WALKING-PAD
OWNER'S MANUAL

WARNING

Read all instructions carefully before using this product. Retain this owner's manual

for future reference:

----When using this treadmill, keep attaching the safety pull pin rope to your clothes.

----When you are running, keep your hand swinging natural, stare frontward, never look adown at your feet.

----Add the speed step by step when running.

----When emergency happens, take away the "emergent stop button" immediately.

----Leave the treadmill after the running belt stop stably.

Caution: Read the assembly instruction carefully, follow the instruction when assemble.

ATTENTION

Before starting any exercise program, consult with your physician or health professional.

Check all the bolts locked.

Never put the treadmill in the wetness area, or it will cause troubles.

We take no responsibility for any troubles or hurts due to above reasons.

Dress sport clothes and shoes before running.

Do not do exercise in 40 minutes after meal.

To prevent hurts, please warm up before exercise.

Consult with doctor before exercise if you have high blood pressure.

The treadmill is only used for adults.

Provide the olds, children and handicapped with good care, guide and supervision.

Do not plug anything into any parts of this equipment, or it may damage.

Do not connect line to the middle of cable; do not lengthen cable or change the cable plug; do not put any heavy thing on cable or put the cable near the heat source; forbid using socket with several holes, these may cause fire or people may be hurt by the power.

Cut off the power when the equipment is not used. When the power is cut off , do not pull the power line to keep the wire unbroken.

Maximum weight of user: **100KGS** / **220LBS**.

Pulse monitor data may not be accurate, can not be used for medicine. Over-exercise may cause injury, even death. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor immediately.

IMPORTANT SAFETY PRECAUSTION

1. Plug the power cord of the treadmill directly into a dedicated grounded circuit.

This product must be grounded. If it has breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

2. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Do not place the treadmill near water or outdoors.

3. Position treadmill so that the wall plug is visible and accessible.

4. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, always stand on the foot rails on the sides of the frame until the belt is moving.

5. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that may be caught in the treadmill. Always wear running or aerobic shoes with rubber soles.

6. Make sure the power supply is connected and the safety lock is effective before using the treadmill. Fit one side of the safety lock on the treadmill and clip the other side on your clothes or belt, which will enable you to pull off the safety lock promptly in an emergency.

7. Always unplug the power cord before remove the treadmill motor cover.

8. Make sure there is no less than 2*1m space behind the treadmill.

9. Keep small children away from the treadmill during operation.

10. Always hold the handrails when initially walking or running on the treadmill, until you are comfortable with the use of the treadmill.

10. Always attach the safety pull pin rope to your clothing when using the treadmill. If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.

12. In case of any abnormality during the use process, please remove the safety lock immediately, grasping the handlebar and jumping onto the two edgings, then get off the treadmill after it stops.

13. When the treadmill is not being used, the power cord should be unplugged and the safety pull pin removed.

14. Put the safety key away where cannot be reached by the children. Minors must be accompanied by the adults when using the treadmill.

15. Before starting any exercise program, consult with your physician or health professional. He or she can help establish the exercise frequency, intensity (target heart zone) and time appropriate for your particular age and condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP! Consult your physician before continuing.

16. If you observe any damage or wear on the mains plug or on any section of the mains lead then please have these replaced immediately by a qualified electrician – do not attempt to change or repair these yourself.

17. 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.

18. Put your feet on the side rail before using the treadmill, and always attach the safety pull pin rope to your clothing. Hold the handle bar before the running belt moving well (feel the running speed by your single foot before using it). To avoid loss balance, please slow down the speed to the lowest or take off the safety. And hold the handle bar to jump to the side rail when emergency or the safety key is not attached.

19. Make sure the treadmill has stopped before folding. Please don't operate it after folding the treadmill.

ASSEMBLY STEPS

STEP 1:

Open the package, take out all parts: mainframe 1 and place the main frame combining on the flat ground.
(NOTE: Please make sure that the ground is clean.)
Release the knob(51) in the anticlockwise direction; then pull up the handlebar(43) to the correct position;(when the handlebar is blocked, it is in the correct position)
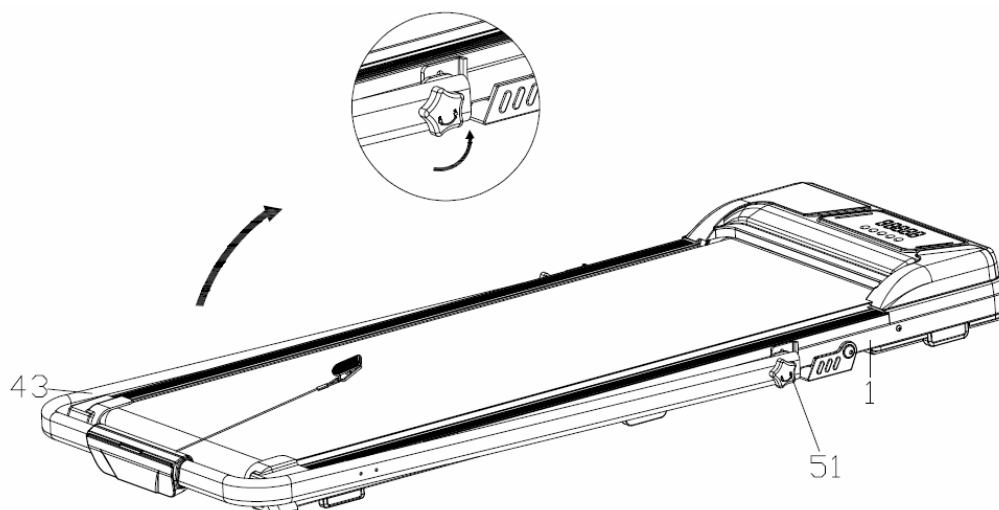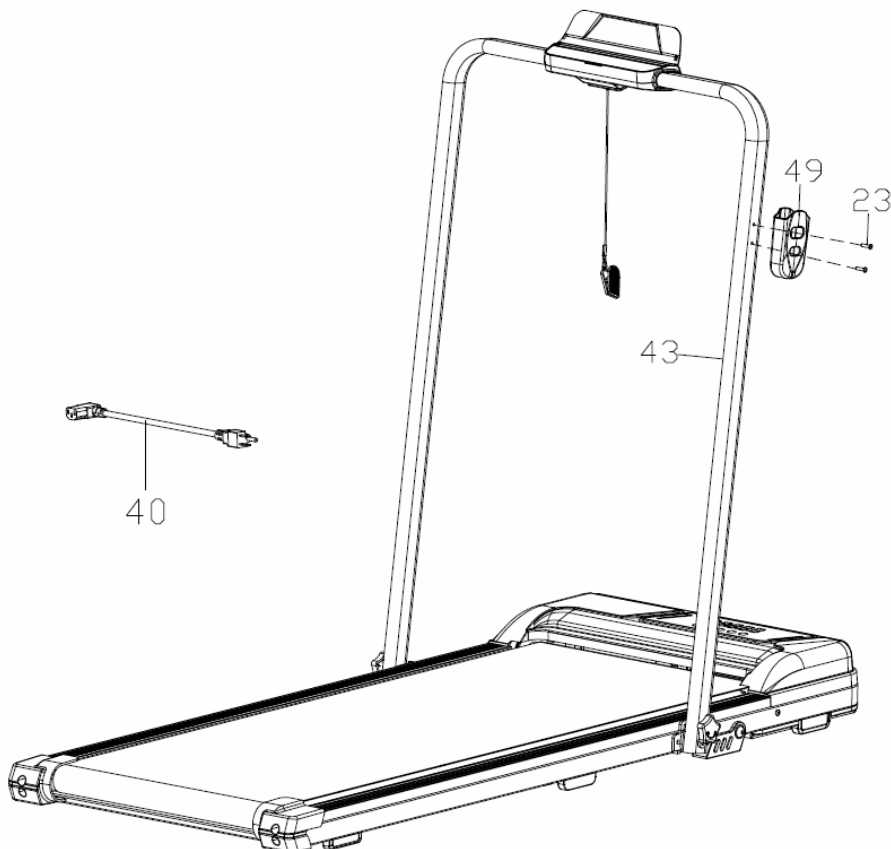

STEP 2:

Tighten the two knobs(51) to fix the handlebar; rotating in the clockwise direction.

STEP 3:
Lock the box(49) to the handlebar(43) with screw(23); put the controller on the box;
Connect the power wire to the machine;

49

23

43

40

1

When folding:

Release the knob(51) in the anti-clockwise direction to make the knobs leaving the screw holes; put down the handlebar(43) following the direction as the picture; please hold the handlebar when folding.
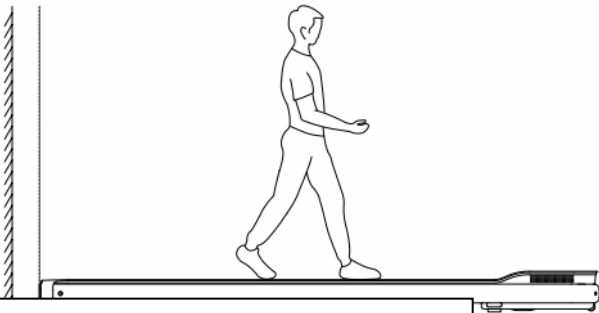
Install the Remote Controller:

1 pull out the rear cover A of the remote control (2), assemble the batteries B

2 When exchange the battery, please take off the rear cover A.

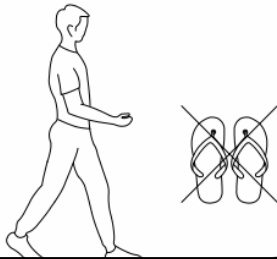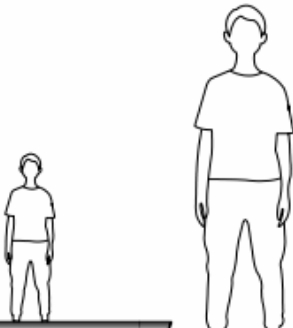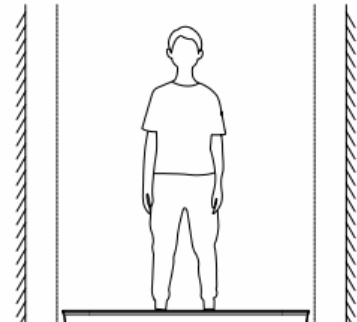Please pay attention to the direction when you exchange the battery.
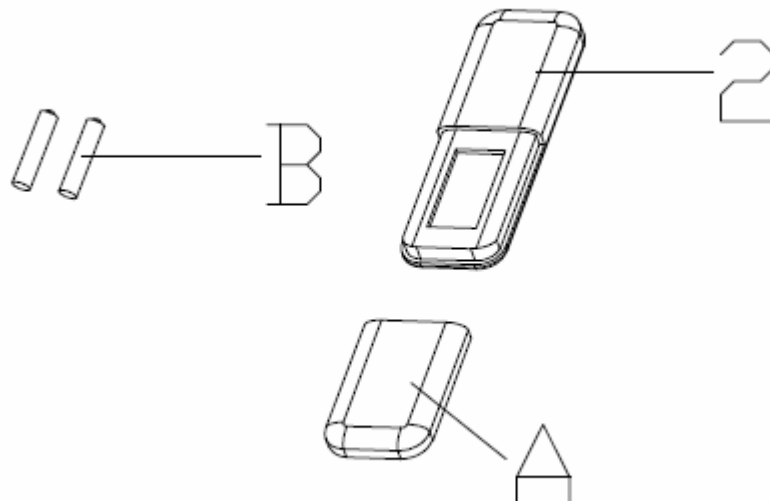
SAFETY NOTICE

⚠️ The space distance between the walking machine and the rear wall shall be kept at more than 100cm

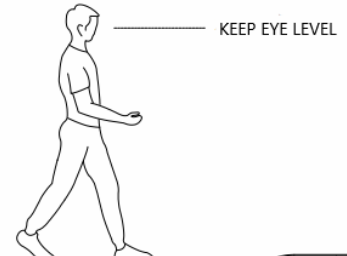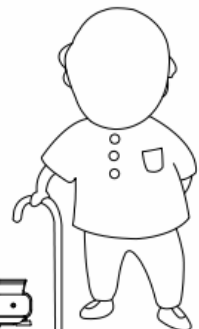⚠️ The distance between the walking machine and both sides
It must be kept above 50cm

⚠️ Wear sneakers and use a walking machine

KEEP EYE LEVEL

⚠️ Keep your eye level to avoid visual vertigo

⚠️ Minors must be accompanied by an adult

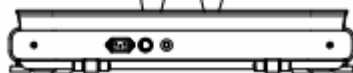⚠️ Use with caution for the elderly and pregnant women

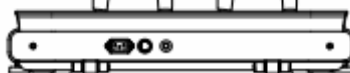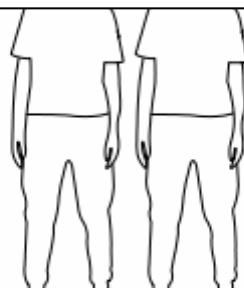⊗ It is strictly prohibited to place the walking machine on the uneven ground

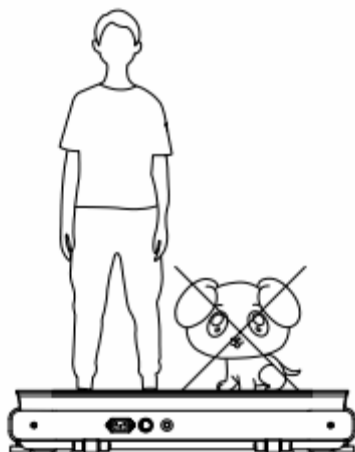⊗ Do not step on the head of the walking machine

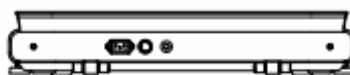⊗ Do not walk up or down when the walking machine is in operation

⊗ Do not use the walking machine sideways

⊗ Do not use the walking machine

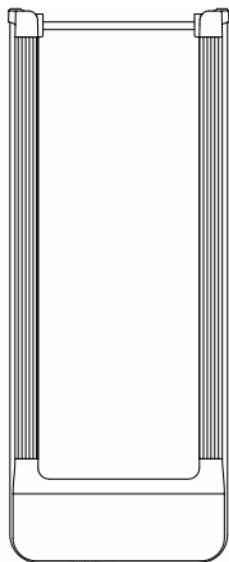⊗ It is strictly prohibited to use the walking machine at the same time

⊗ Pets are strictly prohibited

⚠ Unplug the pow

⊗ It is strictly prohibited to erect collecting walking machine

⊗ It is strictly prohibited to stor walking machine by side

GROUNDING METHODS

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 shock.

This product is equipped with a cord having an equipment-grounding conductor 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, to have a proper outlet installed by a qualified electrician.

This product is for use on a nominal **220-volt** circuit and has a grounding plug that looks like the plug illustrated in **sketch A** in following figure. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Maadoitettu pistotulppa   Maadoitettu pistorasia
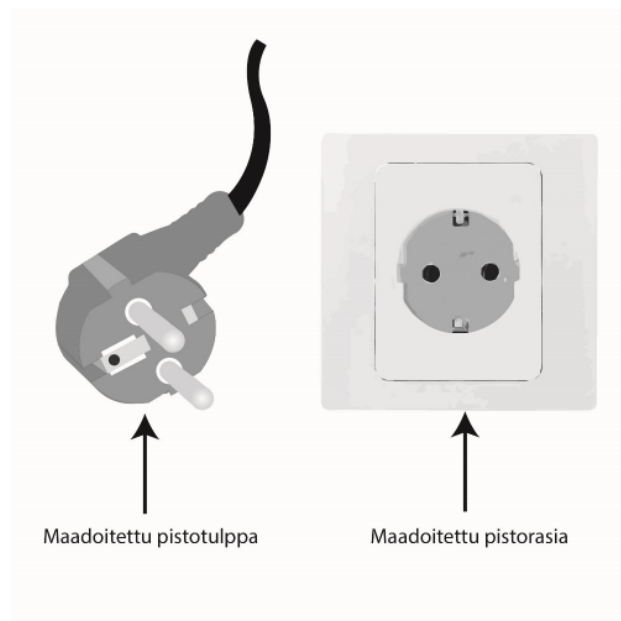
TECHNICAL PARAMETER

POWER	AS ORDER	MAX OUTPUT POWER	AS ORDER
RUNNING SURFACE (mm)	400×1050	INPUT CURRENT	AS ORDER
NET WEIGHT	22.5KG	SPEED RANGE	Unfold: 1-12KM/H Folded: 1 - 6.0 KM/H
MAX WEIGHT	100 KG / 220LBS	INCLINE	N/A

OPERATION INSTRUCTIONS

TIME   SPEED   CAL.   DIS.   STEPS
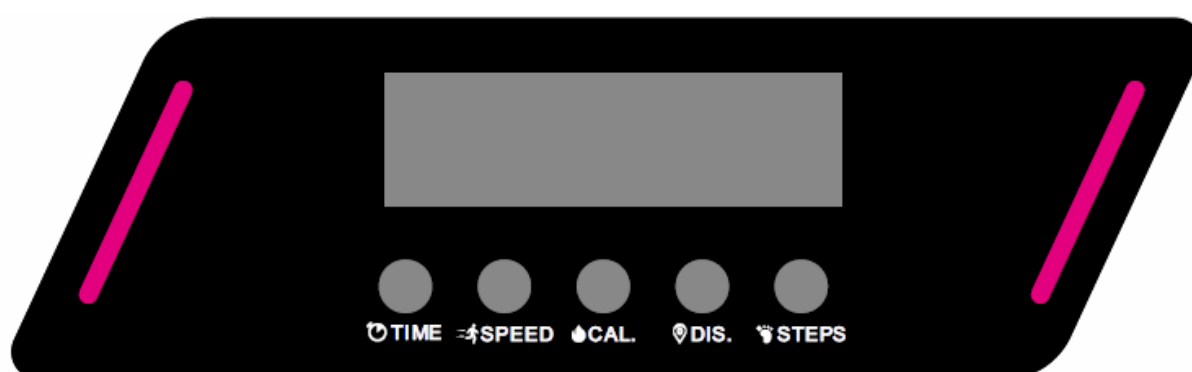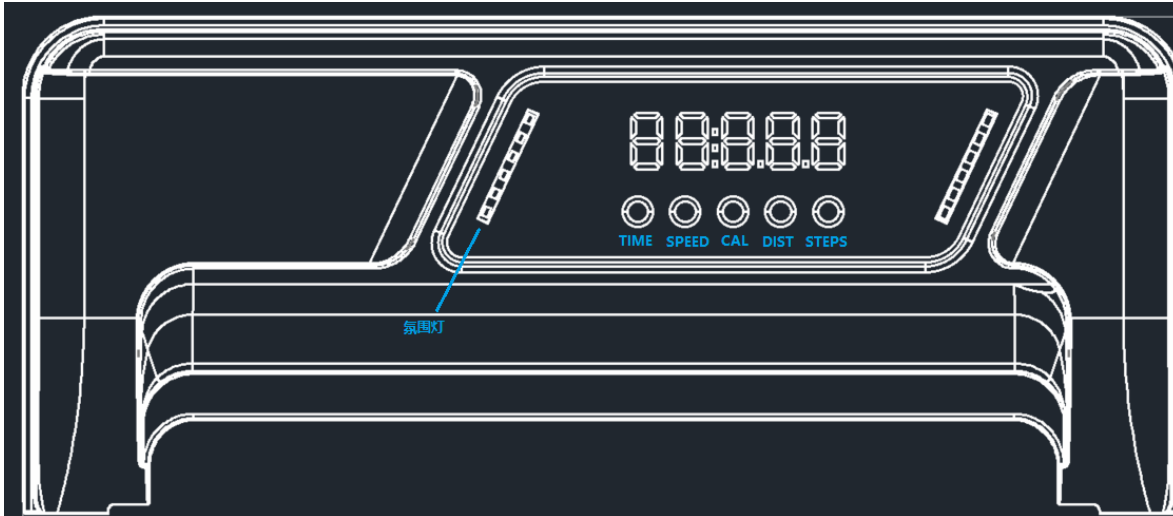
Figure 1

1. Display:

The display is an LED window display, as shown in Figure 1.

LED window display instructions:

1. Time display: when the Time LED is on, the window displays the current time value.
2. Speed display: when the Speed LED is on, the window displays the current speed value.
   3. Calorie display: when the Cal LED light is on, the window displays the calorie value consumed by the current exercise.
   4. Distance display: when the DIST LED is on, the window displays the current distance value.
   5. Step count display: when the STEPS LED is on, the window displays the current step count.

Ambient light description:

When the treadmill is in standby mode, the ambient light is green and breathing slowly.

When the treadmill is running, the ambient light will turn green at a speed of 1-3.9 km/h, blue at a speed of 4-6.9 km/h , and red at a speed of 7-12 km/h .

The above parameters are displayed in turn at intervals of about 5 seconds. After about 10 minutes of standby, the treadmill enters sleep mode. Press any button on the remote control to wake up from sleep mode.

2. Remote Control :

Figure 2

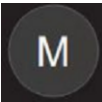This product is controlled by wireless receiver. The remote control is shown in Figure 2. The specific settings are as follows:

Remote control pairing method:

1. First, long press the "-" button on the remote control;
2. Turn on the power within 10 seconds and the buzzer will beep once, indicating that pairing is complete. (Pairing only needs to be done once. Replacing the remote control requires pairing again .)

	Start/Stop button : Press this button to start the exercise when stopped; press this button during exercise, the treadmill will slowly slow down to a stop
	Countdown mode selection button: In standby mode, it is the countdown mode selection button. The selection order is: free exercise mode – time countdown 30 minutes – calorie countdown 50KCL – distance countdown 1 km – step countdown 1000 steps – return to free exercise. In exercise mode, it is the window display switch, which can be fixed to the current window
	Speed adjustment button: can adjust the speed during exercise. Can be used to adjust parameters during mode setting (remote controller pairing function, long press the – button when turning on the power)

3.
    1. supply 220V
    2. speed 1K PH
    3. speed 12K
    4. The exercise time mode:

Parameters Power voltage

Minimum /hour. Maximum PH / hour . longest time in 99 minutes.

    5. The shortest exercise time in time mode: 10 minutes.
    6. The longest exercise distance in distance mode: 8.5 kilometers.
    7. The shortest running distance in distance mode : 0.5 km .
    8. Maximum calorie consumption in calorie mode: 400 kcal.
    9. Minimum calorie consumption in calorie mode: 10 kcal.
    10. Maximum number of steps in step mode : 20,000 steps .
    11. Minimum number of steps in step mode : 500 steps .

4. Sports mode: free sports, countdown mode sports

    1. Free movement:
A. Enter
Press the "Start/Stop" button, the display will count down from 3 to 1, the buzzer will sound, and the treadmill will start running .
B. Treadmill adjustment
Use the "Speed +, Speed –" keys to adjust the speed value with a resolution of 0.1 km /h.
C. The treadmill calculates the motion parameters and refreshes the display in the window.
D. Press the "Start/Stop" button to stop the treadmill .
E. If the exercise time exceeds 99 minutes and 59 seconds, the system will automatically start to re-time .

    2. Countdown mode exercise:

  A. Time countdown mode: set the exercise time, the system default exercise time is 30 minutes

      B. Calorie countdown mode: set the number of calories consumed, the default consumption is 50KC A L

      C. Distance countdown mode: set the exercise distance, the default exercise distance

is 1 km

  D. Step countdown mode: set the number of steps for exercise , the default number of steps is 1000

  When the treadmill is stopped, press the M button to select 3 countdown modes. At the same time, you can set the exercise time, calories, distance, and step value by speed plus/minus. Then press the start button. The treadmill will count down at a speed of 1 KPH . During this period, you can control the treadmill movement speed again by speed plus/minus.

Armrest buttons

  Speed adjustment key: can be used to adjust the speed during exercise. It can be used to adjust parameters during mode setting .

  Start button/Stop button : Press to start exercising when stopped; press this button during exercise and the treadmill will slowly slow down to a stop .

  Stop button : Press this button during exercise and the treadmill will slowly slow down to a stop .

  369 Speed Key : Press it during exercise to adjust the speed to 3km, then press it again to adjust to 6km, and press it again to adjust to 9km, and so on.

Safety lock

  If you remove the safety lock key, the treadmill will stop immediately, the panel will display – – – –, and there will be three beeps. The treadmill will not start at this time . If you reinsert the safety lock key, the treadmill will beep once and the full display will beep for 2 seconds, returning to normal standby mode.

armrest

  When the treadmill armrests are down, the maximum speed is limited to 6 km/h. If the handrails fall down during exercise and the speed is greater than 6 km/h, the treadmill will automatically slow down to 6 km/h. Once the handrails are raised and the treadmill returns to normal, the treadmill can accelerate to 12 km/h .

Report an error

  When an error occurs on the treadmill, the panel will display an error message and the buzzer will sound for 3 seconds. After troubleshooting the error, the machine needs to be powered on again.

  E1 : Communication error.

E5 : The switch tube is short-circuited.

E6 : Motor open circuit.

E7 : Motor overload.

EXERCISE INSTRUCTIONS

The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working

properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP.**

The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become Stronger. Work to your but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.
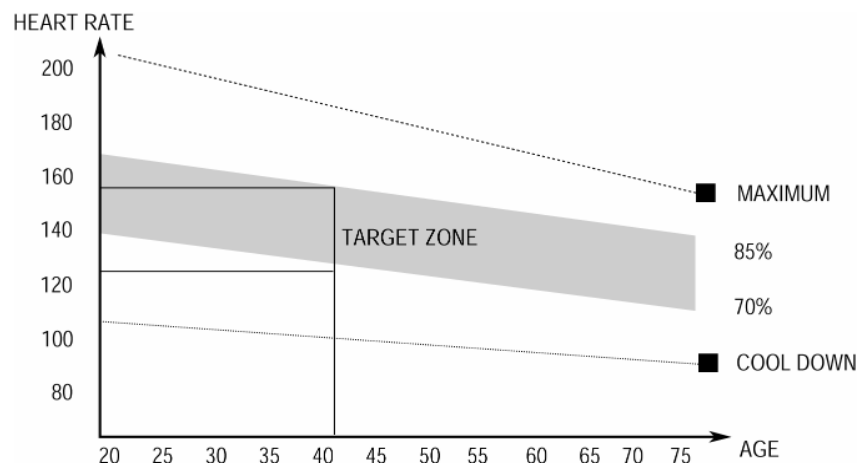
This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

To tone muscle while on your Treadmill you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

MAINTENANCE INSTRUCTIONS
WALKING BELT CENTERING AND TENSION ADJUSTMENT

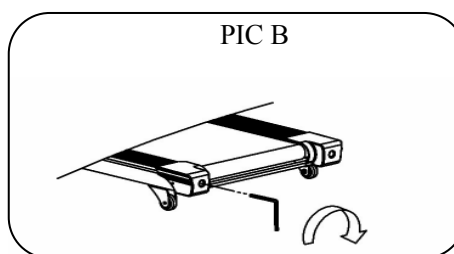**DO NOT OVERTIGHTEN the walking belt.** This may cause reduced motor

performance and excessive roller wear.

TO CENTER WALKING BELT:

● Place treadmill on a level surface

● Run treadmill at approximately 3.5 mph

● If the belt offs the track to the right side, please screw the right adjusting bolt clockwise slowly, noticing the change of the deviating distance, until center the belt. (Attention: the space between the belt and the right/left edgings is at a distance normally. And the gap between the right and left distance should be no more than 5mm.

●If the belt offs the track to the left side, please screw the left adjusting bolt clockwise slowly, noticing the change of the deviating distance, until center the belt. (Attention: the space between the belt and the right/left edgings is at a distance normally. And the gap between the right and left distance should be no more than 5mm.
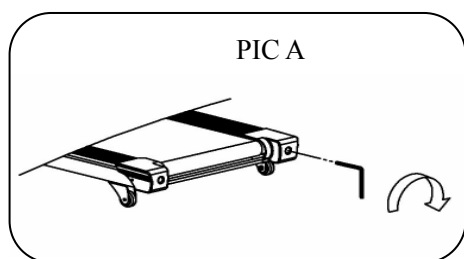
PIC A

PIC B

Pic- A: If the belt has drifted to the RIGHT LEFT   **Pic- B:** If the belt has drifted to the

TENSIONING THE BELT

If you can feel a slipping sensation when running on the treadmill, the running belt must be tightened.

In most cases, the belt has stretched from use, causing the belt to slip. This is a normal and commonadjustment. To eliminate this slipping, tension both the rear roller bolts with the appropriate size allenwrench, turning it **1/4 TURN** to the right as shown. Try the treadmill again to check for slipping.

Repeat if necessary, but NEVER TURN the rollerbolts more than **1/4 turn** at a time. The belt tensionis set properly when the running belt is **50 - 75mm** from the deck.

WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

CLEANING

General cleaning or the unit will greatly prolong the treadmill. Keep treadmill clean by dusting regularly. Be sure to clean the exposed part of the deck on either side of the walking belt and also the side rails. This reduces the build up of foreign material underneath the walking belt.

The top of the belt may be cleaned with a wet, soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt.

Warning: Always unplug the treadmill from the electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

EXPLODED DRAWING
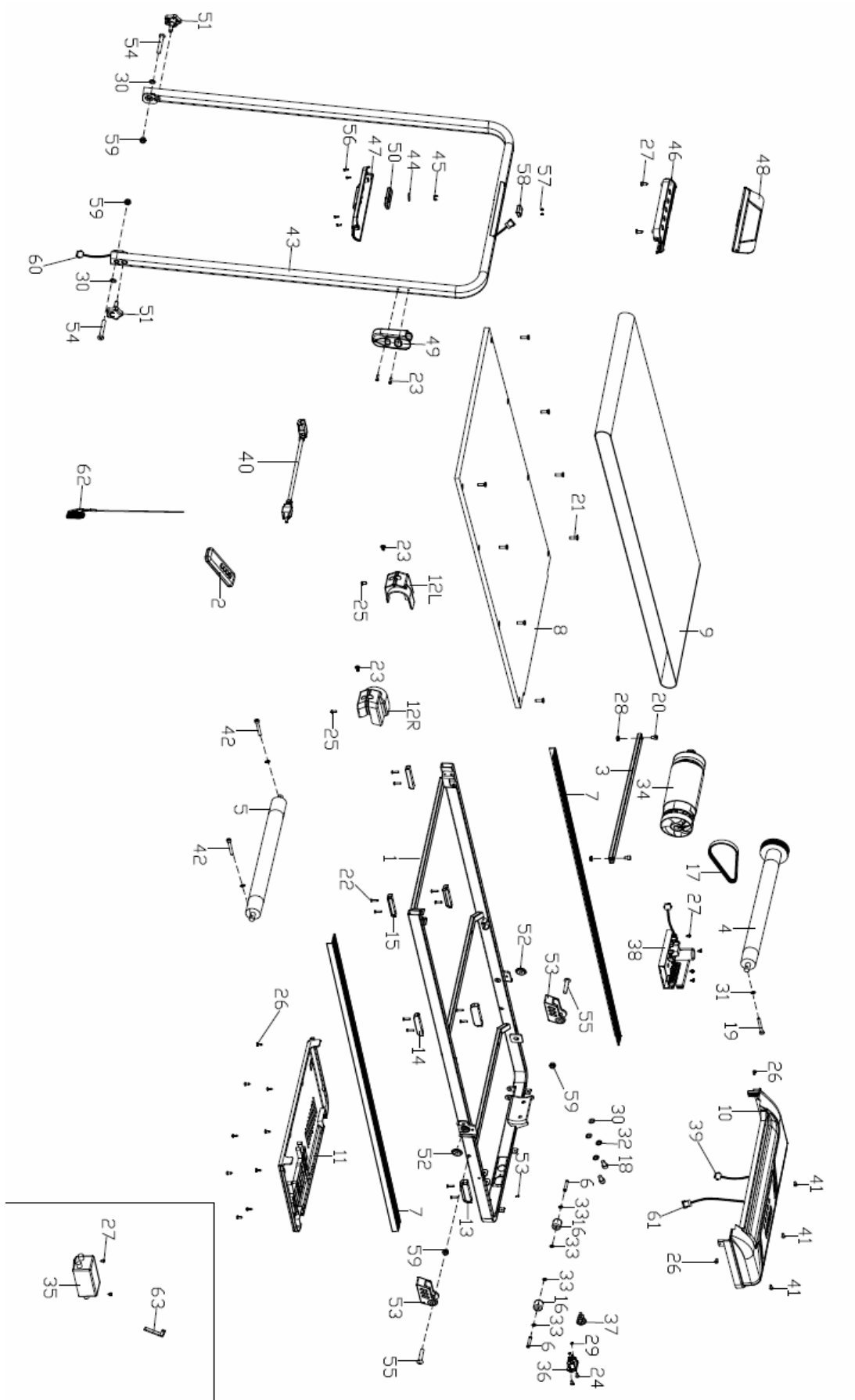
PARTS LIST

Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame	1	33	E-Shaped clip ring	4
2	Remote control	1	34	DC motor	1
3	Mainframe strength tube	1	35	Filter(optional)	1
4	Front roller	1	36	Socket	1
5	Rear roller	1	37	Power button	1
6	Fixed bar for roller wheel	2	38	Lower control	1
7	Edgings	2	39	Connection wire	1
8	Running deck	1	40	Power cable	1
9	Running belt	1	41	Cross screw M5*8	3
10	Motor upper cover	1	42	Inner hex screw M6*48	2
11	Motor lower cover	1	43	Handlebar	1
12	L&R cover	1	44	Magnet	1
13	Adjustable foot pad70*13*21.5	2	45	Safety key plate	1
14	Adjustable foot pad 70*13*16	2	46	Key panel upper cover	1
15	Adjustable foot pad 70*13*14	2	47	Key panel lower cover	1
16	Transport wheel	2	48	Protective cover	1
17	Belt	1	49	Box	1
18	hex screw M8X15	2	50	Safety key	1
19	hex screw M6X45	1	51	Knob	2
20	hex screw M6X12	2	52	Spacer	2
21	Inner hex screw M6*20	8	53	Adjustable foot pad	2
22	Cross screw M4X16	12	54	Inner hex screw M8*55	2
23	Cross screw M4X8	5	55	Inner hex screw M8*30	2
24	Cross screw M3X15	2	56	Cross tapping screw ST2.9*6.5	4
25	Cross screw ST4x12	2	57	Cross tapping screw ST2.9*6.5	2
26	Cross screw ST4x12	11	58	Sensor	1
27	Cross screw ST4x8	8	59	Nylon nut M8	4
28	Nylon nut M6	2	60	Upper wire	1
29	Hex nut M3	2	61	Lower wire	1
30	Flat washerΦ8	4	62	Safety key parts	1
31	Washer Φ6	3	63		1
32	Spring washer Φ8	2			