PH FITNESS

Treadmill - Instruction manual

Enjoying your treadmill? Leave us a positive review

It means the world to us!

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1. About PH Fitness

At PH Fitness, our mission is simple: to make professional-grade fitness equipment accessible and affordable for everyone in the European Union.

Founded in 2019 in Limburg, the Netherlands, PH Fitness started as a local passion project and has grown into a trusted fitness brand in 17 EU countries. As athletes ourselves, we know what matters — durability, functionality, and design — at a fair price.

Whether you're setting up a home gym or running a studio, our products are built to support your progress — today, tomorrow, and beyond.

Why Choose PH Fitness?

√ High-quality fitness gear at fair prices
√ Fast, reliable EU-wide delivery
√ Sleek design and intuitive functionality
√ Built for long-term performance

Your Feedback matters, Help Us Grow!

If you're satisfied with your PH Fitness equipment, please consider leaving a review. It supports our mission and helps others discover quality gear at honest prices.

Questions? Reach us at info@phfitness.nl — we're here to help.

2. Product Overview

This section introduces the key features and intended use of the PH Fitness treadmill. Learn about its design and core components.

Main Specifications and Configuration List

No.	Parameter Name	Description
1	Rated Voltage	220–240 V
2	Rated Frequency	50–60 Hz
3	Speed Range	1–12km/h
4	Running Belt Area	385 × 1030 mm
5	Maximum Load Capacity	120 kg
6	Product Weight	22 kg (Net) /26 kg (Gross)
7	Unfolded Dimensions	1250 x 582 x 995 mm

Packing List & Accessory Pack Contents

No.	Item Name	Unit	Quantity
1	Treadmill Assembly	Set	1
2	Accessory Pack	Set	1
1	5 mm Hex Wrench	Pc	1
2	User Manual	Pc	1
3	Lubricating Oil	Bottle	1

3.Safety Precautions and Warnings

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. We assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1.The treadmill is intended for home use only. Do not use the treadmill in any commercial setting.

2.Never operate the treadmill if it has a damaged cord or plug. If the treadmill is not working properly, contact the seller.

3.Quality athletic shoes are recommended to avoid leg fatigue. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill.

4.Do not run a treadmill on plush or shag carpets. Treadmill may be damaged.

5.Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.

6.Never leave the treadmill unattended while machine is running. Keep children and pet away from the treadmill.

7.Keep hands away from all moving parts.

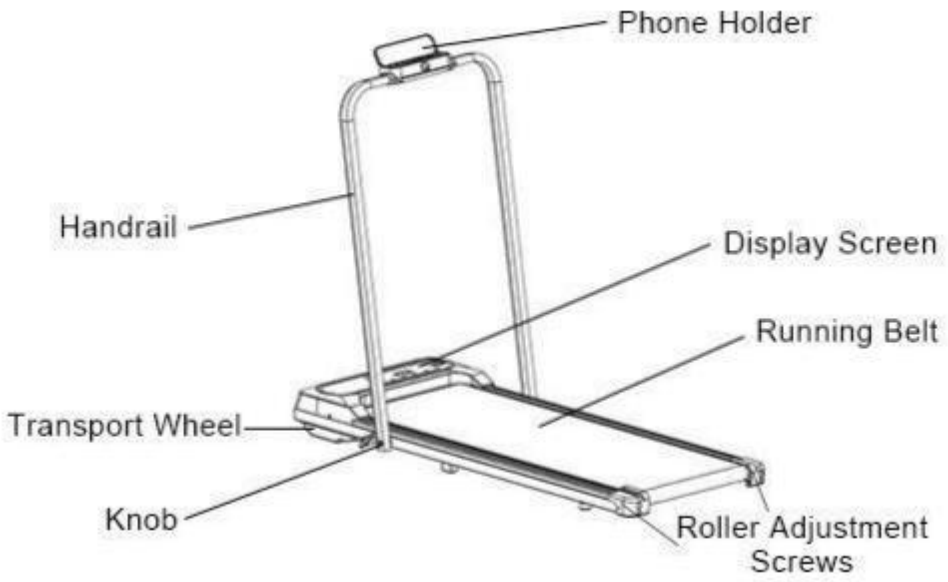
8.Keep the cord away from heated surfaces.

9.Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

10. To disconnect, turn all controls to the off position, turn the red ON/OFF button to '0' position, then remove the plug from the outlet.

4 Installation Instructions

> Part Name:



>Quick-Start:

STEP 1:

Take treadmill out of carton box and place the treadmill on flat surface.

STEP 2:

Turn the Handrail upwards. Take out 2 Knobs from the accessory bag,insert them into the bottom holes, rotate clockwise to tighten the handrail.

ATTENTION:

Safety area: 100 cm x 100 cm behind the device, 50 cm on the left and right sides of the device.

5. Exercise Recommendations and

E.STRETCHING BEFORE YOU START RUNNING

1.Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible.

2.Hamstring Stretch

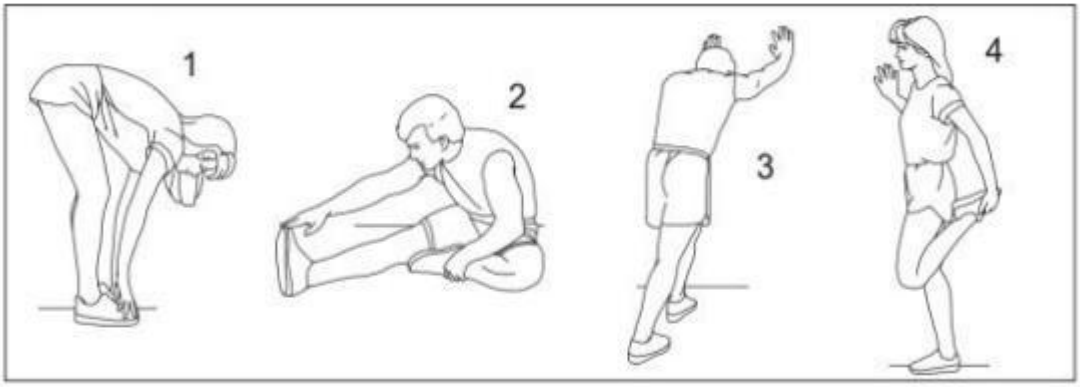
Sit down with one of your legs extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible.

3.Calf Stretch

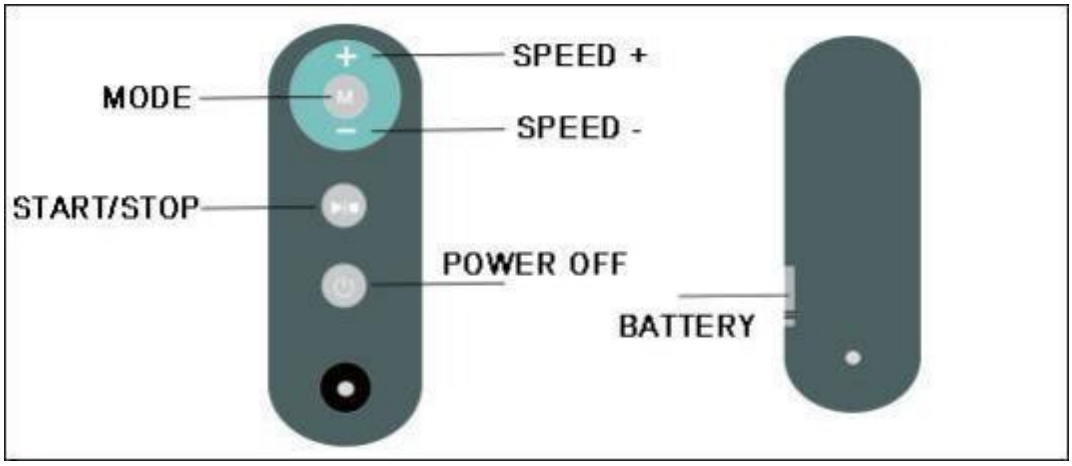
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall.

4.Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible.



6 Product Functionality Instructions



a)START/STOP: Press the START button to start the treadmill. 1 KPH(kilometer per hour) is the default start speed. During the exercise, you can also press this button to pause the treadmill.

b)SPEED +/– : Press the +/- buttons to increase or decrease the speed in increments of 0.1 KPH. Pressing and holding either of these buttons for a duration of over a second will increase or decrease the speed continually.

c)POWER OFF: When in use, press this button to terminateyour workout session. All data will be deleted and reset to the initialsetting.

d)MODE: a. When in stop mode, you can press this button to switch between TIME/DISTANCE/CALORIES, and set the target value accordingly(the treadmill can only execute one target value at a time.)

b. When running on the running belt, MODE button woll not work.

FITSHOW Scan QR code to download the APP directly, or download and install over the application stores by search 'FitShow'.

After searching, you should see your Equipment's name appear on the equipment list. Press“Connect”next to your equipment’s name.

7.Product Maintenance and Care

1.Lubrication

After using the running belt for some time, it is necessary to lubricate your treadmill. The recommended lubrication time is: Lubricating once every 5 months for the use of fewer than 3 hours per week. Lubricating once every 2 months for the use of 4-7 hours per week. Lubricating once every month for the use of more than 7 hours per week. WARNING: Always unplug the treadmill from the electrical outlet before cleaning, lubricating the unit.

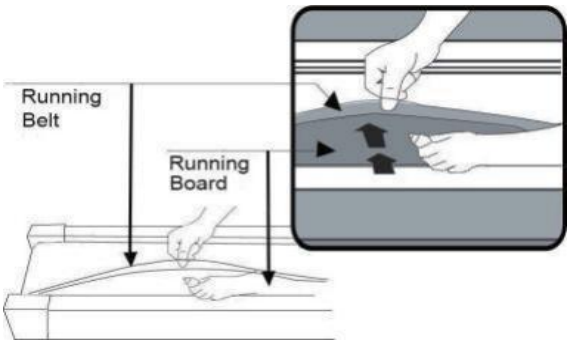
2.Check whether lubrication is required

Grasp the running belt, touch the back center areas of the running belt as many as possible, if there is oil on the belt (or it feels a little wet), it means no lubrication is needed. If you feel that the running board is dry and there is no oil on your hand, you need to add oil to lubricate the treadmill.

HOW TO LUBRICATE:

1.Raise the Running Belt up on one side and apply lubricant to the Running Board. Use a rag to thoroughly wipe the lubricant over the Running Board. Repeat this process for the other side.

2.DO NOT LOOSEN OR MAKE ANY ADJUSTMENTS TO THE RUNNING BELT WHILE APPLYING LUBRICANT. A loose Running Belt will result in the runner sliding off during use, while too tight of a Running Belt will negatively affect the motor performance and also create more friction between the roller and Running Belt.



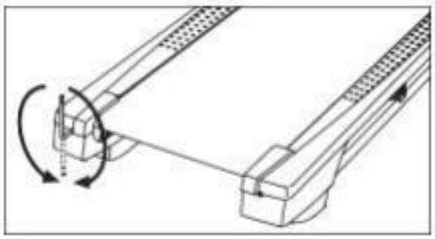
D.WALKING BELT ADJUSTMENT

It is normal if the belt tilts to one side sometimes, then adjustments are necessary. How to Center the Running Belt: An Allen Wrench is provided to tighten or loosen the bolt. Do the adjustments from the left side only.

1.Set the treadmill speed at 1 kph.

2. Turn the bolt only a 1/4 turn and wait a few seconds for the belt to adjust itself. Continue to make 1/4 turns until the belt is in the center of the running deck.

The belt may require periodic adjustment depending on different use. Expect to make adjustments as required to center the belt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt correction is an user's responsibility when he uses a treadmill.

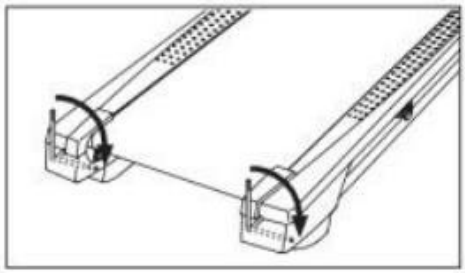


If the walking belt slips when users walk on the treadmill: Use the Allen Wrench to adjust both bolts.

1.Set the treadmill speed at 1 kph.

2. Turn both bolts towards clockwise, 1/4 of a turn. Continue to make 1/4 turns until the belt is correctly tightened.

>> When the walking belt is correctly tightened, you should be able to lift each edge of the belt approximately 5cm off the walking platform.



8.Service Commitment

Our range of products can be repaired or have parts provided free of charge within one year of normal use, provided they have not been damaged due to user negligence. After the warranty period, we offer repair parts at discounted rates. For more details, please refer to the product warranty card.

The warranty card, which is included with each product, must be filled out by the dealer. Parts will be replaced at no charge during the warranty period.Our company is not liable for any failures resulting from improper installation, misuse, or unauthorized part replacements. Customers are responsible for any repair costs in these cases. To validate the warranty, users must present the warranty card when seeking repairs; otherwise, the warranty becomes void. This product is intended for home use only; our company is not responsible for any issues arising from commercial use. If your product requires repair service, please reach out to your local dealer.

PH Fitness Treadmill User Manual

- Model: F3A
- Running Belt Side Reel
- Motor Cover
- Power Switch
- Power Cord
- Adjustable Foot Pads
- Rear Cover
- Incline Adjustment
- Frame Wheel
- Foot Pad Adjustment
- Frame Adjustment
- 120KG max user weight