**ZIPRO Lite (7849606)**

# ZIPRO Lite Walking Pad Treadmill User Manual

Model: Lite (7849606)
Brand: ZIPRO

## 1. Introduction

Thank you for choosing the ZIPRO Lite Walking Pad Treadmill. This compact and foldable treadmill is designed for home use, offering a convenient way to incorporate walking and light jogging into your daily routine. With its adjustable speed and space-saving design, the ZIPRO Lite is an ideal solution for maintaining fitness in smaller living spaces.
This manual provides essential information for the safe and effective operation, assembly, maintenance, and troubleshooting of your new treadmill. Please read it thoroughly before first use and keep it for future reference.

## 2. Important Safety Instructions

To reduce the risk of serious injury, read all instructions before using the ZIPRO Lite Walking Pad Treadmill. ZIPRO assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- **Placement:** Place the treadmill on a flat, stable surface. Ensure there is at least 2 meters (6.5 feet) of clear space behind the treadmill and 0.6 meters (2 feet) on each side.
- **Power Source:** Connect the treadmill only to a properly grounded outlet. Do not use extension cords or adapters.
- **User Weight Limit:** The maximum user weight for this treadmill is 110 kg (242 lbs). Do not exceed this limit.
- **Children and Pets:** Keep children and pets away from the treadmill, especially during operation.
- **Attire:** Wear appropriate athletic footwear and clothing. Avoid loose clothing that could get caught in moving parts.
- **Before Use:** Always check the treadmill for any loose parts or damage before each use. If any issues are found, do not use the treadmill until it is repaired.
- **Emergency Stop:** Familiarize yourself with the emergency stop function. In case of an emergency, press the stop button on the remote control or pull the safety key (if applicable).
- **Hydration:** Stay hydrated during your workout.
- **Medical Conditions:** Consult a physician before starting any exercise program, especially if you have pre-existing medical conditions.
- **Unplug When Not In Use:** Always unplug the treadmill from the power outlet when not in use, before cleaning, or before performing any maintenance.

## 3. Package Contents

Carefully unpack all items from the box and ensure you have received all components. If any parts are missing or damaged, please contact customer support.

- 1x ZIPRO Lite Foldable Treadmill
- 1x Remote Control
- 1x User Manual (this document)
- 1x Power Cable
- Small accessories (e.g., Allen wrench, lubrication oil - check packaging)




*Image: The ZIPRO Lite treadmill in various states (in use, folded) and its remote control.*

## 4. Setup and Assembly

The ZIPRO Lite treadmill comes largely pre-assembled. Follow these steps to prepare it for use:

1. **Unpacking:** Remove the treadmill from its packaging and place it on a flat, stable surface.
2. **Unfolding the Handlebar (Optional):**
    - Gently lift the handlebar until it clicks into place. Ensure it is securely locked.
    - This model can be used with the handlebar up for support or folded down for a walking pad experience.




*Image: The ZIPRO Lite treadmill with its handlebar in the upright position.*

3. **Power Connection:** Plug the power cable into the treadmill's power port and then into a grounded electrical outlet.
4. **Initial Check:** Before stepping on, ensure the treadmill is stable and there are no obstructions around it.

## 5. Operating Instructions

The ZIPRO Lite treadmill is controlled via a convenient remote control and features an intuitive LED display.

### 5.1. Remote Control Functions



*Image: Close-up of the remote control for the ZIPRO Lite treadmill.*

- **Start/Pause Button (Play/Pause icon):** Press to start or pause the treadmill.
- **Speed Up Button (+):** Increases the treadmill speed.
- **Speed Down Button (-):** Decreases the treadmill speed.
- **Stop Button (Square icon):** Stops the treadmill.

## 5.2. LED Display




*Image: Close-up of the LED display panel on the ZIPRO Lite treadmill, showing various metrics.*

The large LED display provides real-time feedback on your workout:

- **Speed:** Displays your current walking/running speed (km/h).
- **Time:** Shows the duration of your workout.
- **Distance:** Tracks the total distance covered.
- **Calories:** Estimates the calories burned during your session.

### 5.3. Starting a Workout

1. Ensure the treadmill is plugged in and the power switch (if present, usually near the power cord) is ON.
2. Stand on the side rails of the treadmill, not on the belt.
3. Press the "Start" button on the remote control. The treadmill will typically start at a low speed (e.g., 1 km/h) after a short countdown.
4. Carefully step onto the moving belt.
5. Use the "+" and "-" buttons on the remote to adjust the speed to your desired level (1 to 6 km/h).

### 5.4. Ending a Workout

1. To gradually stop, press the "-" button repeatedly until the treadmill slows down to a comfortable stop.
2. Alternatively, press the "Stop" button on the remote control for an immediate stop.
3. Once the belt has completely stopped, step off the treadmill.
4. Unplug the treadmill from the power outlet when not in use.

## 6. Maintenance and Care

Regular maintenance ensures the longevity and optimal performance of your ZIPRO Lite treadmill.

## 6.1. Cleaning

- Always unplug the treadmill before cleaning.
- Wipe down the display and exterior surfaces with a soft, damp cloth. Avoid abrasive cleaners or solvents.
- Periodically vacuum under the treadmill to prevent dust and debris buildup.

## 6.2. Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. The frequency depends on usage:

- Light use (less than 3 hours/week): Every 5-6 months
- Moderate use (3-5 hours/week): Every 3-4 months
- Heavy use (more than 5 hours/week): Every 1-2 months

**To lubricate:**

1. Unplug the treadmill.
2. Carefully lift one side of the running belt.
3. Apply a small amount of silicone lubricant (provided or recommended by ZIPRO) in a Z-pattern directly onto the center of the deck under the belt.
4. Repeat on the other side.
5. Plug in the treadmill and run it at a low speed (e.g., 1 km/h) for 5 minutes to distribute the lubricant evenly.



*Image: A close-up view of the hydraulic arm mechanism, part of the folding system.*

## 6.3. Belt Adjustment

If the running belt starts to slip or drift to one side, it may need adjustment. Refer to the specific instructions in your product's detailed manual or contact customer support for guidance.

# 7. Troubleshooting

This section addresses common issues you might encounter with your ZIPRO Lite treadmill.

| Problem | Possible Cause | Solution |
|---|---|---|
| Treadmill does not start. | Not plugged in; Power switch off; Remote control battery low. | Ensure power cable is securely plugged in. Check if the power switch is ON. Replace remote control batteries. |
| Belt slips or hesitates. | Belt needs lubrication; Belt is too loose. | Lubricate the running belt (see Section 6.2). Adjust belt tension (refer to detailed manual or contact support). |
| Unusual noise during operation. | Loose parts; Belt misalignment; Motor issue. | Check for and tighten any loose screws. Adjust belt alignment. If noise persists, discontinue use and contact customer support. |
| Display not working. | Loose connection; Power issue. | Check all connections. Ensure power supply is stable. If problem persists, contact customer support. |

If you encounter an issue not listed here or if the suggested solutions do not resolve the problem, please contact ZIPRO customer support for assistance.

## 8. Product Specifications

| Feature | Detail |
|---|---|
| Model | ZIPRO Lite (Model Number: 7849606) |
| Color | Black |
| Dimensions (Unfolded) | 133 cm (L) x 63 cm (W) x 103 cm (H) |
| Dimensions (Folded) | 136 cm (L) x 63 cm (W) x 15 cm (H) |
| Product Weight | 25.7 kg |
| Material | Stainless Steel, Aluminum Frame |
| Maximum User Weight | 110 kg |
| Speed Range | 1 - 6 km/h |
| Running Surface | 108 cm x 37.5 cm (Anti-slip belt) |
| Display Type | LED |
| Display Metrics | Speed, Time, Distance, Calories |
| Control Method | Remote Control |
| Special Features | Foldable design (15 cm height when folded), Easy Walk cushioning, Portable with transport wheels. |




*Image: The ZIPRO Lite treadmill compactly stored under a bed, demonstrating its space-saving design.*




*Image: Close-up of the transport wheels on the ZIPRO Lite treadmill, facilitating easy movement.*

## 9. Warranty and Support

ZIPRO products are manufactured to high-quality standards. For information regarding your product's warranty, please refer to the warranty card included with your purchase or visit the official ZIPRO website.
If you require technical assistance, have questions about operation, or need to report a defect, please contact ZIPRO customer support:

- **Online Support:** Visit the official ZIPRO website for FAQs and support contact forms.
- **Email:** Refer to your purchase documentation for specific email addresses.
- **Phone:** Refer to your purchase documentation for regional phone numbers.

Please have your model number (7849606) and purchase date ready when contacting support.

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Example: How do I reset this device or fix this error?

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Model number, symptoms, what you tried, or the section of the manual you are using.

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