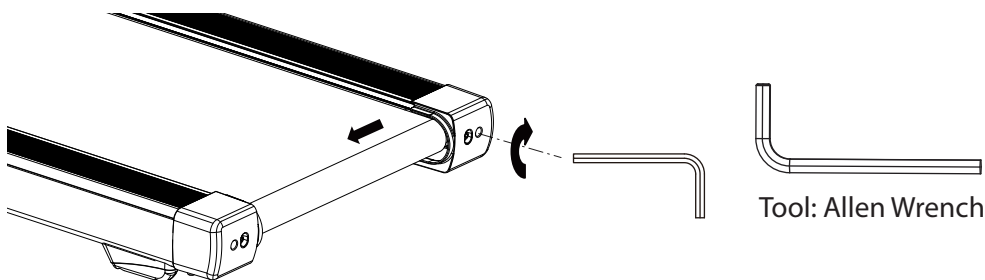
The running belt is pre-adjusted to the running deck at the factory, but after prolonged use it can stretch and require readjustment. To adjust the belt, turn on the main power switch of the treadmill and let the belt run at a speed of 4-5 MPH. Use the Allen Wrench provided to turn the rear roller adjustment 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

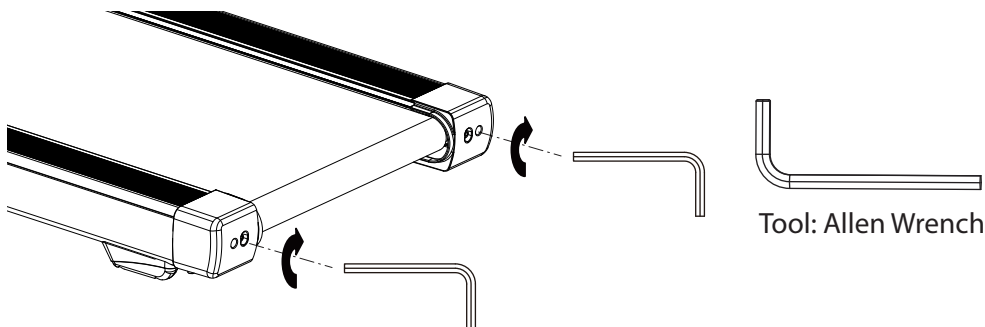
If the running belt is shifting to the right, then turn the right adjustment bolt 1/4 turn clockwise, and the belt should start to correct itself.

Keep turning the adjustment bolts until the running belt is properly centered.



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 4-5 MPH. Run on to the running belt to determine if the belt is still slipping. Repeat this procedure until the belt no longer slips.



CARE AND MAINTENANCE

⚠️ WARNING: To prevent electrical shock, please turn off and unplug the treadmill before cleaning or performing routine maintenance.

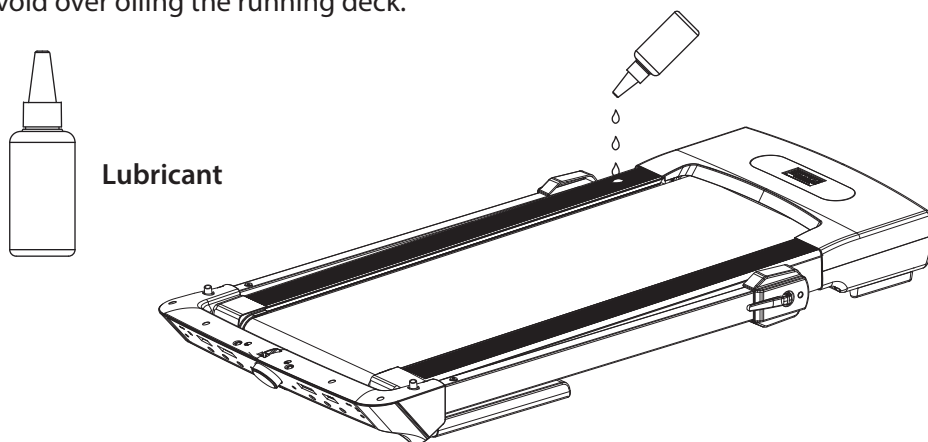
⚠️ WARNING: Always check the wear and tear components like spring knob and running belt to prevent injury.

LUBRICATION

Lubricating your treadmill running belt will ensure superior performance and extend its life expectancy. When you receive your treadmill please apply some lubricant into each oil cap. 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). Run on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

How to check running belt for proper lubrication?

Remove the cap on the lubrication system, squeeze few drops of lubricant inside. 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. Avoid over oiling the running deck.



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

Error code	Potential Reasons	Solution
No display	The controller is not powered on or is damaged	<ol style="list-style-type: none"> 1. First, check whether the over-load protector has tripped off, if yes, press it. 2. Check the power supply switch, over-load protector and the controller's powercord and transformer to ensure well connection. 3. The transformer is damaged; replace the transformer.
Safe	Safe lock falls down	<ol style="list-style-type: none"> 1. Place back the safe lock. 2. Replace safe lock switch or magnetic sensor in the electronic meter; if the problem still fails to be solved, replace the electronic meter.
Error 1	Communication failure from the driver to the electronic meter	<ol style="list-style-type: none"> 1. Check whether the connecting joint between the electronic meter and the core wire of the controller is loose; whether wires are damaged; whether the core wires are in correct connecting order. 2. The transformer may be damaged. Check and replace a good one.
Error 3	No sensory signal	<ol style="list-style-type: none"> 1. Check whether the photoelectric sensor directs to the hole on CD. 2. Check whether wires of photoelectric sensor are damaged and whether terminals of the photoelectric sensor & speed terminals on the controller are firmly connected.
Error 4	Power supply abnormality	Check whether the power supply voltage is less than 50% of the normal value; please ensure correct voltage and test again.
Error 5	Self - inspection	<ol style="list-style-type: none"> 1. Check whether motor signal wires are well inserted; re-insert the signal wire joint to ensure that it is reliable; 2. Replace the controller; 3. Check whether the power cords from the electronic meter to the controller are well collected; dismantle the pillar to check connecting joints on each section of the wiring from the electronic meter to the controller; ensure that each wire core is well connected; or the reason may be the communication power cord defect (damaged or broke down); in such case, re-connect or replace wires.
Error 6	Motor problem	<ol style="list-style-type: none"> 1. Check whether motor wires are well connected; re-connect motor wires, or, if the problem still fails to be solved, replace the motor. 2. It may be the system's self-protection against excessive current when the load exceeds the rated value; restart the machine.
Error 7	Over-current protection	<ol style="list-style-type: none"> 3. Some part of the treadmill is jammed so that the motor can not rotate, thus triggering the self-protection of the system against excessive current under excessive load; adjust the treadmill and restart it, or add lubricant. 4. Check whether there is over-current sound or burning odor when the motor is running; replace the motor.
Error 8	Motor cable problem	<ol style="list-style-type: none"> 5. Check whether the controller emits the odor of burning; if yes, replace the controller.

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.



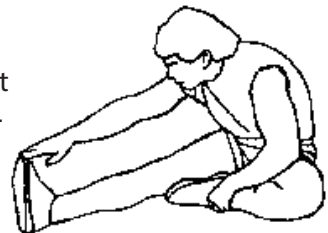
TOE TOUCHES

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.



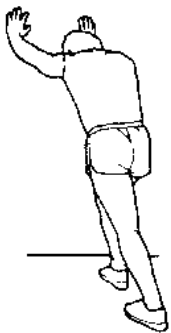
HAMSTRING STRETCHES

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.



Features:

- Electric Motorized Plug-in Design
- Home Gym Digital Treadmill Design
- 4 White Light LED and 1 LCD Control Knob Displays
- Easy Handlebar Control Panel for Set up Position Use
- Remote Controller
- Simple Electric Motorized Plug-in Design
- Displays Run Time, Distance, Speed, and Calories Burned
- Includes Mobile Phone/Tablet,
- Supports BT Music and Fit Home, 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

What's in the Box:

- (1) Treadmill
- (1) Power cord
- (1) Lubrication bottle
- (1) Remote controller

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.

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 – 8.7 MPH
- Adjustable Timer Range: 5 - 99 Minutes
- Weight Capacity: Up to 265+ lbs.
- Item Weight: 75.3 lbs.
- Running Belt/Running Surface Size (L x W): 15.74" x 43.3" -inches
- Total Folded Dimension (L x W x H): 61.2" x 26.9" x 7.2" -inches
- Total Open Dimension (L x W x H): 54.1" x 26.9" x 44.1" -inches

SereneLife

Questions? Comments?

We are here to help!

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