

- Manuals.plus /
- › YOSUDA /
- › YOSUDA Walking Pad S100C Instruction Manual

YOSUDA S100C

YOSUDA Walking Pad S100C Instruction Manual

Model: S100C | Brand: YOSUDA

1. INTRODUCTION

The YOSUDA Walking Pad S100C is a versatile 3-in-1 fitness machine designed to meet various exercise needs. It functions as an under-desk walking machine, a jogging machine, and a full-speed treadmill. With a robust 300lb capacity and a spacious 42.7" x 17" belt, it offers a comfortable and stable workout experience. Engineered for quiet operation (below 45 dB) and featuring 8 shock absorbers for joint protection, this walking pad integrates smart technology, allowing connectivity to fitness apps like Zwift, Kinomap, and Fitshow for tracking and guided workouts. Its foldable design and transportation wheels ensure easy movement and storage, making it ideal for homes, apartments, and offices.



Image: The YOSUDA Walking Pad S100C, a versatile under-desk treadmill, shown in a modern home office environment, ready for use.

2. SAFETY INFORMATION

- Always read the entire user manual before operating the treadmill.
- Ensure the safety key is properly attached to both the treadmill and your clothing before starting any exercise.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Keep children and pets away from the treadmill during operation.
- Consult a physician before starting any new exercise program.
- Do not exceed the maximum weight recommendation of 300 pounds.

3. PACKAGE CONTENTS

Verify that all items are present in the package:

- Treadmill
- User Manual
- Safety Key
- Power Cord
- Remote Control
- Lubricant



Image: The YOSUDA Walking Pad S100C comes with all necessary accessories for immediate use and maintenance, including a remote control, power cable, spare battery, wrench, silicone oil, and a user manual.

4. SETUP

4.1 Unfolding and Handlebar Setup

The YOSUDA Walking Pad S100C arrives fully assembled. To prepare for use, carefully unfold the unit. If using in treadmill mode, lift the handlebar into the upright position and secure it by locking the locking wrenches tightly on both sides. For under-desk walking or jogging, the handlebar can remain folded down.

Foldable & Space Saving

Under sofa, bed or any corners



Image: The YOSUDA Walking Pad S100C is shown in the process of being unfolded, demonstrating its easy setup from a compact state.



Image: The YOSUDA Walking Pad S100C is designed for easy storage, shown here folding flat to 4.9 inches thick, allowing it to be stored under furniture like a sofa or bed.

4.2 Safety Key Attachment

Locate the red safety key. Attach the clip end to your clothing and insert the magnetic end into the designated slot on the console. The treadmill will not operate without the safety key correctly in place.

4.3 Power Connection

Connect the power cord to the treadmill and then to a grounded electrical outlet. Ensure the power switch on the treadmill is in the 'ON' position.

4.4 Video Guide: Installation and App Connection

Video: This video demonstrates the quick and easy installation process of the YOSUDA Walking Pad S100C, including how to unfold the handles and connect to the smart fitness app for enhanced workout tracking and control.

5. OPERATING INSTRUCTIONS

5.1 Powering On and Off

To power on the treadmill, ensure it is plugged in and the main power switch is on. Press the power button on the console or the remote control. The display will illuminate. To power off, press the stop button on the console or remote, and then turn off the main power switch.

5.2 Selecting Modes and Speed

The YOSUDA Walking Pad S100C offers three modes:

- **Walking Mode:** With the armrest folded, speeds range from 0.6 to 2 MPH.
- **Jogging Mode:** With the armrest folded, speeds range from 0.6 to 4 MPH.
- **Running Mode:** With the armrest unfolded, speeds range from 4 to 7.6 MPH.

Adjust speed using the '+' and '-' buttons on the console or remote control. Quick speed selection buttons (3, 4, 5, 6) are also available on the console.

YOSUDA

Under Desk Treadmill



Image: This image illustrates the YOSUDA Walking Pad S100C's adaptability, showcasing it as an under-desk walking machine (0.6-2MPH), a jogging machine (0.6-4MPH) with armrest folded, and a full treadmill (4-7.6MPH) with armrest unfolded.

5.3 Using the LED Display and Tablet Holder

The multi-functional LED display monitors your time, speed, distance, and calorie burn. Use the integrated tablet holder to place your phone or tablet, allowing you to enjoy media or connect to fitness apps while exercising.

Track Your Exercise Data in Realtime

Multi-functional LCD display



Distance



Calories



Time



Speed



Image: When the armrest is unfolded, the YOSUDA Walking Pad S100C transforms into a full treadmill, supporting running speeds up to 7.6 MPH.



Image: The integrated LED display on the YOSUDA Walking Pad S100C provides real-time tracking of essential workout metrics including time, distance, speed, and calories burned.

5.4 Smart App Connectivity

Connect your YOSUDA Walking Pad S100C to compatible sports apps like Zwift, Kinomap, and Fitshow via Bluetooth. These apps provide access to thousands of videos, including outdoor routes and coaching sessions, and allow you to track your workout reports.

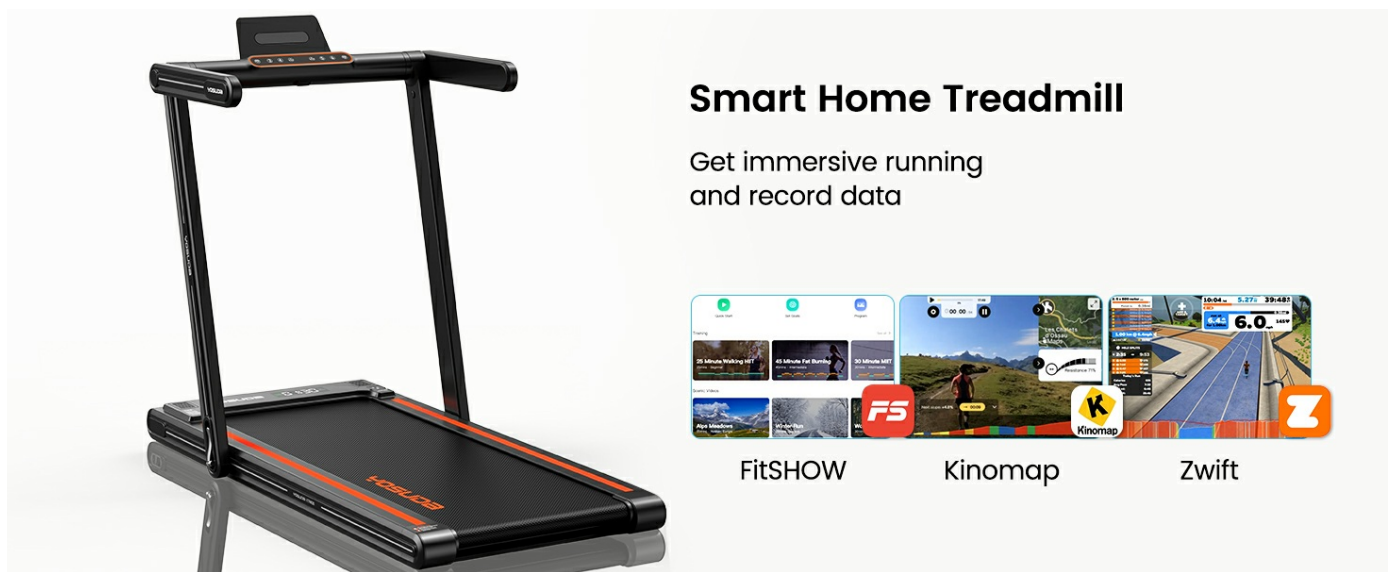


Image: The YOSUDA Walking Pad S100C offers smart connectivity with popular fitness apps such as FitSHOW, Kinomap, and Zwift, allowing users to access guided workouts and track progress.

5.5 Video Guide: Two Configurations

Video: This video showcases the YOSUDA Walking Pad S100C's two primary configurations: as a compact under-desk walking pad and as a full-feature treadmill with an upright handle, highlighting its versatility for various fitness needs.

6. KEY FEATURES

- **3-in-1 Design:** Functions as an under-desk walking machine (0.6-2MPH), a jogging machine (0.6-4MPH), and a full treadmill (4-7.6MPH) with an adjustable armrest.
- **Comfortable Running Surface:** Features a 42.7" x 17" large belt and supports up to 300 lbs, providing ample space and stability for users from 4' to 6'5".
- **Quiet Operation:** Equipped with 8 shock absorbers, the treadmill operates at a noise level barely exceeding 45 dB,

ensuring a smooth and near-silent workout.

- **Knee Protection:** A 6-layer running belt combined with 8 shock absorbers minimizes impact on joints, offering a safer running experience.
- **Smart Connectivity:** Connects to popular fitness apps like Zwift, Kinomap, and Fitshow for interactive workouts and progress tracking.
- **Multi-functional LED Display:** Tracks time, speed, distance, and calorie burn.
- **Portable and Space-Saving:** Arrives fully assembled, features transportation wheels for easy mobility, and a slim design for convenient storage under furniture or against a wall.



Image: The YOSUDA Walking Pad S100C is engineered for a silent workout experience, producing less than 45 dB of noise, making it suitable for use in shared spaces without disturbance.



Image: Featuring a 6-layer running belt and 8 shock absorbers, the YOSUDA Walking Pad S100C provides a comfortable and joint-friendly workout, reducing impact on the knees.

Free Running for Runner up to 6'5"

Longer and wider running desk



4"-6'5"



Image: This image highlights the space-saving design of the YOSUDA Walking Pad S100C, showing it folded and stored upright against a wall, occupying less than 1 square foot.

7. MAINTENANCE

7.1 Lubrication

Regular lubrication of the running belt is crucial for maintaining optimal performance and extending the lifespan of your treadmill. The manual instructs to lift the belt and evenly apply the provided silicone lubricant underneath the belt. This should be done periodically based on usage frequency.

8. TROUBLESHOOTING

- **Treadmill not starting:** Ensure the power cord is securely plugged in, the main power switch is on, and the safety key is correctly inserted.
- **Belt slipping:** The running belt may need adjustment or lubrication. Refer to the maintenance section for lubrication instructions.
- **Unusual noises:** Check for any loose parts or foreign objects under the belt. Ensure the treadmill is on a level surface. If noises persist, contact customer support.
- **Remote control not working:** Check the battery in the remote control. Ensure there are no obstructions between the remote and the treadmill's sensor.

9. SPECIFICATIONS

Feature	Detail
Brand	YOSUDA
Model Number	S100C
Product Dimensions	50"D x 29"W x 42"H
Item Weight	68 Pounds
Material	Alloy Steel
Maximum Speed	7.6 Miles per Hour

Minimum Speed	0.6 Miles per Hour
Maximum Weight Recommendation	300 Pounds
Maximum Horsepower	2.5 Horsepower
Deck Length	43 Inches
Deck Width	17 Inches
Display	LED
Connectivity Technology	Bluetooth
Power Source	Corded Electric

10. WARRANTY & SUPPORT

The YOSUDA Walking Pad S100C comes with a **2-year warranty**. For any questions or concerns regarding your product, our online service team is available 18 hours a day to provide assistance and support. Please refer to the contact information provided in your user manual for specific support channels.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

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

Details

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

Submit question

Open the live page

<https://manuals.plus/asin/B0BXPVVR1>

More documents and user manuals: <https://manuals.plus/>