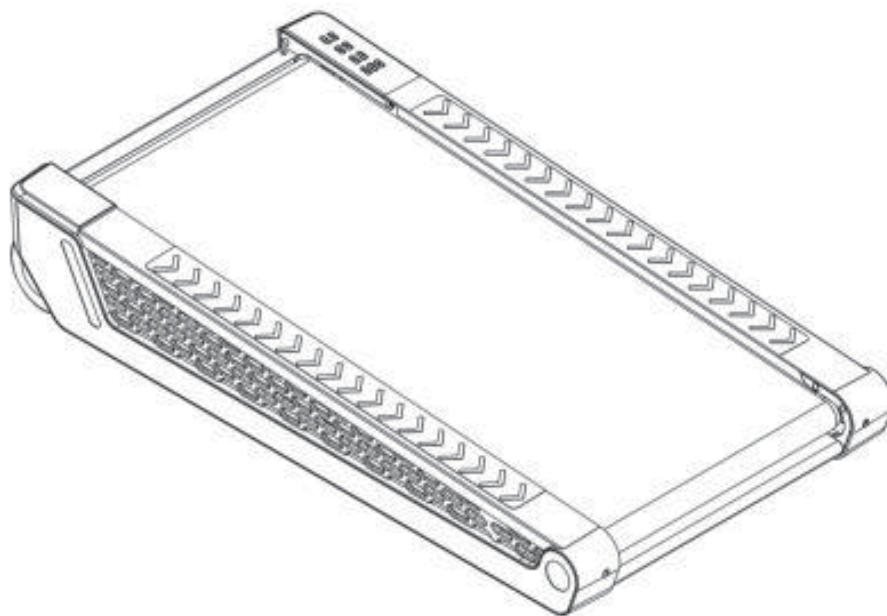


WP007

Walking Pad

User Manual



Walking Pad Manual

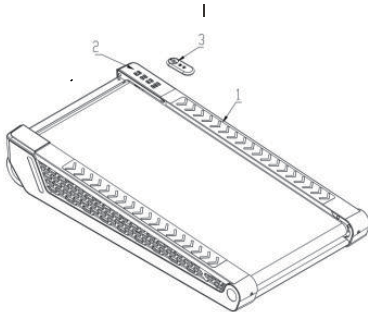
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Installation instructions

Parts List	Name	Quantity
1	Walking board	1
2	LED display	1
3	Remote controller	1

Assembly Diagram

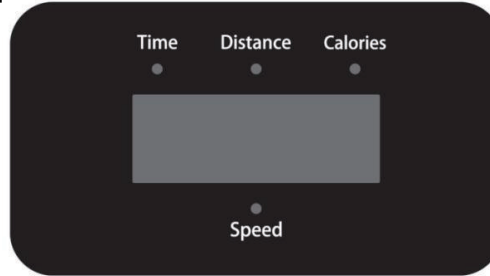


Open the package, take out the assembly parts in the box, and put the host flat on the ground.

Connect the power supply and use the remote control to operate the machine

Product Usage Instructions

1.Assembly Diagram



2.Function Description

Overview

The features of this LED display include:

1. Wireless remote controller function
2. White display function

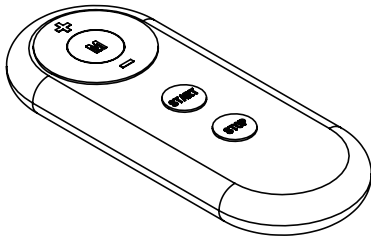
Terminology used in this manual:

1. Treadmill Parameters: Refers to the "speed" value
2. Exercise Parameters: Includes "distance," "calorie," and "time" values
3. Exercise Modes: Divided into manual mode and countdown mode
 - Manual Mode: A free exercise mode without a set exercise goal
 - Countdown Mode: A mode with a specific exercise goal set

3.Parameter Description

The exercise parameters for each mode are as follows:

- Minimum Speed: 0.6 mph
- Maximum Speed: 3.8 mph
- Time Mode: Maximum 99 minutes, Minimum 5 minutes
- Distance Mode: Maximum 99.9 miles, Minimum 0.5 miles
- Calorie Mode: Maximum consumption of 990 kcal, Minimum consumption of 10 kcal



4.Key Function Description

1 . Remote Control Function Keys:

- Start/Pause Key
- Stop Key
- Speed + Key
- Speed - Key
- Mode Key

5.Button Functions and Operating Instructions

-  · Function Description: Starts/pauses motor operation
 - Operation Instructions:
 - In full manual mode, pressing this key will start the motor. During operation, you can pause the motor
-  · Stop Key
 - Function Description: Stops motor operation
 - Operation Instructions:
 - 1.While the machine is running, pressing this key will stop the motor.
-  · Mode Key
 - Function Description: Selection of countdown mode
 - Operation Instructions:
 - 1.In full manual mode, pressing this key will enter countdown mode settings.
 - 2.In standby mode, the operation sequence is: time countdown - distance countdown - calorie countdown.
-  · Speed + Key
 - Function Description: Adjusts speed value during operation; adjusts parameter value during settings
 - Operation Instructions:
 - 1.During operation, you can increase the current speed, with each adjustment stepping by 0.1 mph / 0.1 km/h.
-  · Speed - Key
 - Function Description: Adjusts speed value during operation; adjusts parameter value during settings
 - Operation Instructions:
 - 1.Operation Instructions: During operation, you can decrease the current speed, with each adjustment stepping by 0.1 mph / 0.1 km/h.

6.Exercise Mode Description

A. Manual Mode

After powering on, the machine enters full manual mode. Press the "Start" key to activate. The initial speed is 0.6 mph, with time, distance, and calories starting from zero. Adjust the speed using the speed keys. The machine will automatically stop after running for 100 minutes.

B. Countdown Mode

Time Countdown Mode

In manual mode, press the "Mode" key to enter time countdown mode. The initial time is set to 30 minutes, with an adjustable range of 5-99 minutes. Press the "Start" key to begin operation.

The initial speed is 0.6 mph, with time counting down, while distance and calories count up. When the countdown reaches zero, the device will gradually stop.

Distance Countdown Mode

In manual mode, press the "Mode" key to enter distance countdown mode. The initial distance is set to 1.0 mile, with an adjustable range of 0.5-99.9 miles. Press the "Start" key to begin operation.

The initial speed is 0.6 mph, with distance counting down, while time and calories count up. When the countdown reaches zero, the device will gradually stop.

Calorie Countdown Mode

In manual mode, press the "Mode" key to enter calorie countdown mode. The initial calorie setting is 50, with an adjustable range of 10-990 calories. Press the "Start" key to begin operation.

The initial speed is 0.6 mph, with calories counting down, while time and distance count up. When the calorie countdown reaches zero, the device will gradually stop.

7.Sleep Function Description

When the treadmill is not in operation and remains inactive for more than 10 minutes, it will enter sleep mode. The LED display will automatically turn off. Press any key to wake it up.

Error Message Description

E01 : Indicates an abnormal communication issue between the LED display and the electronic control system

Common Solutions	The communication cable for the LED display is not connected properly, is broken, or has poor contact	Please reconnect the communication cable.
	The LED display has no signal output	Replace the LED display or wait for repair.
	No signal output from the lower control	Replace the lower control or wait for repair.

E02 : Indicates abnormal voltage measurement between the lower control and the motor.

Common Solutions	The motor wires are not connected properly.	Check if the motor wires are connected correctly.
	The lower control does not output voltage to the motor or the voltage output is abnormal.	Replace the lower control or wait for repair.
	The motor is faulty.	Replace the motor.

E02 : Indicates abnormal voltage measurement between the lower control and the motor.

Common Solutions	The PWM drive circuit on the lower control board has failed.	Replace the lower control or wait for repair.
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E04 : Indicates motor over-voltage protection information from the lower control.

Common Solutions	The load on the treadmill exceeds the rated working voltage of the motor.	It is recommended to use within the motor's rated working voltage range.
	The treadmill motor is faulty.	Replace the motor.
	The over-voltage measurement circuit for the motor on the lower control board has failed .	Replace the lower control or wait for repair.

E05 : Indicates motor over-current protection information from the lower control.

Common Solutions	The load on the treadmill exceeds the rated working current of the motor.	It is recommended to use within the motor's rated working voltage range.
	There is an issue with the assembly structure of the treadmill and motor, causing resistance or blockage in the motor.	Check whether the treadmill structure is normal
	The current-limiting system on the lower control has failed .	Replace the lower control or wait for repair.

E06 : Indicates low voltage measurement anomaly for the driving power supply by the lower control.

Common Solutions	The supply voltage is too low.	Please check if the power supply line is normal
	The measurement circuit on the lower control board has failed .	Replace the lower control or wait for repair.

Safety Precautions

Thank you for choosing our product. Proper use of the treadmill is essential for your safety and convenience. Please read the following instructions carefully before using the treadmill:

- 1.Ensure that the treadmill is installed according to the installation instructions before connecting the power supply. Make sure not to block the wall socket with the treadmill, and leave a space of 32 inch in front for easy access to the plug.
- 2.Leave a safety space of 32 inch on each side of the treadmill, and a safety space of 79 inch (length) by 39 inch (width) behind it.
- 3.Insert the power cord into a grounded power outlet. The power cord for the electric treadmill is specialized. If the power cord is damaged, please purchase a replacement from the distributor and have a professional replace it, or contact our company directly to dispatch a professional for the replacement.
- 4.The treadmill is for indoor use only; do not use it outdoors. Ensure that the placement area is clean and level, and avoid moisture. Do not place the treadmill on thick carpets or similar materials, as this may obstruct airflow beneath the machine. The electric treadmill is specialized equipment; do not modify or repurpose it.
- 5.Do not wear overly loose or baggy clothing while exercising to prevent entanglement in the treadmill. It is recommended to wear running shoes or fitness shoes with rubber soles.
- 6.Do not remove the protective cover casually. If maintenance requires opening it, be sure to unplug the power cord first.
- 7.Keep children away from the treadmill while it is in use to prevent accidents.
- 8.If you are using the treadmill for the first time, make sure to hold onto the handrails until you feel comfortable enough to let go.
- 9.If the LED display system malfunctions and causes the treadmill to suddenly accelerate or the speed to increase uncontrollably, immediately pull the safety lock from the LED display. The treadmill will stop immediately.
- 10.If there is an electronic system failure and the treadmill cannot be stopped, quickly place your hands on the side rails and jump out of the walking area, stepping onto the side strips. Turn off the power promptly and notify customer service.
- 11.When the treadmill is not in use, unplug and store the power cord properly.
- 12.Minors should use the treadmill only under the supervision of an adult.

Exercise Recommendations and Guidelines

Before starting any exercise, please consult a professional. They can help you determine the appropriate exercise frequency, intensity, and duration based on your age and health condition. If you experience chest tightness or pain, irregular heartbeat, shortness of breath, dizziness, or any other discomfort while exercising, stop immediately! Consult a professional before continuing.

Preparation

Before using the treadmill, assess your health condition and consider consulting a doctor or professional. If you're a first-time user, familiarize yourself with the operation, including starting, stopping, and adjusting the speed. Stand on the non-slip surface, hold onto the handrails, and set the speed to 1- 2 mph. Gradually increase the speed to 2-3 mph after becoming accustomed, and maintain this for about 10 minutes. Avoid high speeds initially to prevent falls.

Exercise

Walk at a steady pace for 1 kilometer (approximately 15-25 minutes), gradually increasing your speed. Sustaining exercise for 30 minutes can provide a good workout. Don't rush; progress should be gradual.

Exercise Frequency

Aim for 3-5 sessions per week, each lasting 15-60 minutes. Adjust the speed and duration to control the intensity of your workouts and create a suitable exercise plan.

Attire

Choose running or fitness shoes, keeping the soles clean to avoid damaging the treadmill belt. Wear breathable and comfortable sportswear.

Stretching

Perform stretches after a warm-up of 5-10 minutes. Stretch each leg 5 times, holding each stretch for at least 10 seconds. Repeat the stretches after your workout.

1. Downward Stretch

With your knees slightly bent, slowly bend forward, allowing your back and shoulders to relax. Reach your hands towards your toes as much as possible. Hold for 10-15 seconds, then relax. Repeat for each leg 3 times.

2.Hamstring Stretch

Sit on a clean mat with one leg extended straight. Bend the other leg inward so that it rests against the inner thigh of the extended leg. Try to reach your hands towards your toes. Hold for 10-15 seconds, then relax. Repeat for each leg 3 times.

3.Calf and Achilles Tendon Stretch

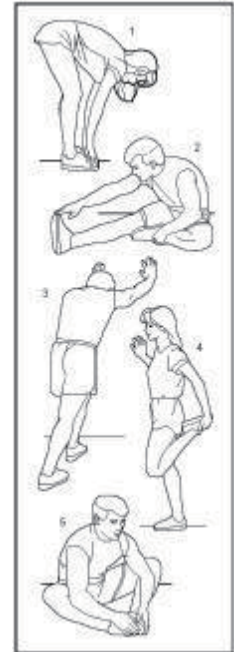
Stand with your hands against a wall or tree, placing one foot behind you. Keep the back leg straight with the heel on the ground, leaning towards the wall or tree. Hold for 10-15 seconds, then relax. Repeat for each leg 3 times.

4.Quadriceps Stretch

Use your left hand to hold onto a wall or table for balance. Reach your right hand back and grab your right ankle, gently pulling it towards your buttocks until you feel a stretch in the front of your thigh. Hold for 10-15 seconds, then relax. Repeat for each leg 3 times.

5.Groin Stretch

Sit with the soles of your feet together and knees pointed outward. Use both hands to pull your feet towards your groin. Hold for 10-15 seconds, then relax. Repeat 3 times.



Maintenance Guide

Warning: Always unplug the power cord from the electric treadmill before cleaning or performing maintenance.

Cleaning: Regular cleaning will greatly extend the lifespan of the electric treadmill.

Periodically remove dust to keep the components clean. Be sure to clean the exposed parts of the running belt on both sides to reduce the accumulation of debris underneath the belt. Ensure that your athletic shoes are clean to avoid carrying foreign objects that may cause wear to the running board and belt. Use a damp cloth with soap to clean the surface of the running belt, taking care not to splash water on electrical components or underneath the running belt.

Warning: Always unplug the power cord from the electric treadmill before moving the motor cover. At least once a year, open the motor cover to vacuum the motor and clean the running belt and lubricate with silicone oil.

The running board and running belt of this electric treadmill are pre-lubricated with silicone oil. The friction between the running belt and running board significantly affects the lifespan and performance of the treadmill; therefore, regular lubrication is necessary. We recommend regularly inspecting the running board. If there is any damage, please contact our customer service center.

We suggest the following schedule for lubricating the running belt and running board with silicone oil:

- Low-frequency users (using less than 3 hours per week): every 6 months
 - Medium-frequency users (using 3-5 hours per week): every 3 months
 - High-frequency users (using over 5 hours per week): every 1.5 months
- We recommend purchasing silicone oil from your local dealer.

Warranty Instructions

To better maintain your electric treadmill and extend its lifespan, it is recommended to turn off the power after continuous use for 2 hours and let the machine rest for 10 minutes before using it again.

If the running belt is too loose, it may slip during use. If it is too tight, excessive tension can reduce motor performance and increase wear on the rollers and running belt. When the running belt is adjusted properly, you should be able to lift the sides of the belt away from the running board by about 2-3 inch.

Running Board Lubrication

Lubrication Recommendations

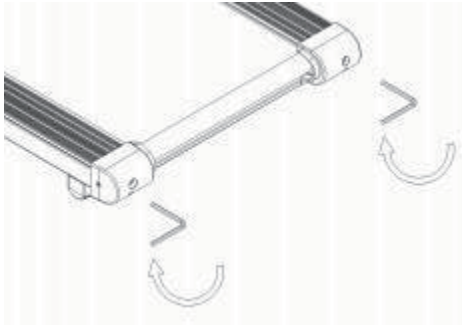
When lubricating the running board, use an appropriate amount; too much lubrication can have the opposite effect. Proper lubrication is crucial for extending the lifespan of the treadmill.

Lubrication Check

To check if lubrication is needed, lift the running belt and touch the center of its underside. If your hand feels slightly damp, there is no need to add silicone oil; if the running board feels dry and shows no signs of silicone oil, then lubrication is required.

Lubrication Steps

Lift the running belt and drip approximately 10 ml of silicone oil between the running board and running belt. Flatten the treadmill and run it at a speed of 0.6 mph while lightly stepping on the running belt for 8-10 minutes to ensure even absorption of the silicone oil.



Running Belt Tension Adjustment

The running belt is pre-adjusted before the treadmill leaves the factory. After unpacking and installing, please confirm the operation of the running belt. If users experience slipping or stopping while running after a period of use, adjust the running belt adjustment bolts in a clockwise direction by half a turn, synchronously on both sides. Make fine adjustments until the running belt operates normally without the aforementioned issues.

Running Belt Alignment

1. Place the electric treadmill on a flat surface.
2. Operate the treadmill at a speed of approximately 2.2 mph.



3. If the running belt drifts to the left, rotate the left adjustment bolt clockwise by 1/4 turn and pause for 30 seconds. The running belt should realign automatically. If it does not realign, please repeat the adjustment process.



4. If the running belt drifts to the right, rotate the right adjustment bolt clockwise by 1/4 turn and pause for 30 seconds. The running belt should realign automatically. If it does not realign, please repeat the adjustment process.

