

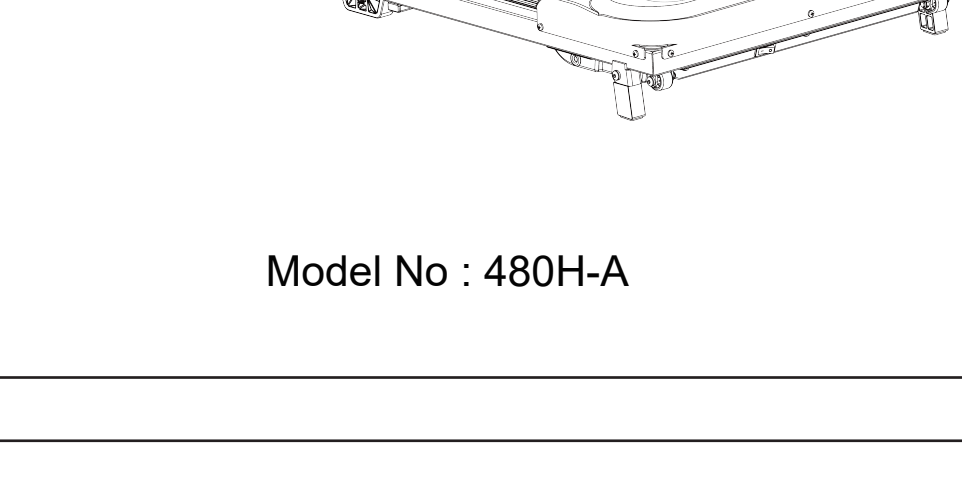


MADE IN CHINA

User Manual

STEP STATION

WalkingPad® Treadmill



Model No : 480H-A

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1/ IMPORTANT SAFETY INSTRUCTIONS

DANGER - To reduce the risk of electric shock:
1. Always unplug this treadmill from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:
1. A treadmill should never be left unattended plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.

2. Do not operate under blanket or pillow. Excessive heat can occur and cause fire, electric shock, or injury to persons.

3. This treadmill is only to be used by adults. Do not allow children or pets to use.

4. Use this treadmill only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

5. Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the treadmill to a service center for examination and repair.

6. Do not carry this treadmill by supply cord or use cord as a handle.

7. Keep the cord away from heated surfaces.

8. Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, and the like.

9. Never drop or insert any object into any opening.

10. Do not use outdoors.

11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

12. Caution - To reduce the risk of injury from moving parts - Unplug before servicing.

13. Warning - To reduce the risk of Electric shock - Unplug before cleaning or servicing.

14. Warning - Risk of personal injury - Keep children under the age of 13 away from walking treadmill.

15. To disconnect, turn all controls to the position, then remove plug form outlet.

16. Connect this treadmill to a properly outlet only. See grounding instructions.

17. This treadmill is not intended for use by persons with reduces physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning

use of the treadmill by a person responsible for their safety. Keep children under the age of 13 away from this walking treadmill.

18. The maximum weight capacity for this product is 265 lbs/120kg. DO NOT EXCEED MAXIMUM WEIGHT CAPACITY.

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS:

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 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, have a proper outlet installed by a qualified electrician.

FCC STATEMENT:

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 equipment 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 to 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 into 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 Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

2/ SAFETY NOTICE

Please carefully check whether the contents of the package are complete and intact. If there is any missing or damaged, please contact customer service : Email: support@walkingpad.com

Tel: (US) 1-(888)-292-4009, Monday - Friday, 9 am to 5 pm.

Accessories

WalkingPad® x 1

Remote Controller x 1

Battery x 1

Lubricating Oil x 1

Hex Tool x 1

User Manual x 1

Silicone pad x 2

3/ SPECIFICATION

Performance indicators	Detailed parameters	Performance indicators	Detailed parameters
Product dimension	46.9 x 20.3 x 3.9 inch	Minimum speed	0.6 mph
Walking area	40 x 15 inch	Maximum speed	4 mph
Net weight	37 LBS	Rate volatage	110 ~ 120V ~
Gross weight	43 LBS	Maximum load	265 LBS
Peak horsepower	2.5 HP		

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5/ PRODUCT INTRODUCTION



6/ BEFORE START AND STORAGE

Take out treadmill from packages.

1. Unbox and take out accessory box.

2. Lift out treadmill and place at flat surface. **Attention: 2-3 persons assist is necessary.**

3. A visible connection joint on the belt is normal.

Transportation

1. Unplug the treadmill before moving.

2. Use built-in wheels on bottom of treadmill to easily move.

Connect the power

1. Place on hard flat surface, avoid using on carpet or rugs.

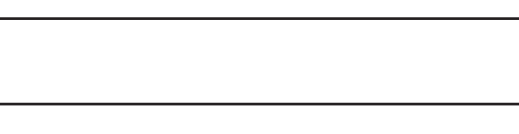
Storage

2. Plug in power cord and switch on. You will hear a beep indicating it is connected to power.

Warning: MUST use power cord with comes of package

Warning: Consult a physician before exercising. Incorrect or excessive training can be harmful to your health. If you feel unwell, stop exercising immediately and consult with your doctor.

7/ DISPAY SCREEN



Infrared Receiver Port Time/Distance/Calories/Speed

As you walk on or run on the treadmill, the display can show the following workout information:

Name	Range	Display
Speed	0.6-4.0 mph	Displays the speed of walking belt.
Calories	0-999 Kcal	Displays the approximate number of calories you have burned.
Time	0:00-99:99 minutes	Displays the elapsed time.
Distance	00.0-99.9 miles	Displays the distance that you have walked or run.
Infrared Receiver Port	/	Aiming the receiver when remote control is in use.

8/ OPERATION

console buttons



Feature of console buttons are identical as remote control.

Attention: please get off treadmill when you intend to control with console buttons.

Operation of Remote Controller



• Press button to start walking belt, the default initial speed setting is 0.6mph.

• Press button to have a pause in working mode, to resume workout, press it again.

• Press this button to stop walking belt when your workout is completed.

• Press or hold this button to accelerate, the increment is 0.2mph.

• Press or hold this button to decelerate, the decrement is 0.2mph.

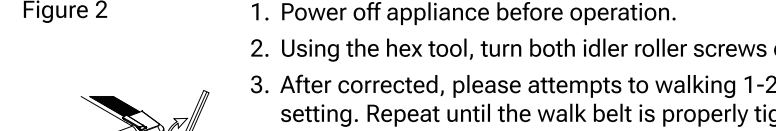
• Customize workout goals (Ex: Time ; Calories ; Distance)

2 Press this button, the speed will gradually change untill 2 mph.

4 Press this button, the speed will gradually change untill 4 mph.

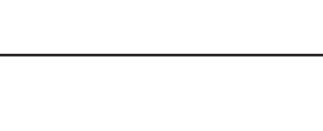
9/ HOW TO USE

For a better workout, this machine has added manual incline structure components, the incline angle is about 4 degrees, refer to below picture.

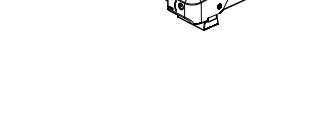


Warm Tips

When the home has wooden floors or ceramic tiles, silicone pads can be attached in flat mode to prevent scratches on the floor, as shown in the picture on both sides.



B. Belt lubrication process, follow instruction below to lubricate belt.



1. Power off treadmill and unplug cord.

2. Using the hex tool, turn both idler roller screws counterclockwise till belt loosen and lifting easily.

Tip: please mark down hex tool rotating cycles when loosen belt, which use for adapting belt tension after lubrication process.

3. Lifting edges of belt and spraying lubrication oil at center of walk platform evenly. Not necessary to apply spray lubrication oil on entire walk platform.

4. Lubrication oil volume Per time of maintenance: 5-10mL.

Attention: It would causes of belt slip if spray too much.

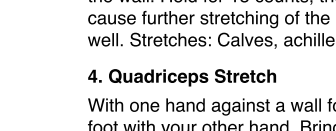
5. Using the hex tool, turn the both idler screws clockwise as previous mark down number of turns untill walk belt tighten properly.

6. Power on treadmill and workout for a few minutes, in order to spread lubrication oil to whole belt surface evenly.

Attention: No-loading work at 1.0mph speed setting.

Lubrication frequency: High recommend 125 Miles Per time.

C: Appliance cleaning.



1. Power off treadmill and unplug power cord before cleaning.

2. Wipe and clean with damp cloth. Do not cleaning with acidic or caustic detergents.

3. Do not clean opposite of walk belt.

4. Its normal few black powders residual under treadmill after long working.

11/ CARE AND MAINTENANCE

A. Symptom : walk belt off centered or slips.

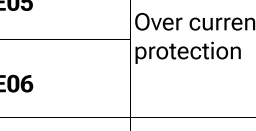


Figure 1

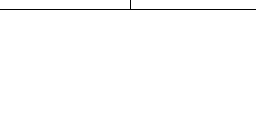


Figure 2



Figure 3

Centering walk belt process as follows :

1. Power off treadmill and verify connection between controller and numeric display. Please contact with after sale service if E01 code has not been eliminated.

Notice: Always power off and unplug power cord before processing.

2. Unscrew motor hood and verify connection between controller and motor.

3. Power supply interrupt due to connector loosen or out, please unscrew motor hood to check.

4. Please contact with after sale service if problem CAN NOT solved by above process.

1. Due to user over limited 120 Kg.

2. Open to check any foreign objects blocked moving parts. (such as: drive motor, idler roller, driver roller, walking belt)

3. Walking belt is overtightened or lack of lubricant. (please see detail chapters relate to belt tension and lubricant process)

Replace new controller.

Unscrew motor hood and verify connection of signal cable , please contact with after sale service if E10 error code has not been eliminated

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