

# Motorized Walking Machine

**Mini Pad**

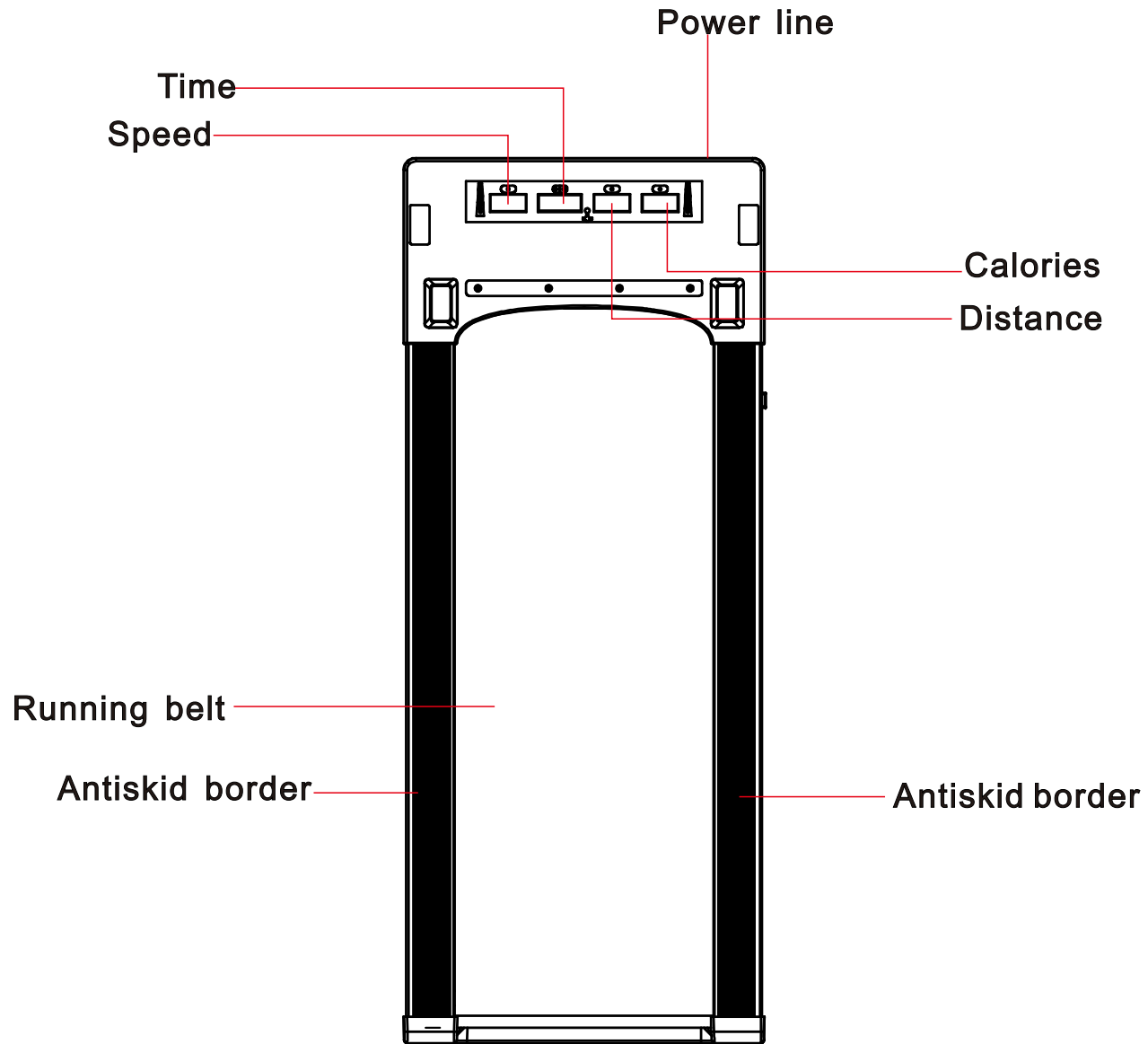
Treadmill instruction manual



# CONTENTS

I 、 Product Outline·····	01
II 、 Safety Instructions ·····	04
III 、 Installation Instructions ·····	07
IV 、 Operation Instructions ·····	08
V 、 Manual Refueling·····	12
VI 、 Daily Maintenance·····	13
VII 、 Warm-up Demonstration ·····	15

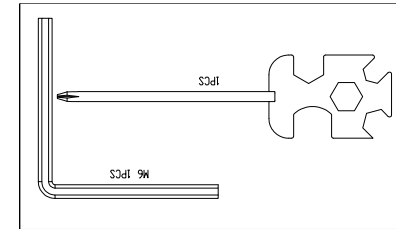
# 1. Product Outline



## 2. Detailed List



Treadmill



Tool kit

Motorized Walking Machine

Mini Pad  
Treadmill instruction manual



Instructions manual



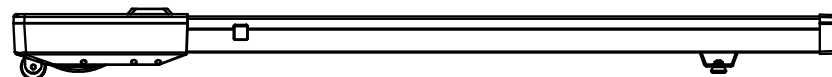
Silicone oil



Remote control

### 3. Specification

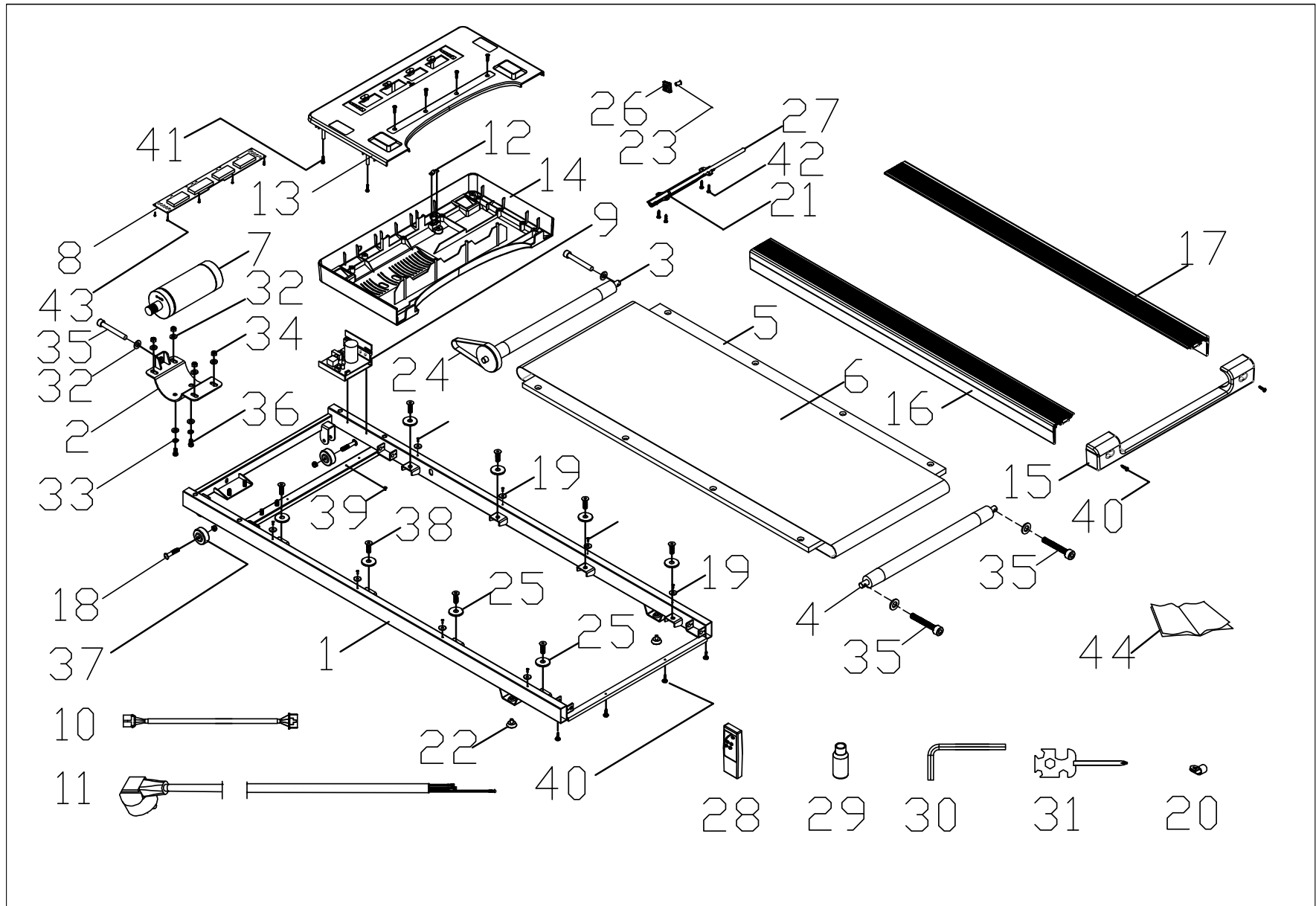
	<b>Basic Specification</b>
Color	Silver-gray/Pink
Net weight	29KG
Running belt	45*121CM
Product size	61*150*125CM
Peak horsepower	2.5HP
Speed	0.8-6km/h
Shock absorption	/
Max user weight	100KG



Motorized Walking Treadmill

[Note: Please refer to the material object. ]

## 4. Exploded diagram



## 5. Details of Explosions

No.	Name	Quantity	No.	Name	Quantity
1	Main frame	1	23	Oil pipe bushing	1
2	Motor base	1	24	Poly V-belt	1
3	Front roller	1	25	Rubber gasket	10
4	Rear roller	1	26	Silicone oil tank	1
5	Running board	1	27	Silicone refueling tube	1
6	Running belt	1	28	Wireless governor	1
7	DC Motor	1	29	Silicone oil	1
8	Electronic meter PCB	1	30	L-shaped hex wrench 6MM	1
9	Controller (lower controller)	1	31	Cross open end wrench	1
10	Communication line	1	32	Flat gasketØ8.5	7
11	Power line	1	33	Spring gasketØ8.5	2
12	Power line buckle	1	34	Locknut M8	2
13	Motor cover (upper)	1	35	Cylindrical head in hexagonal screw M8*55	5
14	Motor cover (lower)	1	36	Cylindrical head in hexagonal screw M8*12	2
15	Rear tail cover	1	37	Semicircular head in hexagonal screw M8*35	2
16	Left border	1	38	Countersunk head in hexagonal screw M8*25	8
17	Right border	1	39	Cross recessed pan head combination screw M4	1
18	Moving wheel	2	40	Cross groove pan head self attack self drilling screw ST4.2*16	17
19	Border buckle	8	41	Cross groove pan self drilling screw ST4.0*16	20
20	R-shaped Line buckle	1	42	Cross groove pan self drilling screw ST4.0*12	4
21	Oil cover	1	43	Cross groove pan self drilling screw ST3.0*10	2
22	Shock absorption pad	2	44	Instructions Manual	1

12. When this product is not in use, please keep the remote control in a safe place to prevent dangers caused by children and those who are not suitable for walking machines.

13. When in an emergency, you should quickly press the remote control stop switch and step on the left and right borders of the walking machine.

14. When the walking machine is placed before use, it needs one meter on each side and a safety distance of two meters in the rear. There is no obstacle in the safe distance.

15. Please use the accessories provided by the original manufacturer, and it is strictly forbidden to change it privately.

16. This product is a HC grade product. Its maximum user weight is 100KG.

### **Special Notice:**

1. Place the walker in a place where the plug can be plugged into the socket..

2. Plug the power cord directly into the socket and do not allow looseness.

3. Please use qualified socket to avoid the danger.

4. If the plug and socket are not compatible, please do not touch the plug and ask the electrician to handle it.

5. Please use a power supply with a voltage of 220V-240V.

6. Please do not let the power cord and roller contact, do not put the power supply on the running belt, do not use the damaged plug.

7. Unplug the plug from the socket before cleaning and maintenance.

**8. WARNING: if the plug is not pulled out, it may lead to personal injury and equipment damage.**

9. Please check each part carefully before use.

10. Please do not use this product outdoors, in high humidity and in the sun.

11. Please turn off the machine and remove the plug when you leave.

12. For your safety, the power plug of the machine must be grounded.





## Tips:

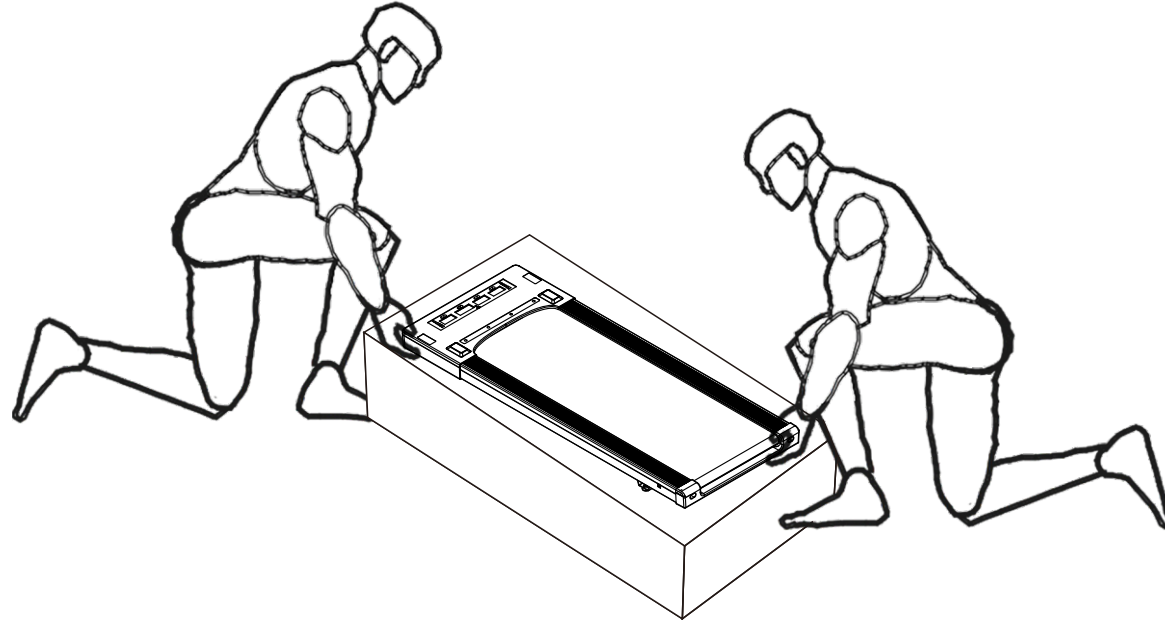
The product is designed with many safety issues in mind, so please follow the instructions below, just in case. We do not accept the consequences of any abnormal operation.

**In order to ensure your safety and avoid accidents, please read the instructions manual carefully before use.**

1. When you start training with this product, please consider your physical condition, training properly and regularly to ensure that you have enough physical strength to train. Wrong or excessive training will not help your health.
2. This product is not suitable for children. Physical discomfort or mental deficiency and lack of common sense are prohibited. Unless they are supervised or guided by the person responsible for their safety. Children should be guardianship and make sure that they will not play with equipment.
3. This product is suitable for home use and is not suitable for professional training and testing, nor for medical purposes.
4. The heart rate display of this product can not provide data for clinical medicine.
5. If the power cord is damaged, it must be replaced by the manufacturer or a qualified service person in order to avoid danger.
6. Please check all parts before use. And make sure the screws and nuts are tight.
7. When running on a treadmill, wear comfortable tight-fitting clothing to prevent the clothes from being caught by the machine. Do not let children or pets play around the treadmill to avoid accidents.
8. Place the treadmill on a smooth, clean, level surface. Make sure there are no sharp objects nearby. Please do not use it near water and heat sources.
9. Please avoid all moving parts with your hands. Do not place your hands and feet in the gap below the running belt.
10. When the treadmill is running, it is for one person only.
11. Make sure the screws and bolts are tight after the treadmill is assembled.

The walking machine you purchased has already installed the main structure during the factory process. It is free of installation and can be used when plugged in.

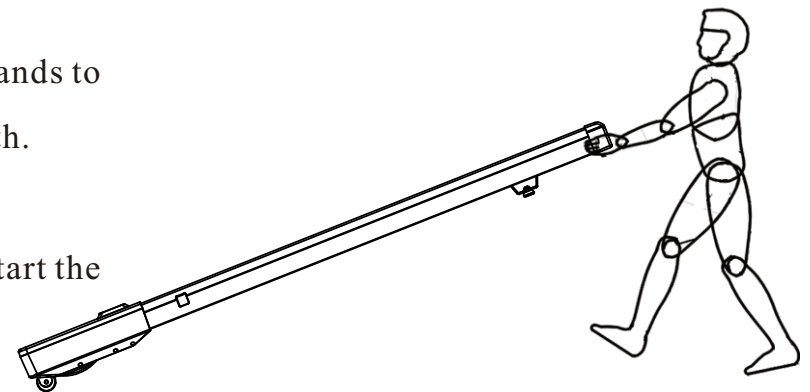
1. Two people carried the walking machine out of the box and placed it on the level ground. (Ensure that there is a 50cm open space before and after the walking machine to connect the power cord.)



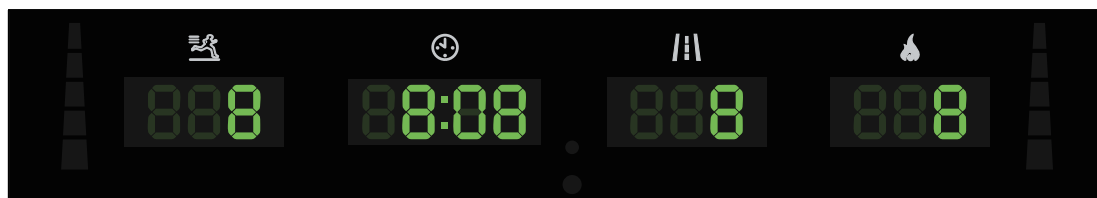
2. Walking machine movement: As shown in the figure, use both hands to lift the tail of the walking machine properly to move back and forth.

(It is only suitable for moving in the room for a short distance)

3. After the power is switched on, turn on the treadmill switch to start the treadmill and enjoy the movement.



## Electronic meter and remote control operating instructions:



Electronic meter

### 1、 Summary

With function :

- Remote Control function
- APP function

Words used in the manual:

Treadmill Parameters : “Speed” value.

Movement Parameters : “Distance” value, “Time” value, “Calories” value.

Manual Sports Mode: Sports mode without setting the amount of exercise.

### 2、 Parameter Declaration

Movement parameters in various sports modes:

- Minimum speed: 0.8km/h
- Maximum speed: 6km/h

### 3、 LED display

Speed

Time

Distance

Calories

#### 4、 Remote button function description

Function button :

- START STOP
- SPEED- SPEED+
- POWER button

#### 5、 Remote control button function and operation instructions

- START---Start the motor running.

Operation Instructions: In the standby state of the electronic meter, press this button and count down for three seconds to start the motor running.

- STOP---Stop the motor running.

Operation Instructions: When the treadmill is running, press this button to stop the motor running.

- SPEED+/----It adjusts the speed value of the treadmill

Operation Instructions: When the treadmill is running, the speed value of the running can be adjusted, and the step is 0.1km/h.

- POWER---Turn off/on the display of the electronic meter in standby mode

Operation Instructions: When the electronic watch is in the standby state, press this button to turn off the display and enter the sleep state. Press this button again to turn on the display.

#### 6、 Sports mode description

Manual mode function: After the electronic meter is fully displayed, enter the initial standby state. At this time, press the start key to enter the manual mode.

Operation description: The initial running speed is 0.8KM/H. The time and distance window are counting from zero. Press the speed key to adjust the running speed value.

#### 7、 Sleep function description

When the treadmill stops running, if there is no operation for more than 10 minutes, it will enter the sleep state, the LED window and the corresponding indicator light will be turned off, press the power button to wake up the electronic meter, and then enter the initial standby state after the full display.

# Error message instructions for DC system of treadmill

**E01: Indicates that the electronic meter and the electronic control communication abnormal phenomenon prompt**

E01 common problems and solutions	The communication line of the electronic meter is not connected, broken, and the contact is poor.	Please reconnect the communication line.
	Electronic meter has no signal output	Replace the electronic meter for maintenance.
	Lower controller no signal output	Replace the lower controller for maintenance.

**E02: Indicates that abnormal phenomena are detected between the lower controller and the motor.**

E02 common problems and solutions	The motor line is not connected	Check if the motor line is connected correctly.
	The lower controller has no voltage output or abnormal voltage output.	Replace the lower controller for maintenance.
	Defective motor	Please replace the motor.

**E03: Indicates that the lower controller detection speed is abnormal.**

E03 common problems and solutions	Photoelectric sensor is not properly assembled on the motor Photoelectric sensing mode	Reassemble
	Poor photoelectric sensor (Photoelectric sensing mode)	Replace the photoelectric sensor
	Failure detection of lower controller panel (Photoelectric induction or non-inductive mode)	Replace the lower controller for maintenance.

**E04: Indicates that the lower controller detects the motor overvoltage protection information prompt**

E04 common problems and solutions	The treadmill has a large load that exceeds the rated working voltage of the motor.	Recommended for use within the motor's rated operating voltage range.
	The treadmill motor is abnormal/Speed is too fast due to failure of photoelectric induction.	Replace the motor / replace the photoelectric sensor.
	Lower controller board overvoltage detection line failure	Replace the lower controller for maintenance.

**E05: Indicates that the lower control detects the motor overcurrent protection information prompt**

E05 common problems and solutions	The load on the treadmill exceeds the rated operating current of the motor.	Recommended for use within the motor's rated operating current range.
	There is a problem with the assembly structure of treadmill and motor, causing motor resistance or blockage.	Check if the treadmill structure is normal
	Lower controller current limiting system has failed	Replace the lower controller for maintenance.

**E06 Indicates that the controller detects that the drive power supply voltage is too low.**

E06 common problems and solutions	Supply voltage is too low	Please check if the power supply line is normal.
	The detection line of the lower controller board is invalid.	Replace the lower controller for maintenance.

**E07 Tips for security lock on the electronic meter.**

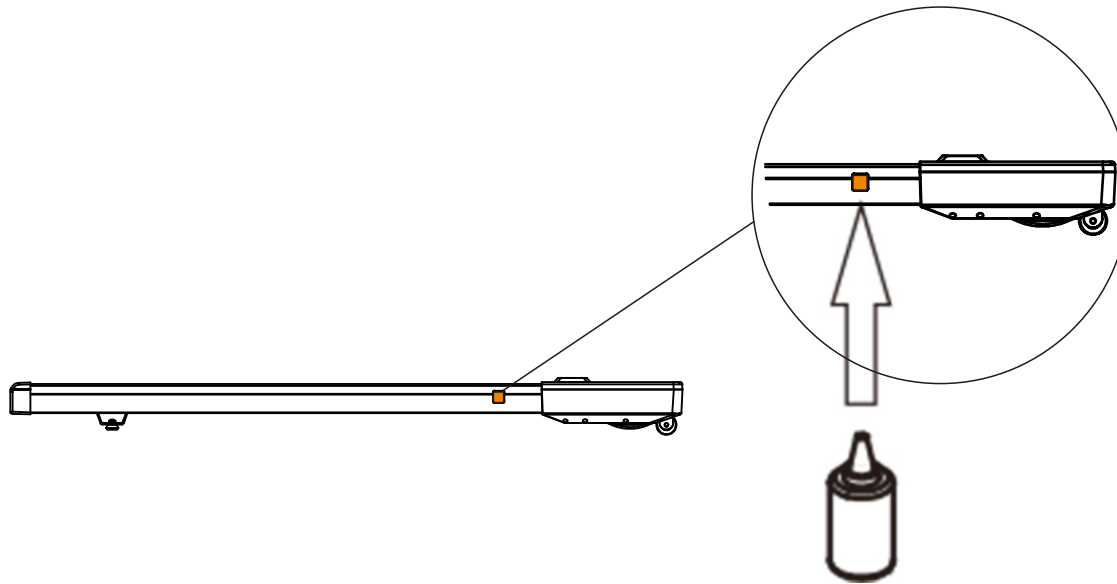
E07 common problems and solutions	The safety magnet fell off.	Please put the security lock on the designated position of the electronic watch.
	The electronic meter security lock system failed.	Replace the electronic meter for maintenance.

**Wrong startup methods:**

- 1) After clicking Start, jump on the running belt that is sliding.
- 2) Stand on the running belt and turn on the walking machine.
- 3) Turn on the walking machine in quick mode.
- 4) Minors and inconveniences are not suitable for walking machines.

## Manual Refueling:

As shown below, open the refueling cover on the side of the running platform and pour the silicone oil into the fuel filler. After the oil is added, turn on the walking machine and let it run for a while.



Proper maintenance is the only way to keep your walking machine at its best. Wrong maintenance can hurt or shorten the life of the walking machine.



## Tips:

**Do not use sandpaper or solvents to clean the walking machine. The controller part of the walking machine should not be exposed directly to the sun or moisture to avoid damage. Please check and tighten all parts of the walking machine frequently. Damaged parts must be replaced immediately.**

### Running belt adjustment:

- 1) Insert the 6 mm inner hexagonal wrench into the adjusting screw on the left side of the running belt and rotate the wrench clockwise for 1/4 turns to adjust the rear roller to tighten the running belt.
- 2) Repeat step 1 to adjust the right screw. It must be determined that the adjustment screw rotates the same distance so that the rear roller is adjusted parallel to the frame.
- 3) Repeat steps 1 and 2 until the running belt does not slip.
- 4) Note: The running belt can't be adjusted too tightly, which will break the running belt and increase the pressure of the front and rear rollers, causing problems such as roller bearing damage and abnormal noise. If you want to reduce the tension of the running belt, turn the wrench counterclockwise. Note that the left and right sides are rotated to the same distance.

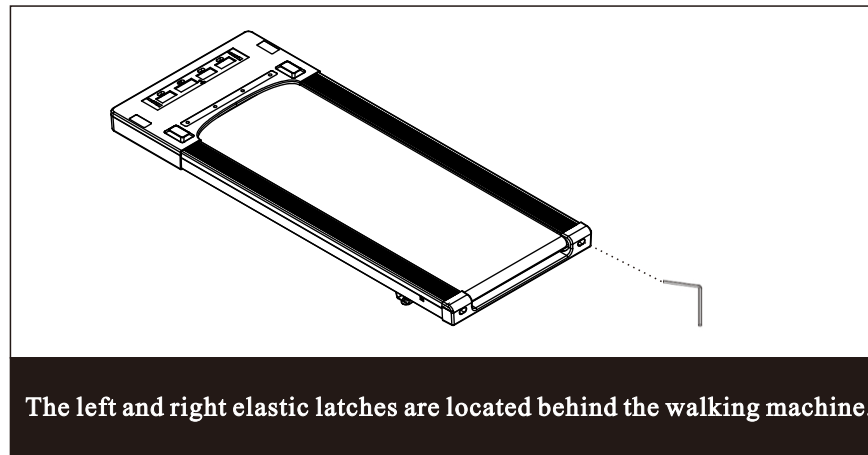


## 2.Adjust the running belt to the middle position:

When you are using the walking machine, if the two feet are not the same force when walking, the pressure on the running belt is unbalanced and the running belt is off center. This deviation is normal. When no one is on the running belt, it will return to the center. If it does not return to the center, you will need to adjust the belt back to the center.

### How to adjust the running belt to the middle?

- 1) Move the walking machine to no-load operation and adjust the speed to 6KM/H.
- 2) Observe the distance from the running belt to the left and right border. If left deviation, use inner hexagonal wrench, rotate the left 1/4 screw clockwise. If right deviation, use inner hexagonal wrench and turn the 1/4 screw on the right side clockwise. If the running belt is still not in the middle, repeat the above action until it is adjusted to the middle.
- 3) After adjusting the running belt to the middle, adjust the speed to 1KM/H and observe the deviation of the running belt and whether there is slipping during running. If there is a deviation, repeat the running step.
- 4) **warning! Do not overtighten the rollers! This will cause permanent bearing damage. If the above steps are not effective, you need to tighten the running belt again.**



The left and right elastic latches are located behind the walking machine.

A successful sports program must include warm-up, aerobic and relaxing exercises. Exercise at least two or three times a week. Exercise one day and then take a day off. After a few months, you can increase the amount of exercise to four or five days a week. Warming up is an important part of your fitness program. Warming up before each exercise can prepare your body for the next more intense exercise. Warming up can help your muscles warm up and stretch, improve blood circulation and pulse, and send more oxygen into your muscles. And after aerobic exercise, repeat warm up exercise can also reduce muscle soreness. We recommend the following warm-up and relaxation exercises.

### The importance of warming up before exercise:

Dynamic warm-up exercises must be carried out before exercise. Dynamic stretching is a kind of stretching that approximates the body movement mode, which is beneficial to the improvement of the overall condition of the body, and has the functions of activating muscles, improving muscle elasticity and excitability.

### The importance of stretching after exercise:

Lack of stretching can lead to muscle tension and decreased elasticity, resulting in increased local pressure, local inflammatory factors, metabolic waste can not be discharged in time, making fatigue recovery slower. The body always wears fatigue and then carries out the next training, which is easy to cause fatigue accumulation and cause pain.

### Warm up before exercise

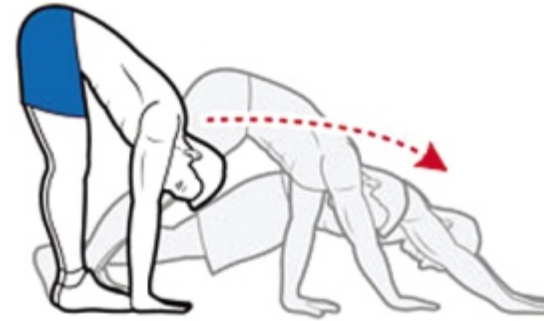
#### 1. Stand upright and step:

This action will make you feel stretched. straighten your back and put your arms on both sides of your body. Step forward, raise your left and right knees to the waist height and lift your arms up. Take 20 steps forward each time. Rest for 1 minutes, then repeat 2 times.



### 5. Walking with both hands:

Straighten your legs, bend over, and put your hands flat on the floor. Take your abdomen and let your hands move forward. At this time, both legs can not bend, hands on the ground, and feet forward a few steps (the knees can't bend). Do it for 1 minute in a row. This exercise will exercise the tendons, lower back, rear gluteal muscles and calf muscles.



## Stretch after exercise

### 1. Shoulder stretch:

This is a simple and effective stretching exercise, especially stretching the muscles around the shoulder joint.

Practice: Standing with your feet at the same width as your hips and slightly bend your knees. Turn your left hand over your body and bend your elbow slightly. Fixed to the left elbow with your right hand, then lean your left arm against your body until you feel the muscles of your shoulders are tight. Repeat the same action on the other side.



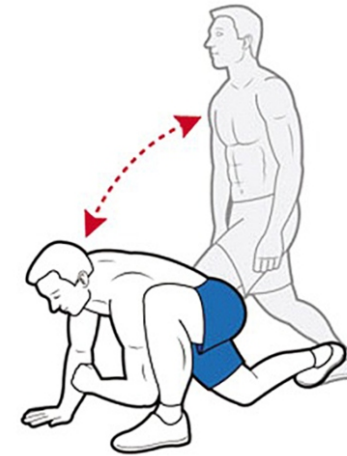
### 2. Stretch the triceps muscle of arm:

Action points: bend the left arm behind the head, the right palm to hold the left elbow, and use the force slightly to pull the left elbow to the right as much as possible. Feel the stretch of the triceps on the posterior side of the left arm.



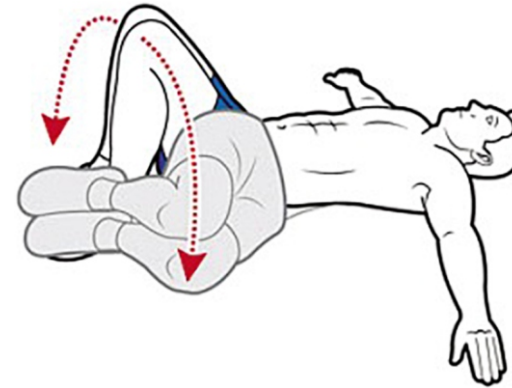
## 2. Dive forward and bend your elbow to the instep:

The left foot with a big bow step forward, while keeping the right knee off the ground. Put your right hand on the ground, then move your left elbow to your left instep. Move your left hand to the outside of your left foot and place your hands on the floor, make your hips up. Then move your right foot forward and get up. Do 10 times on each leg.



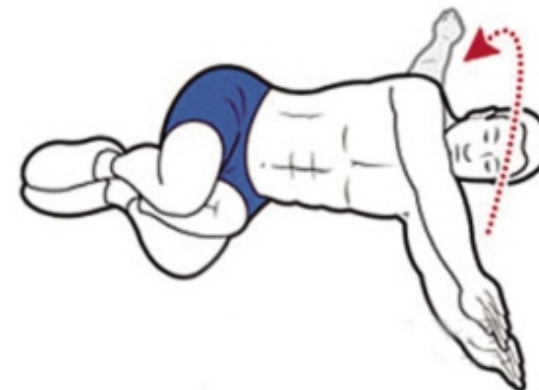
## 3. Rotate your hips and knees:

Lying flat, knees bent, feet on the ground, arms stretched out on both sides. Rotate to the left and keep your legs bent until the left knee touches the ground. Then rotate to the right until the right knee touches the ground. Repeat 10 times on each side.



## 4. 90/90 degree stretch:

This action can stretch the torso and back muscles, the body facing the left side, legs close together, knees at a 90 degree angle. A towel is placed between the knees and the arms are stretched out. Then, keep your knees and hips still, rotate your torso and right arm backwards, and try to land your right shoulder. Exhale for 2 seconds and then return to the initial position. Do 10 times on both sides.



### 3. chest stretch:

This action is mainly to stretch the muscles on the upper edge of the chest, which can relax the muscles and increase the softness.

Practice: Stand next to a stable upright support. After placing one hand on the support, keep the upper arm and shoulder at the same level. Push your body forward slowly until your chest muscles stretch.



### 4. calf stretch:

Practice: Take a standing position about a large step in front of the wall, push the wall with your hands, and stand with your feet at the same width as your hips. Stretch your left leg forward and bend your knees, and keep your left knee directly above your feet, do not skew to one side. You will feel that the right calf muscles are stretched. Change the other side to stretch the left calf.



### 5. Quadriceps stretching

Action essentials: Stand firm, lift the other foot back, use the same side of the hand to gently support the ankle, slowly close the calf to the thigh, gently touch the hip. After about 10 seconds, change the other foot to stretch. During the process, the upper body is straight and the lower limbs are bent gently to avoid the knees stretching too much.



### 6. Back muscle stretching

Action essentials: The two feet are close together and stand one meter away from the support surface. The hip is the same height as the shoulder. Extend your arms to your head. Keep your arms and legs straight, bend your hips, and stretch your back. Grab the support surface with your hands, exhale, push down on the support surface to form the back bow. Hold for 10 seconds and do 4 sets of actions.

