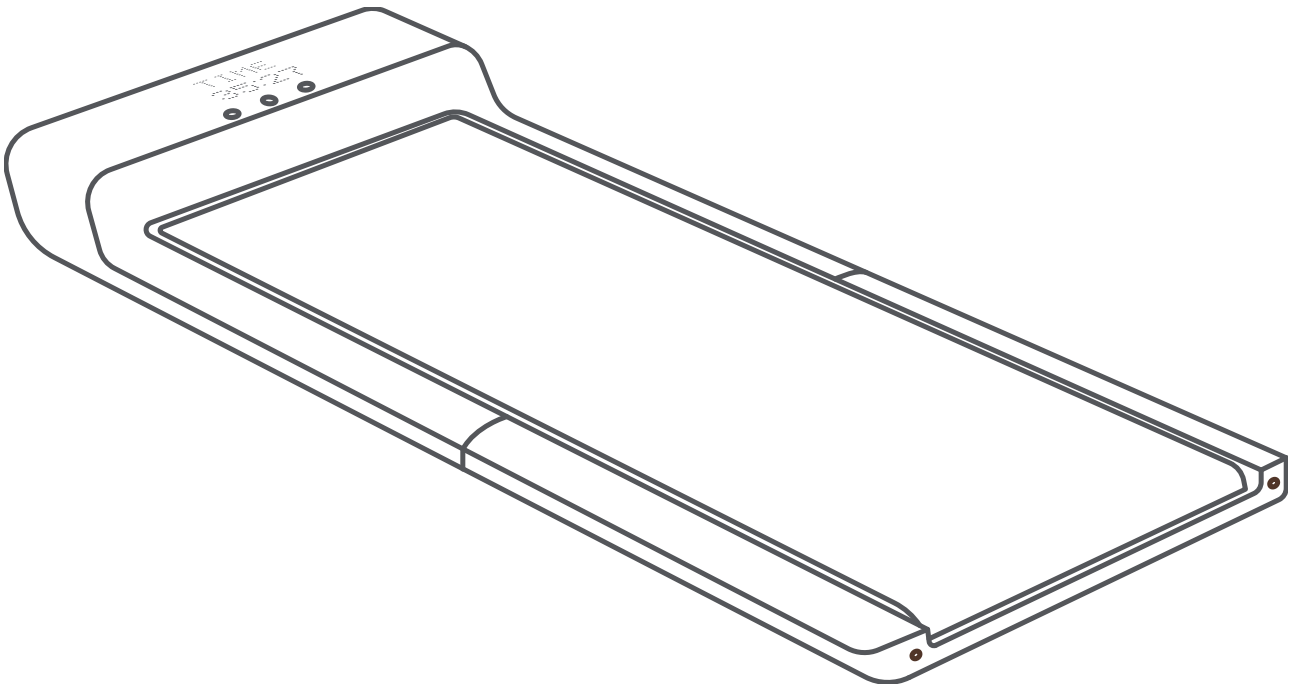


# WALKINGPAD™ M1 TREADMILL OWNER'S MANUAL



Product may vary slightly from the item pictured due to model upgrades

**Read all instructions carefully before using this product. Retain this owner's manual for future reference.**

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# 1. IMPORTANT SAFETY INSTRUCTIONS

**WARNING** - Read all instructions before using this treadmill.

It is important your treadmill receives regular maintenance to prolong its useful life. Failing to regularly maintain your treadmill may void your warranty.

**Danger** – To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

DO NOT USE AN EXTENSION CORD: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPROPER ADAPTERS OR IN ANY WAY MODIFY THE CORD SET.

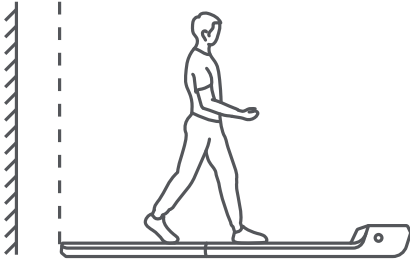
- Install the treadmill on a flat level surface with access to a 220-240 volt (50/60Hz), grounded outlet.
- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Keep hands away from all moving parts.
- Never operate the treadmill if it has a damaged power cord or plug. When damaged, these must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- Keep the cord away from heated surfaces.
- Never drop or insert any object into any openings.
- The treadmill is intended for in-home use only and is not suitable for commercial environments.
- Loose-fitting clothing or jewellery that could become an entanglement hazard should not be worn.
- All fixings should be checked before the equipment is used.
- All product manual relating to the use of the equipment should be retained for future reference.
- Recommended operating temperature: 5-40°C

## 2. IMPORTANT ELECTRICAL INFORMATION

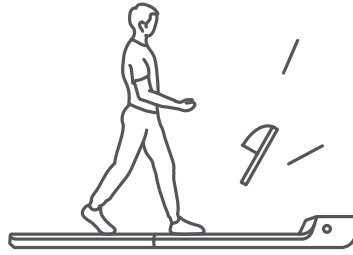
### WARNING!

- Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
- NEVER remove any cover without first disconnecting AC power.
- NEVER expose this treadmill to rain or moisture. This treadmill is not designed for use outdoors, near a pool, or in any other high humidity environment.
- This is a high-power item; please do not share the same outlet with other high-power machines such as, fridges, air conditioning etc. Please choose an outlet exclusively for the machine and make sure the fuse is 10A.

### 3. SAFETY NOTICE



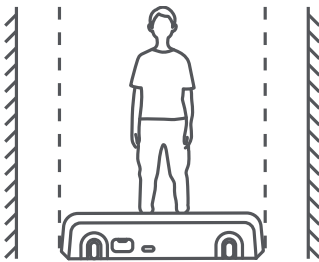
⚠ Please keep a rear distance of 1000 mm or more.



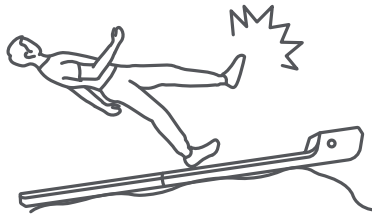
⚠ Please choose sport shoes.



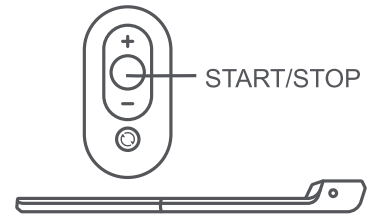
⚠ Please do not stand up on the walking machine when it is under auto calibration situation.



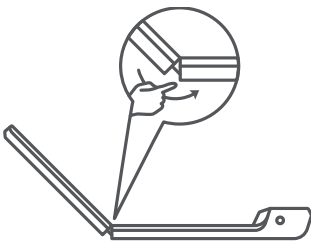
⚠ Please keep a distance of 500 mm or more for both sides.



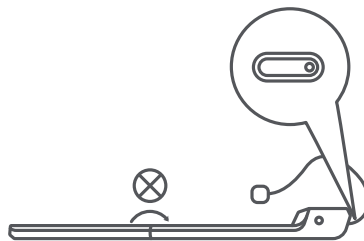
⊗ Using on uneven ground is prohibited.



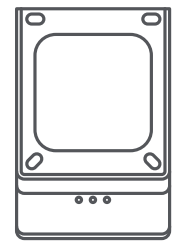
⊗ It is strictly forbidden to walk up and down the walking pad while walking. When an emergency occurs, please press the remote control START/STOP and step away from the walking pad from one side.



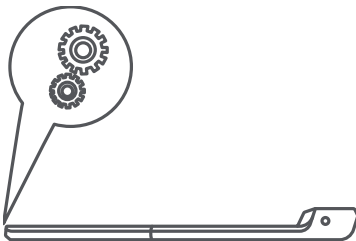
⚠ Anti-pinch.



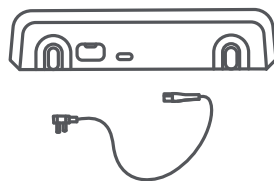
⊗ Turn the power off before fold up the WalkingPad.



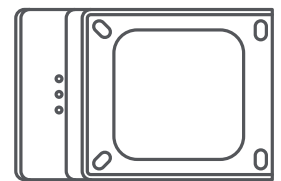
⊗ Prohibition of vertical placement.



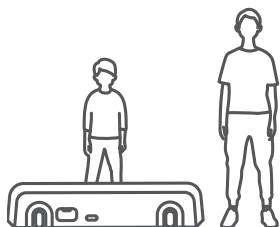
⚠ Anti-involved, please do not trample.



⚠ Please pull out the plug when you are not using it.



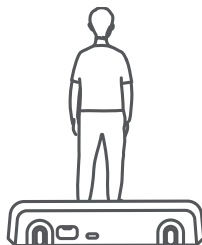
⊗ Prohibition of lateral placement.



⚠ Children should be supervised to ensure that they do not play with the Walkingpad.



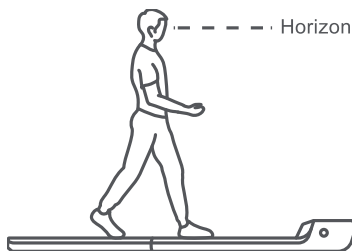
⊗ Walking sideways on the machine is prohibited.



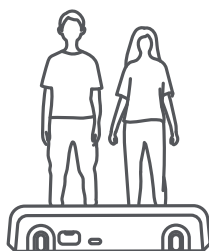
⊗ Walking backwards on the machine is prohibited.



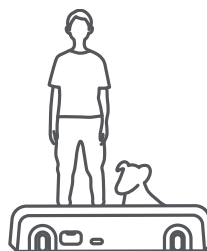
⚠ Please use this product reasonably according to your physical condition (the elderly and pregnant women should use it cautiously). If you feel unwell, stop exercising immediately. If necessary, please seek medical attention.



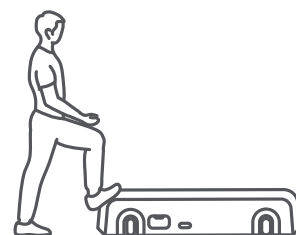
⚠ Please keep your sight horizontal to avoid dizziness.



⊗ More than one person on the Walkingpad is prohibited.

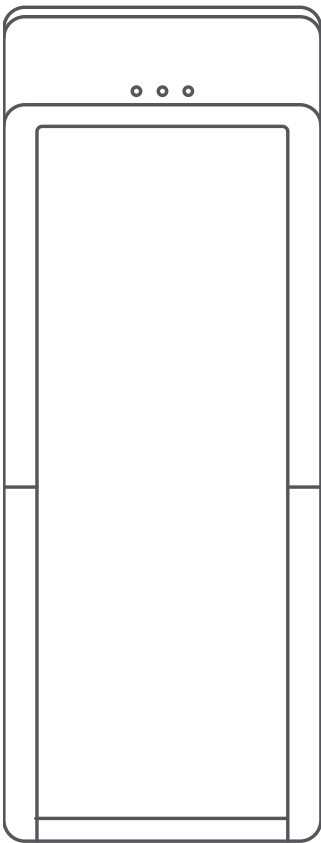


⊗ Using machine with pet is prohibited.



⊗ Trampling the machine head is prohibited.

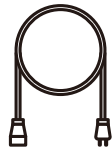
## 4. PARTS & ACCESSORIES



Main Product

Parts

Other accessories



Power Cable



Remote Controller



Lanyard

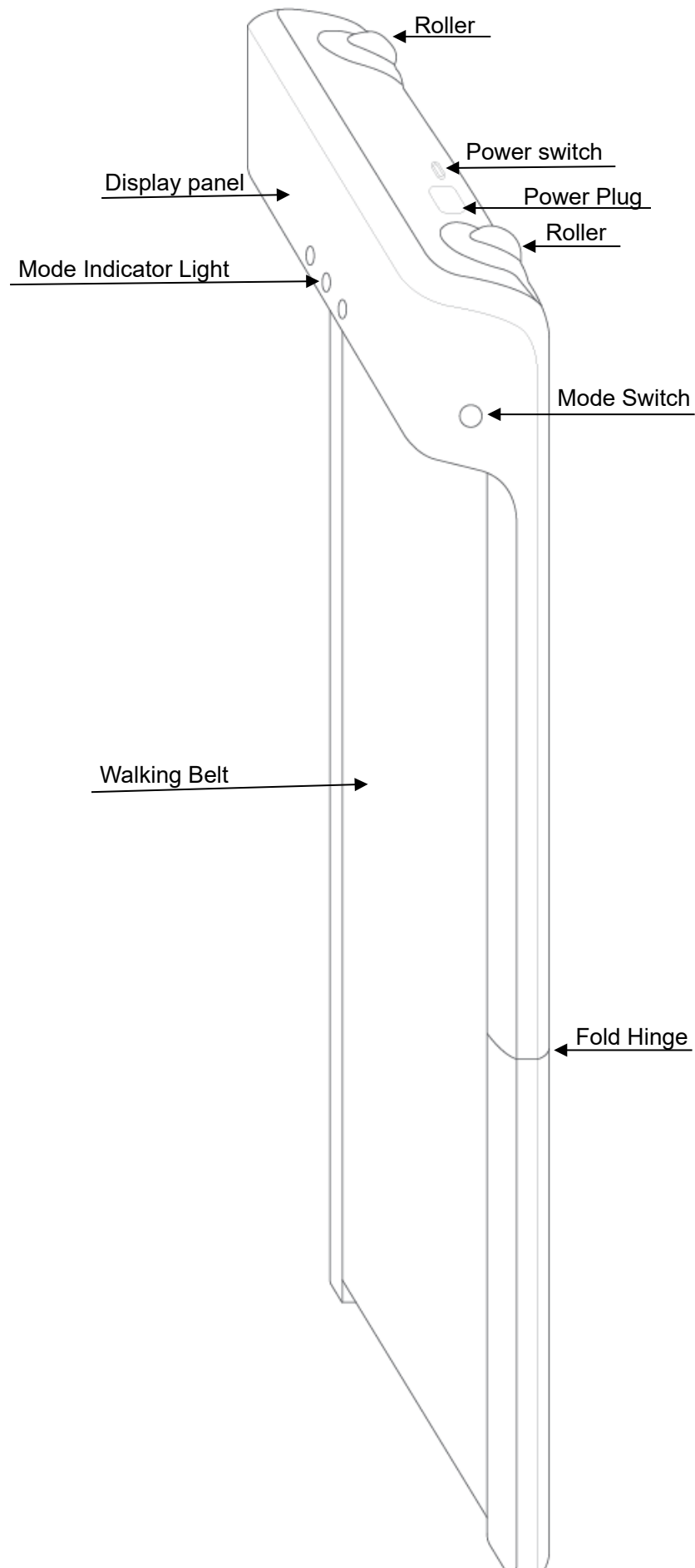


Wrench



Silicone Oil

## Main Body





## 5. OPERATION GUIDE

### 1. Display:

TIME  
5:27

Display Time

SPD  
3.5

Display Speed

DIST  
2.34

Display Distance

STEP  
234

Display Steps



Standby Mode



Manual Mode

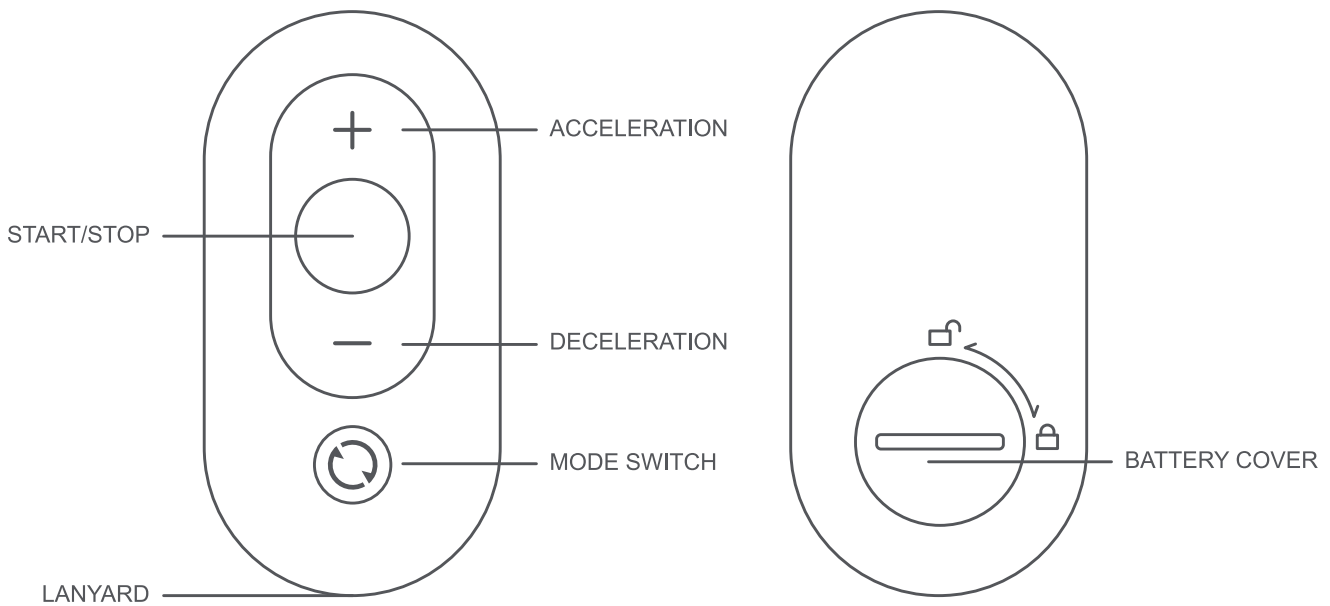


Automatic Mode

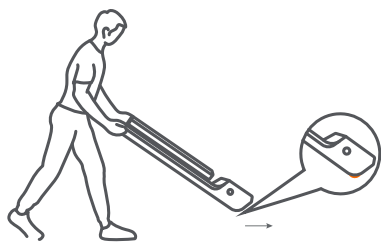


Fault Warning Light

### 2. WalkingPad Remote Control:



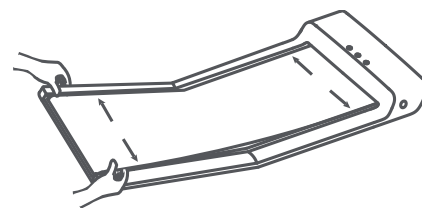
### 3. Operation:



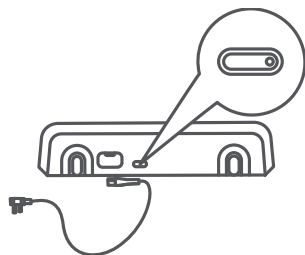
1. Choose flat ground to place the WalkingPad. It is forbidden to place it on thick and soft cushion. Please note: Don't connect the power before the WalkingPad is fully unfolded.



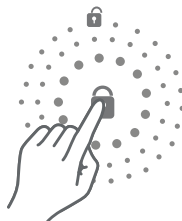
2. Unfold the walkingpad slowly and press it down to completely flat.



3. Check and adjust the walking belt to make sure it's centered.



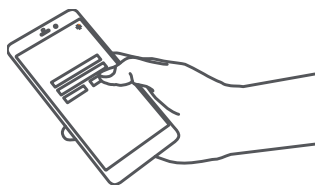
4. Connect the power cord and press the button to switch on.



5. Unlock all Functions by following two ways, otherwise the speed limit remains at 3km/hr:  
1), Walk 2km on device first, reboot to unlock all functions.  
2), Complete Novice Guide by WalkingPad App to unlock all functions.



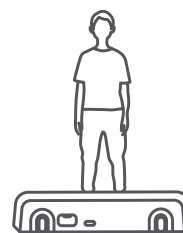
6. Search "Walkingpad" App from Apple Store or Google Play and complete installation.



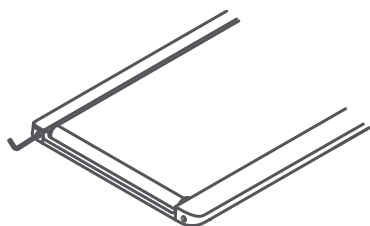
7. Open the App, follow the prompts to set up the device.



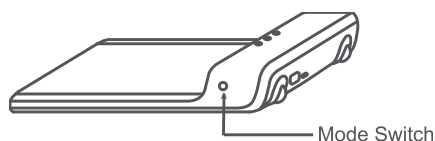
8. Enter novice guide to unlock all functions.



9. Start to use the WalkingPad.



10. If the belt deviates from the orbit in use, please adjust properly.  
SEE: 06 Maintenance and service.



11. Short press: return to the previous mode.  
Long press: switch to Standby mode.

## 4. Functions

### 1. Mode instruction



#### Standby Mode

Light of the Standby mode is on;  
Motor and sensor stop responding.



#### Manual Mode

Light of the manual mode is on;  
Control the speed through the remote control or APP.



#### Automatic Mode

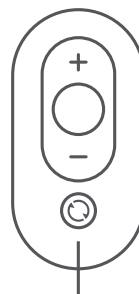
Light of the automatic mode is on;  
Speed is automatically controlled by intelligent algorithm.  
It follows the speed of walking.

### 2. Instructions of the standby mode control



#### Standby Mode

The motor and sensor stop responding in this mode to prevent nonusers from accidentally triggering the WalkingPad.



#### Mode Switch

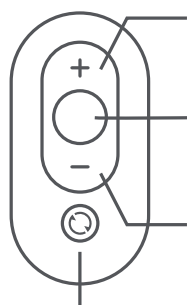
Short press: return to the previous mode.

### 3. Instructions of manual mode control (primary mode)



#### Manual Mode

In this mode, the speed of the WalkingPad can be controlled by the remote control. It is recommended that beginners use the manual mode first and then use the automatic mode after being skilled in using the WalkingPad. The manual mode is controlled by remote control by default, that is, the START/STOP button of the remote control is used to start or stop the WalkingPad, which can be modified in the client "Personalized".



#### ACCELERATION

Short press: increase speed by 0.5 km/h.

#### START/STOP

Short press: start or stop the WalkingPad.

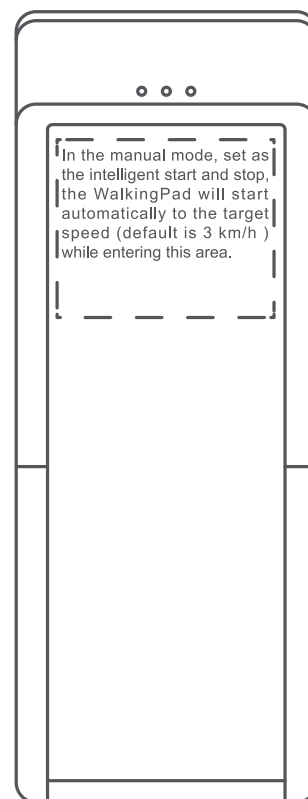
#### DECELERATION

Short press: reduce speed by 0.5 km/h.

#### MODE SWITCH

Short press: switch to automatic mode.

Long press: switch to standby mode.

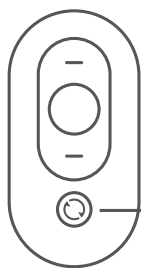


## 4. Description of automatic mode control (advance mode)



Automatic mode

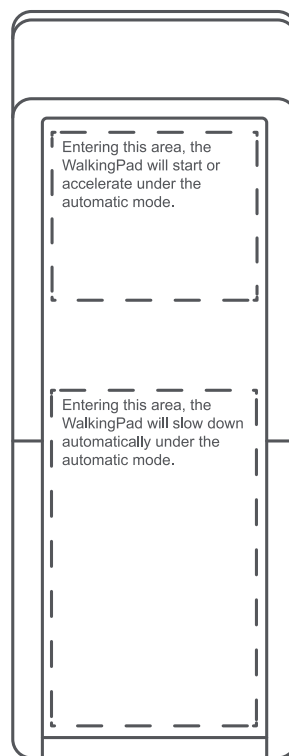
This is a challenging and higher-class mode, User can walk on the Walkingpad completely out of remote controller. We only recommend those who have good sports skills or walking-device experience to take the challenge.



Mode Switch

Short press: switch to manual mode.

Long press: switch to standby mode.



## 5. Remote Controller Notice

If the remote controller has no response or you change a new one, the remote controller and walking device need to re-establish communication.

Remote control pairing method:

Restart the WalkingPad, press and hold down the mode switch button on the remote control immediately, hearing the sound of "Beep" indicates the success of pairing. Note: During the operation, the remote control should be close to the LED display panel of WalkingPad.

## 6. Error Warning Light



Error Warning Light on the display panel is off when Walkingpad works well. When error occurs, Error warning light turns on and shows its error code.

E01: Communication fault;

E02: Voltage Protection;

E03: IPM Overheating;

E05: Overcurrent protection;

E06: Motor Protection;

E08: Sensor Fault;

## 6. EXERCISE GUIDE

**PLEASE NOTE:** Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress.

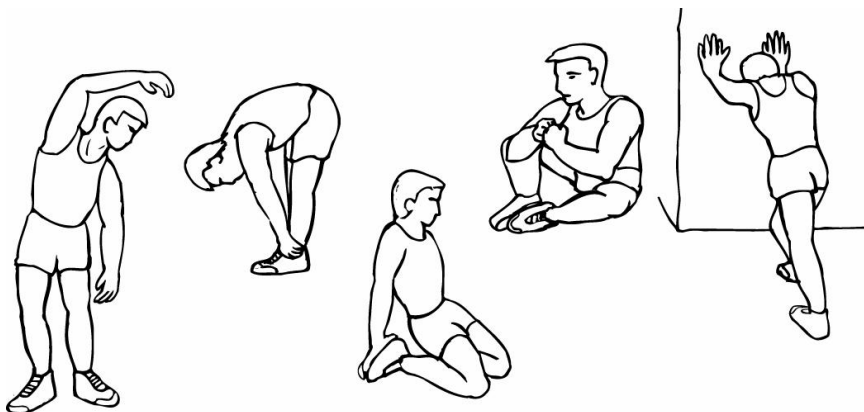
The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.

### Warm-up

Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.



Training Zone Exercise

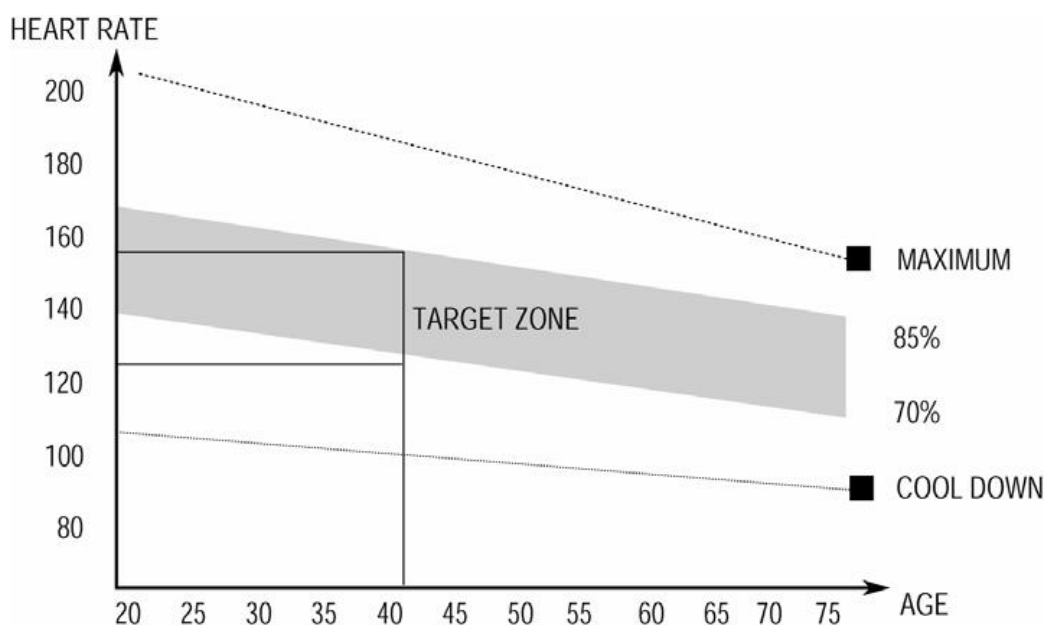
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

### Cool Down

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

## Workout Guidelines

### TARGET ZONE



**This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.**

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn.

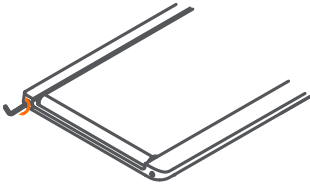
## 7. MAINTENANCE INSTRUCTIONS

### 1. Clean the walking machine



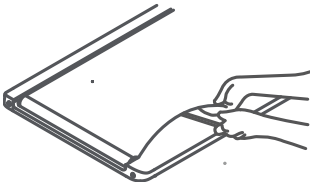
- Turn off the machine and unplug the power cord.
- Add several drops of detergent on cotton rag or towel. Don't pour the detergent on the belt directly, and don't use acid or corrosive cleaners.
- Wipe off dust and stains on the frame, front panel and belt. Do not wipe backside of the belt.
- After using for a period, dust and stains may appear on the back part, that is normal situation, and just clean them up.

### 2. Adjust the belt



- Press and hold both Mode Switch Button and Acceleration Button on the remote control over 3 seconds.
- Front panel shows "CALI" and the speed is 4 km/hr ( 2.5 mi/hr ).
- If belt deviates to the left: Turn the left adjusting screw for a half-circle clockwise.
- If belt deviates to the right: Turn the right adjusting screw for a half-circle clockwise.
- If belt is slipping: Turn both left and right adjusting screw for a half-circle clockwise at same time.
- Keep the machine running for 1-2 minutes and check whether it needs to readjust.

### 3. Lubricate the Belt



- Turn off the machine and unplug the power cord.
- Lift up the belt and apply silicone oil on the backside of the belt.
- Turn on the machine again
- Keep the machine running under 4 km/hr ( 2.5 mi/hr ) for 10-20 20 seconds.
- Only apply 5 ml ~ 10 ml lubricant oil each time, too much lubricant oil makes the belt become slipping.
- Apply for silicone oil once every 3 months.

## 8. WARRANTY

### AUSTRALIAN CONSUMER LAW

*Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.*

*You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at [www.consumerlaw.gov.au](http://www.consumerlaw.gov.au)*

Please visit our website to view our full warranty terms and conditions:

<http://www.lifespanfitness.com.au/warranty-repairs>

### **Warranty and Support:**

Please email us at [support@lifespanfitness.com.au](mailto:support@lifespanfitness.com.au) for all warranty or support issues.

For all warranty or support related enquiries, an email must be sent before contacting us via other means.