

Serenelife



SLFTRD16

portable folding
treadmill

user manual

visit our website



SCAN ME

serenelifehome.com

PLEASE KEEP THIS MANUAL CAREFULLY FOR FUTURE REFERENCE. FOR HOUSEHOLD USE ONLY.

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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



Unique Elements:

- Manual Three-stage Incline Adjustment for Customizable Workout Intensity
- Supports Bluetooth and QR Code Tracking
- Foldable Design with Secure Latch for Easy Storage and Space-saving Convenience
- Built-in Heart Rate Monitor for Real-time Pulse Tracking
- LED Screen Display Showing Time, Distance, Calories, and Speed
- Maximum Load Capacity: 120 kg

Features:

- Digital Home Gym Treadmill
- Supports Bluetooth Music and App
- Large Multi-layer Tread Belt
- Easy to Assemble
- Integrated Safety Key for Emergency Power Off
- Durable, Stable, and Easy to Operate
- Adjustable Speed from 0.5 to 8 MPH with Timer Settings Up to 99 Minutes
- Adjustable Incline Up to 3 Levels for Varied Workout Intensity
- Built-in Bluetooth Speakers for Streaming Music
- LED Display Shows Time, Distance, Calories, and Speed with 12 Preset Programs
- Manually Adjustable Incline by Hand up to 3 Levels
- Advanced Shock-absorbing Deck System to Reduce Joint Strain
- Safety Key Instantly Powers Off the Treadmill for Safe Use
- Speed Range from 0.5 to 8 MPH to Suit your Fitness Goals
- Heart Rate Monitoring via Hand Grip Sensors
- Plug-in Electric Motorized Design
- Suitable for Walking, Jogging, and Running
- Supports Weight Loss, Cardiovascular Fitness, Endurance & Stamina Building

What's in the Box:

- Folding Treadmill
- Power Cord
- Safety Key
- Tool Kit for Assembly

Technical Specs:

- Construction Material: Powder Coated Steel, PP
- Motor Power: 2.0 HP
- Adjustable Speed Range: 0.8 – 8 MPH
- Adjustable Timer Range: 0 - 99 Minutes
- Motor Type: Brush DC Motor
- Power Plug: Type B - 3 Pin (North American)
- Program: 12 Preset Programs
- Power Supply: 110-120V
- Power Cord Length: 4.92' Ft.
- Low Noise Operation: ≤45 dB
- Estimated Calorie Readout: 0-9999 (per session)
- Distance Range: 0-6207 miles (Cumulative/session-based Tracking)
- Display Type: LED panel (Calories, Speed, Time, Distance)
- Foldable Design: Yes
- Adjustable Incline Range: 5%-7%, Manual Adjustment
- Device Holder: For phone/tablet
- Speakers: Built-in Bluetooth speakers
- Built-in Transport Wheels: yes
- Weight Capacity: Up to 264 lbs.
- Item Weight: 79 lbs
- Running Surface Dimensions: 43.3 x 15.7Inches
- Walking Belt Size (W x L): 15.7 x 82.8 inches
- Product Dimension (L x W x H): 23.82" x 24.21" x 51.97" Inches (Folded)
- Product Dimension (L x W x H): 54.92" x 24.21" x 44.49" Inches (Expanded)

Using your treadmill will improve your health. The more familiar you are with your treadmill, the easier it will be to use. Please read this manual carefully before operating it. All parts of the machine are made of high-quality materials and have passed series inspections and tests to ensure maximum product quality. You will receive guidance on assembly, operation, and maintenance of the treadmill.

Safety Instructions

We designed this treadmill with multiple safety considerations. To ensure your safety, read this manual carefully before use. We are not responsible for any consequences of abnormal operation.

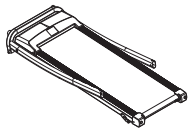
RISK: Do not use the heart rate device together with other wireless heart rate devices, as it may cause electrical interference.

WARNING

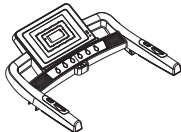
Follow these instructions to avoid injury:

1. Ensure the treadmill is fully grounded before use.
2. Always attach the red safety key clip to your clothing to allow emergency stop.
3. Consult your doctor before beginning a fitness program.
4. Wear proper sportswear (avoid soft-soled shoes, which may get caught in the motor).
5. Keep the area clean to prevent debris from entering the treadmill.
6. Maximum user weight: 100 kg (220 lbs).
7. Only one person should use the treadmill at a time. Keep children and pets away.
8. Minimum clearance for safe use:
 - Front and sides: 100 cm (39.4 in)
 - Rear: 200 cm (78.7 in)
9. Do not use the treadmill if the power cord is damaged.
10. Do not operate a damaged treadmill. Contact your local dealer for service.
11. Do not touch moving parts.
12. Do not insert objects into the treadmill. Indoor use only.
13. Place on a clean, level surface with good ventilation.
Keep away from water and fire.
14. Use handrails when mounting/dismounting. Do not step off while the belt is moving. For emergency stop, remove the safety key.
15. Do not operate while using oxygen equipment or sprays.
16. Only use manufacturer-approved accessories.
17. Ensure all parts are securely fastened.
18. Turn off and unplug after use.

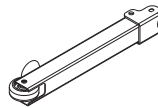
Package Specifications



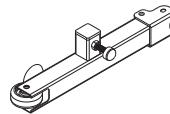
Main frame



Screen board



Bottom frame
Left Tube



Bottom frame
Right Tube



User Manual



Tools

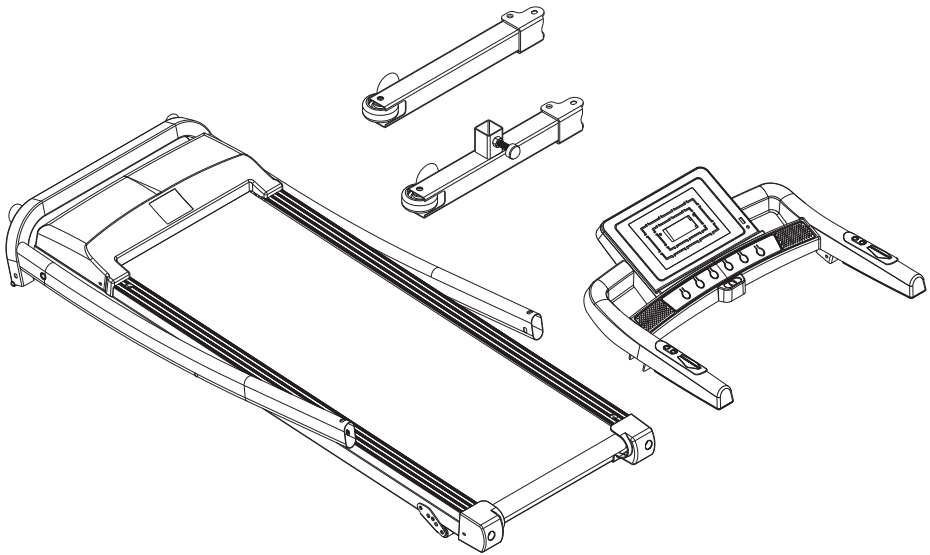
Hardware List & Assembly Component

#	Part	Qty
A	Safety key	1
B	6mm Allen wrench	1
C	Lubricating oil	1
D	M8*16 Half round head hexagonal socket screw	4
E	M8 flat washer	10
F	M8 Hexagon lock nut	4
G	Open end wrench	1
H	5mm Allen wrench	1
I	M8*50 Half round head hexagonal socket screw	6
J	Latch	1
K	M8 Cap nut	2

Assembly Instructions

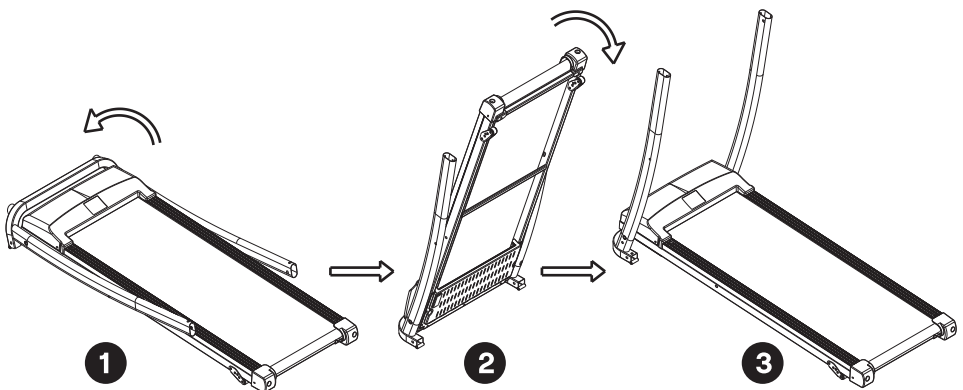
Step 1:

Lift the main frame and electronic watch stand from the carton, removing any binding straps.



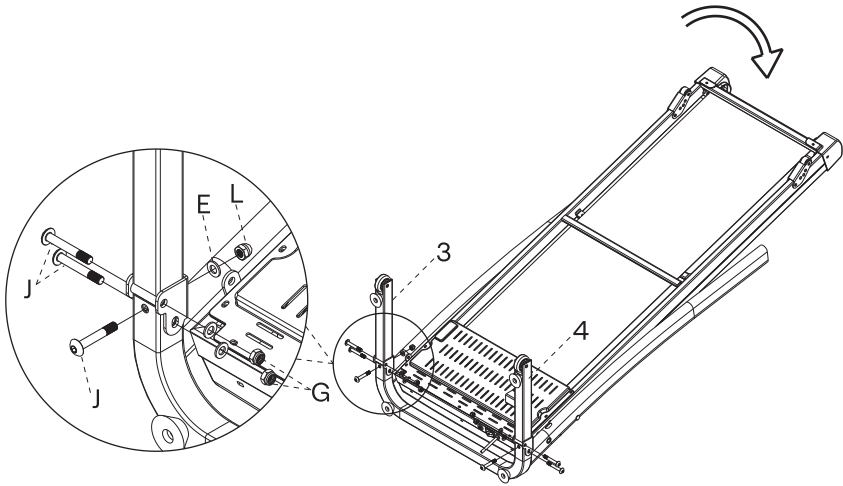
Step 2:

Unfold the frame: Stand the machine in the direction of the arrow, then lay the frame flat on the floor as shown in the figures.



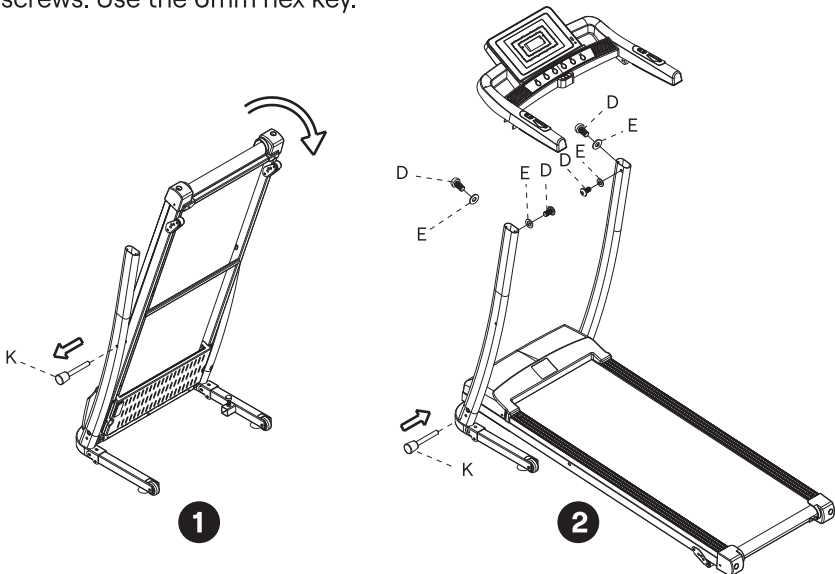
Step 3:

Insert the bottom frame edge tubes and secure with screws, washers, and lock nuts. Insert the K pin from the bottom of the column into the front running platform hole. Use the 5mm hex key and open-end wrench as needed.



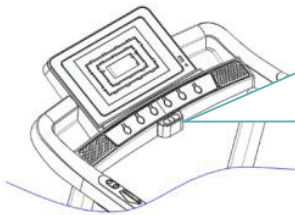
Step 4:

Insert the electronic watch rack into the column, securing with flat washers and M8*16 screws. Use the 6mm hex key.



Step 5:

Power on: The treadmill runs only after pressing the Start button. Ensure the safety key is correctly placed; "E07" on the display indicates it is missing.



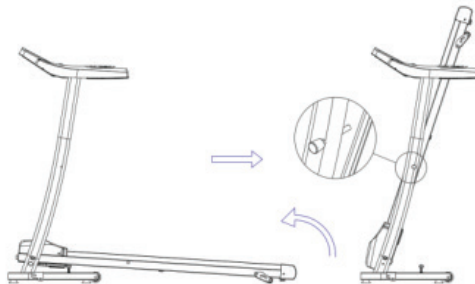
Safety key

Place the magnet end at the instrument label

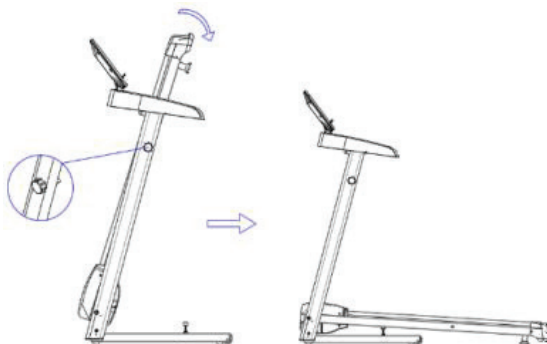
Emergency Stop: Removing the safety key cuts power immediately (some weak current parts remain powered). Always use the safety key during exercise.

Step 6: Folding & Deployment

- **Folding:** Lift the rear of the running platform until parallel to the pillar, then insert the K pin to secure.

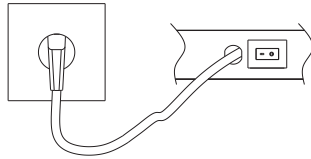


- **Deployment:** Pull out the K pin, lower the running platform to the ground, and reinsert the pin into the front hole.



Electric Control Instructions

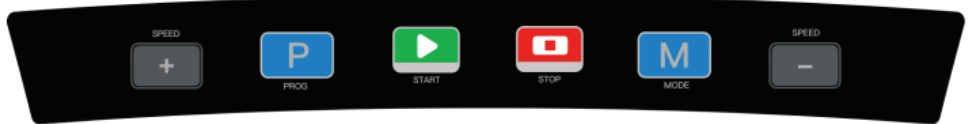
1. **Plug in and turn on the red switch.** Wait for the screen to light up.



2. **Safety Key:** Place fully in its slot and clip to clothing.

Pull to stop the treadmill instantly.

3. **Screen Display:** LED panel shows time, distance, calories, speed.



4. **Booting:** Normal startup after a 3-second countdown.

5. **Programs:** 3 manual, 12 automatic.

6. **Safety Lock Function:** Removing the safety key triggers an alarm and stops the treadmill. Re-inserting clears data.

7. **Buttons:**

- **Start/Stop:** Start begins at 1 km/h; Stop halts the treadmill and clears data.
- **Program Keys:** Cycle through manual mode and automatic programs P1–P12.
- **Mode Key:** Cycle countdown modes for time, distance, or calories.
- **Speed +/-:** Adjust speed by 0.1 km/h. Press and hold for continuous change after 2 seconds.

8. **Display:** Shows speed, time, distance, calories.

9. **Automatic Programs:** 12 programs with 10 segments each.

Program Speed Table

Time Slot: Each program divides your total set time into 10 equal time slots.

Run time of each slot = (Set time ÷ 10)

Time slot Program		Set time / 10 = run time of each time slot									
		1	2	3	4	5	6	7	8	9	10
P1	Speed	1	2	3	4	5	6	7	8	9	10
P2	Speed	1	2	3	4	5	6	7	8	9	10
P3	Speed	1	2	3	4	5	6	7	8	9	10
P4	Speed	1	2	3	4	5	6	7	8	9	10
P5	Speed	1	2	3	4	5	6	7	8	9	10
P6	Speed	1	2	3	4	5	6	7	8	9	10
P7	Speed	1	2	3	4	5	6	7	8	9	10
P8	Speed	1	2	3	4	5	6	7	8	9	10
P9	Speed	1	2	3	4	5	6	7	8	9	10
P10	Speed	1	2	3	4	5	6	7	8	9	10
P11	Speed	1	2	3	4	5	6	7	8	9	10
P12	Speed	1	2	3	4	5	6	7	8	9	10

10. Parameter Settings in Countdown Modes

Countdown Time Mode

- Initial time: 10:00 minutes
- Setting range: 5:00 – 99:59 minutes
- Adjustment step: 1:00 minute

Calorie Countdown Mode

- Initial calories: 50 kcal
- Setting range: 20 – 990 kcal
- Adjustment step: 10 kcal

Distance Countdown Mode

- Initial distance: 1.0 km
- Setting range: 1.0 – 99.9 km
- Adjustment step: 0.1 km

Mode Switching Order

Manual → Time → Distance → Calories → (cycles back)

11. Countdown Completion Behavior

After a countdown mode finishes:

- The display will show END
- An alarm will sound for 0.5 seconds every 2 seconds
- The treadmill will stop automatically
- The display returns to Manual Mode

Note: Only one countdown parameter (time, calories, or distance) can be active at a time. When a countdown option is started, its value counts down, while the other two values display forward counting.

12. Function Selection

Follow the instructions below depending on the features included with your treadmill.

Bluetooth Music Sharing (Applicable if your treadmill includes Bluetooth audio)

1. Turn on the treadmill power switch.
2. On your mobile device, search for the Bluetooth device named “DP”.
3. Select and connect.
4. Once successfully connected, music from your phone will play through the treadmill’s Bluetooth speaker system.

MP3 Music Function (Applicable if your treadmill includes an MP3 audio port)

1. Insert one end of the spring cable into your phone.
2. Insert the other end into the treadmill MP3 port.
3. Play music using your preferred phone app.

USB Function (Applicable if your treadmill includes a USB port)

1. Connect your phone’s data cable to your phone.
2. Insert the other end into the treadmill’s USB port.
3. Your device will operate according to the treadmill’s USB capabilities (charging, audio, etc., depending on model).

Maintenance Guidelines

Proper maintenance will keep your treadmill in optimal condition.

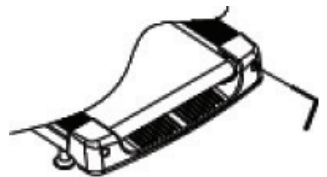
Improper maintenance may cause injury or shorten the service life of the treadmill.

Warning: Always unplug the treadmill before cleaning or performing maintenance.

1. Regularly remove dust to keep all parts clean.
2. After each use, wipe the console and other areas to remove sweat and debris using a clean towel or cloth.
Important: Do not allow water to splash onto electrical components or under the running belt.
3. Place your treadmill in a clean, dry environment. Ensure the power is turned off and the plug is removed from the outlet.
4. For easy movement, wheels are installed on the treadmill.
Always disconnect the power supply and fold the frame before moving the treadmill.
5. Frequently check and tighten all parts of the treadmill. Replace damaged parts immediately.
6. To maintain performance and extend service life, allow the treadmill to rest for 10 minutes after every 30 minutes of continuous use.

7. Running Belt Adjustment

The running belt is adjusted at the factory, but normal use will cause stretching. This may result in the belt shifting away from the center or rubbing the side rails or rear cover. This is normal and can be corrected.



If the running belt slips or does not run smoothly, adjust the belt tension as follows:

A. Running Belt Tension Adjustment

If the belt is too loose:

1. Insert the included hex wrench into the adjustment hole on the left foot guard.
2. Turn clockwise 1/4 turn.
3. Repeat the same adjustment on the right side, also turning 1/4 turn clockwise.

Adjust both sides equally and simultaneously to prevent the belt from shifting off-center.

If the belt is too tight:

Turn both adjustment screws counterclockwise in equal amounts.

Important:

The running belt must not be too tight.

Excess tension increases pressure on the front and rear rollers, may damage the roller bearings, and can cause noise or other operational problems.

Adjust only until the belt no longer slips – not tighter.

B. Running Belt Alignment Adjustment

During use, your left and right steps apply different pressure, causing the belt to shift slightly left or right. This is normal; when the treadmill is not in use, the belt typically re-centers automatically.

If the belt does not return to center, follow these steps:

1. Start the treadmill without load.
2. Set the speed to Level 6.
3. Observe the space between the belt and the left/right side rails.

If the belt moves to the left:

Turn the left screw clockwise 1/4 turn.

If the belt moves to the right:

Turn the right screw clockwise 1/4 turn.

Repeat small adjustments until the belt is centered.

After centering, run the treadmill at Level 6 again and confirm smooth operation.

If the belt still shifts, repeat the steps above.

Warning:

Do not overtighten the roller screws. Over-tightening may cause permanent bearing damage.

Lubricating Oil

The treadmill is pre-lubricated at the factory, but regular lubrication checks are required to maintain peak performance. Lubrication is required after one year of use or 100 hours of operation, whichever comes first.

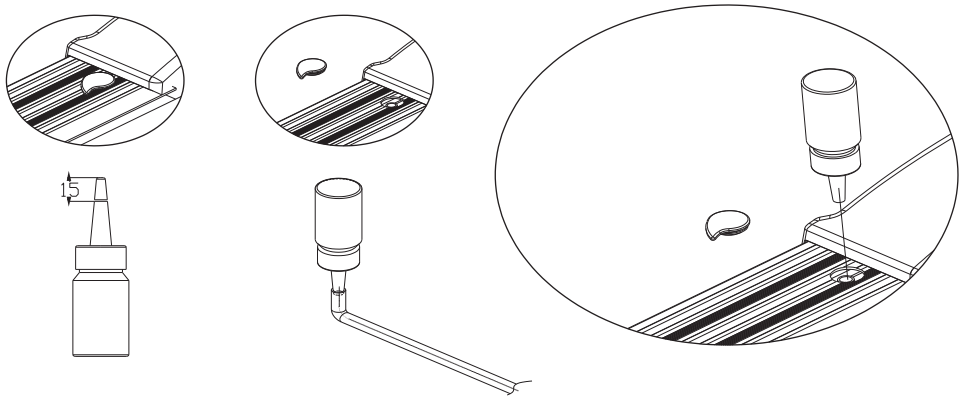
Checking Lubrication Level

After every 30 hours or 30 days of use:

1. Ensure the treadmill is turned off.
2. Lift the running belt slightly from the side.
3. Reach under the belt and feel the inner surface.
 - If you feel lubrication, no oil is needed.
 - If the surface feels dry, add lubricant following the steps below.

Note: Use non-petroleum-based treadmill lubricants only.

How to Add Lubricating Oil



1. Open the lubrication access cover located on the left front side of the treadmill frame.
2. Cut the tip of the lubricant bottle using scissors or a utility knife as shown in the instruction diagram.
3. Insert the thin nozzle of the lubricant bottle into the lubrication tube.
4. Squeeze the bottle to inject the required amount of lubricant.
Ensure the nozzle is fully inserted into the lubrication pipe before injecting oil.

Failures and Troubleshooting

Error Codes and Solutions

E1 – Communication Abnormality

Description: Power-on control and electronic table communication abnormal.

Possible Causes & Solutions:

- Communication cable is blocked or loose.
- Check and reconnect the electronic table cable.
- Ensure each wire is correctly inserted.
- Confirm that the electronic table is connected to the controller.
- If the cable is damaged, replace it.

E2 – High Voltage Fault

Possible Causes & Solutions:

- Motor line may be damaged.
- Check for burning smell or visible damage.
- Replace the motor if needed.

E3 – No Motor Detected

Possible Causes & Solutions:

- Motor line is disconnected.
- Reconnect the motor line.
- Check for damage.
- Replace the motor if faulty.

E5 – Overcurrent Protection

Description: System detects DC motor current greater than fixed limit for up to 3 seconds.

Possible Causes & Solutions:

- Load is too heavy—reduce user weight load or incline.
- Treadmill belt is too tight—adjust belt tension.
- Motor current is too high due to blockage—inspect for jammed or damaged parts.
- Motor may be overheating or burnt—replace if necessary.
- Controller may be damaged—inspect and replace as needed.
- Power supply voltage is incorrect—check and reset to correct voltage.

E6 – Explosion / Supply Voltage Protection

Description: Abnormal supply voltage or motor anomalies.

Possible Causes & Solutions:

- Supply voltage is too high—reset using correct voltage.
- Controller may have an odor or burning issue—check and replace.
- Motor line may be disconnected—reconnect properly.
- If motor circuitry is damaged, replace motor.

E07 – Safety Switch Not Inserted

Solution: Insert the safety key properly.

Common Problems and Elimination Methods

1. Some or All Keys Are Not Working

- Open the electronic console housing and test each button.
- Check or replace the console (electronic watch) circuit board.
- Restart the treadmill and check if the buttons work normally after power is restored.

2. Console Does Not Display

• Check the following:

- Ensure the input voltage is within the allowed range.
- Make sure the machine's power switch is turned on.
- Inspect the fuse in the power socket; replace it if blown.
- Check if the controller and LED indicators are lit.
- Inspect all connection cables.
- Check or replace the console circuit board.
- Check or replace the lower control circuit board.

3. Other Common Problems

A. Treadmill Does Not Start

- Confirm the power plug is securely connected.
- Ensure the power switch is on.
- Make sure the safety key is properly inserted.

B. Running Belt Slips

- Adjust the running belt tightness according to the instructions.

C. Running Belt is Off-Center

- Follow the alignment instructions and adjust the belt until centered.

D. Abnormal Noise During Operation

- Check for loose screws.
- Lubricate the running belt if needed.

Exercise Guidelines

- Consult your doctor before starting any exercise or training program.
- Follow your doctor's advice when planning your workout routine.
- Set realistic fitness goals with your doctor and begin training gradually.
- Add aerobic exercises such as walking, jogging, swimming, dancing, or cycling.
- Monitor your pulse regularly. If you do not use a heart rate monitor, ask your doctor how to check your pulse manually.
- Set a target heart rate based on your age and physical condition.
- Drink plenty of water during exercise to avoid dehydration.
- Avoid very cold water; drink room-temperature fluids instead.

WARM UP AND COOL DOWN ROUTINE

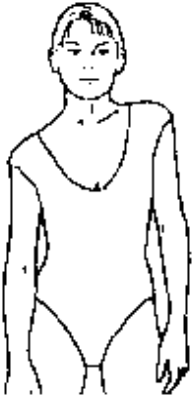
The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching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

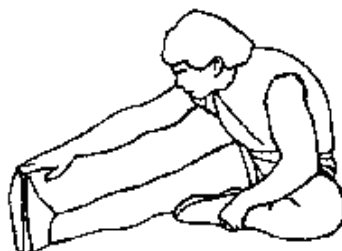


TOE TOUCHES

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.

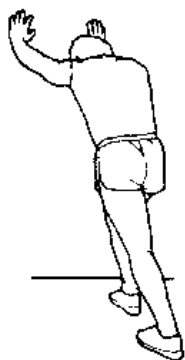
HAMSTRING STRETCHES

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.



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:
SLFTRD16

serenelifehome.com/pages/register



questions? comments?

We are here to help!
Phone: 1.718.535.1800
[serenelifehome.com/contact us](http://serenelifehome.com/contact-us)