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› [EGOFIT](#) /

› [Egofit Walker Pro/Plus Under Desk Treadmill User Manual](#)

EGOFIT Egofit Walker Plus-M1T

Egofit Walker Pro/Plus Under Desk Treadmill User Manual

MODEL: EGOFIT WALKER PLUS-M1T

Brand: EGOFIT

1. INTRODUCTION

Thank you for choosing the Egofit Walker Pro/Plus Under Desk Treadmill. This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your new treadmill. Please read this manual thoroughly before use and retain it for future reference.

The Egofit Walker Pro/Plus is designed to integrate seamlessly into your home or office environment, promoting an active lifestyle even during work hours. Its compact design and fixed 5% incline offer an efficient walking experience.

2. SAFETY INFORMATION

Important Safety Precautions: Always follow basic safety precautions when using electrical appliances to reduce the risk of fire, electric shock, and injury.

- Place the treadmill on a flat, stable surface. Ensure adequate clear space around the treadmill (at least 2 feet on all sides).
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate athletic footwear. Do not use the treadmill barefoot or in socks.
- Do not exceed the maximum weight capacity of 220 pounds.
- Always hold onto the handrail (if applicable to your model) when starting or stopping the treadmill.
- Disconnect the power cord when not in use or before cleaning.

- This treadmill features a fixed 5% incline. Be aware of this incline during use, especially if you are new to incline walking.

3. PACKAGE CONTENTS

Please check the package for the following items:

- Egofit Walker Pro/Plus Treadmill Unit
- Remote Control
- Power Cord
- User Manual
- Lubricant (small bottles)

4. SETUP

The Egofit Walker Pro/Plus Treadmill comes pre-assembled, requiring no complex setup. Simply unbox and place it in your desired location.

- **Unpacking:** Carefully remove the treadmill from its packaging.
- **Placement:** Position the treadmill on a firm, level surface. Ensure it is near a power outlet.
- **Power Connection:** Plug the power cord into the treadmill and then into a grounded electrical outlet.



Image: The Egofit Walker Pro/Plus Treadmill, showcasing its compact design for use under a standing desk and its capability for light jogging.

5. OPERATING INSTRUCTIONS

5.1 Power On/Off

To power on the treadmill, press the main power switch located on the unit. The LED display will illuminate. To power off, press the main power switch again.

5.2 Operating Modes and Speed Adjustment

The Egofit Walker Pro/Plus supports both walking and light jogging modes. Speed can be adjusted using the remote control or the mobile application.

- **Walking Mode:** Speed range from 0.62 MPH to 3.1 MPH.
- **Jogging Mode:** Speed range from 0.62 MPH to 3.73 MPH.

2 in 1 Foldable Treadmill Walking + Jogging Treadmill

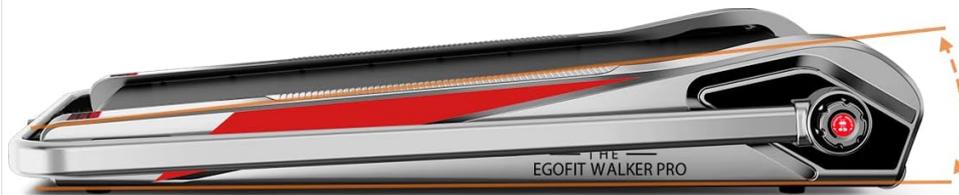


Image: Illustration of the treadmill's two modes: walking (0.6-3.1 mph) and jogging (0.6-3.7 mph), demonstrating its versatility.

5.3 Fixed 5% Incline

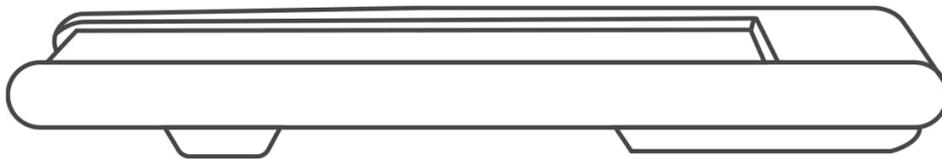
This treadmill features a fixed 5% incline, designed to enhance calorie burn and provide a more effective workout without increasing speed or duration. This ergonomic design helps engage more muscle groups.

Maximize Your Workout with Our **5%** incline Treadmill Desk



5%
incline
Treadmill

Egofit treadmill: 500 Calories/H



0%
incline
Treadmill

Other treadmill: 300 Calories/H

Image: A visual comparison highlighting the fixed 5% incline of the Egofit treadmill, which aids in burning more calories per hour compared to flat treadmills.

5.4 Remote & APP Control

Control your treadmill conveniently using either the included remote control or the dedicated mobile application. Both options allow you to start, stop, and adjust the speed.

- **Remote Control:** The remote allows for quick adjustments. Keep it accessible during your workout.
- **Mobile APP:** Download the Egofit app to connect your treadmill via Bluetooth. The app provides additional features and tracking capabilities.

5.5 LED Display

The integrated LED display (2.95 inches) shows key workout metrics, including:

- Distance
- Speed
- Time
- Calories Burned
- Steps

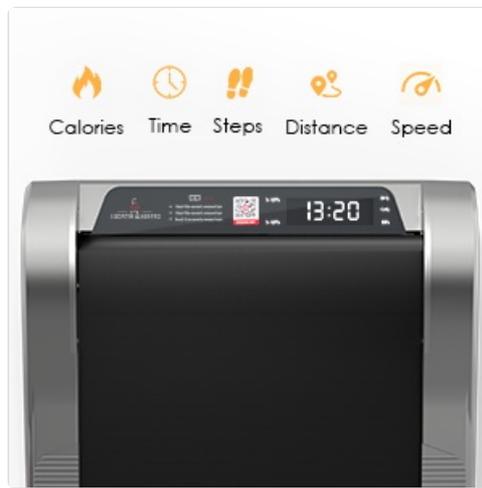


Image: A detailed view of the LED display, indicating metrics such as calories, time, steps, distance, and speed.

5.6 Space-Saving Design and Storage

The Egofit Walker Pro/Plus is designed for small spaces and easy storage. Its compact dimensions allow it to fit under most standing desks, and it can be easily stored under a sofa or bed when not in use.

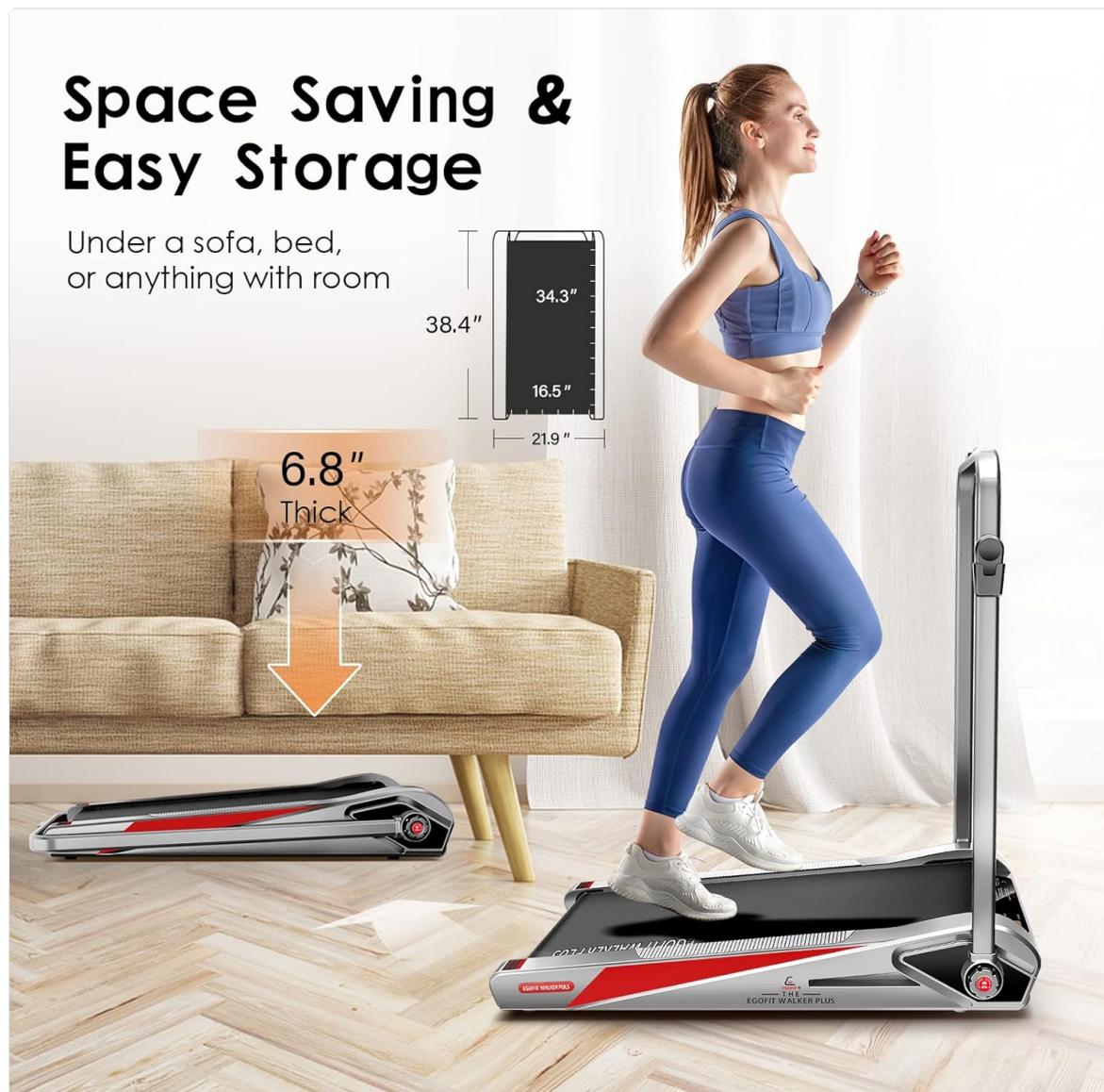


Image: The treadmill shown both in use and stored flat under a sofa, illustrating its space-saving design and easy storage capabilities.

Get Moving With Ease

Our Easy-to-Store Treadmill Fits in Car Trunk.



Saving Space to carry with your round-trips,
travel or moving to a new house. 🚗

Image: A person easily placing the Egofit Walker Pro/Plus into a car trunk, demonstrating its portability for travel or moving.

6. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use. Avoid using abrasive cleaners.
- **Lubrication:** The running belt requires periodic lubrication to reduce friction and extend its lifespan. Apply the provided lubricant at structured intervals as indicated in the detailed user guide (PDF).
- **Belt Adjustment:** If the running belt becomes off-center or slips, refer to the detailed user guide (PDF) for instructions on how to adjust it.

7. TROUBLESHOOTING

If you encounter any issues with your Egofit Walker Pro/Plus Treadmill, please refer to the following common troubleshooting tips:

- **Treadmill not powering on:** Ensure the power cord is securely plugged into both the treadmill and a working electrical outlet. Check the main power switch.

- **Belt not moving:** Verify the treadmill is powered on and not in pause mode. Check if the safety key (if applicable) is properly engaged.
- **Unusual noises:** This could indicate a need for lubrication or belt adjustment. Refer to the maintenance section.
- **Remote control not working:** Check the battery in the remote. Ensure there are no obstructions between the remote and the treadmill's receiver.

For more detailed troubleshooting or persistent issues, please consult the full User Guide (PDF) or contact customer support.

8. SPECIFICATIONS

| Feature | Specification |
|--------------------------------|----------------------------------------------------|
| Brand | EGOFIT |
| Model Name | M1T |
| Color | Egofit Walker Plus-M1T |
| Product Dimensions (D x W x H) | 38.39"D x 26.18"W x 39.96"H |
| Item Weight | 58.42 Pounds |
| Material | Alloy Steel, Acrylonitrile Butadiene Styrene (ABS) |
| Maximum Speed | 3.73 Miles per Hour |
| Minimum Speed | 0.62 Miles per Hour |
| Special Feature | Compact Design |
| Recommended Uses | Home and Office |
| Maximum Horsepower | 2 Horsepower |
| Maximum Incline Percentage | 5.5% (Fixed 5% incline) |
| Assembly Required | No (Free of Assembly) |
| Display Type | LED |
| Connectivity Technology | App, Remote Control |
| Metrics Measured | Distance, Speed, Time, Calories, Steps |
| Maximum Weight Recommendation | 220 Pounds |
| Deck Length | 38 Inches |
| Deck Width | 26.18 Inches |
| Folded Size | 40.55" x 26.18" x 6.89" |
| Screen Size | 2.95 Inches |

| | |
|-------------|-----------|
| Input Power | 220 Watts |
|-------------|-----------|

9. WARRANTY AND SUPPORT

Your Egofit Walker Pro/Plus Treadmill comes with a **1-year warranty**. Please retain your proof of purchase for warranty claims.

For any questions, technical support, or warranty inquiries, please visit the official EGOFIT Store or contact their customer service directly. You can find more information and support at the [EGOFIT Store on Amazon](#).