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Yemsd M3140 Walking Pad Treadmill

USER MANUAL

1. Product Overview

The Yemsd M3140 Walking Pad Treadmill is designed for home and office use, offering a compact and efficient way to incorporate walking into your daily routine. It features a 2.5HP motor, LED display, remote control, and a 3-level manual incline.



Figure 1: Yemsd M3140 Walking Pad Treadmill. This image displays the complete treadmill unit, showcasing its compact design, the walking belt, side rails, and the integrated handle with the LED display and emergency stop button.

2. Setup Instructions

- 1. Unpacking:** Carefully remove the treadmill from its packaging. Retain all packaging materials for future transport or storage.
- 2. Placement:** Place the treadmill on a flat, stable surface. Ensure there is adequate clear space around the treadmill for safe operation (at least 2 feet on each side and 6 feet behind).
- 3. Power Connection:** Connect the power cord to a grounded electrical outlet.
- 4. Safety Key:** Attach the safety key to the designated slot on the console. The treadmill will not operate without the safety key in place. Secure the clip of the safety key to your clothing during use.
- 5. Handlebar Adjustment (if applicable):** If your model has an adjustable handlebar, ensure it is securely locked in the upright position for use, or folded down for under-desk operation.

3. Operating the Treadmill

3.1 Power On/Off

- To power on, ensure the safety key is in place and press the power button on the remote control or console.
- To power off, press the power button again or remove the safety key.

3.2 Using the Remote Control

The remote control allows for convenient adjustment of speed and starting/stopping the treadmill.

- **Start/Stop:** Press the designated button to begin or end a workout.
- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the walking speed. Speed ranges from 0.5 to 5.26 mph.

3.3 LED Display

The integrated LED display shows real-time workout data:

- **Speed:** Current walking speed.
- **Step:** Number of steps taken.
- **Distance:** Total distance covered.
- **Time:** Duration of the workout.
- **Calories:** Estimated calories burned.

3.4 Manual Incline Adjustment

The treadmill features 3 levels of manual incline. To adjust the incline:

1. Power off and unplug the treadmill.
2. Carefully lift the rear of the treadmill and adjust the support feet to the desired incline level. Ensure both sides are set equally.
3. Lower the treadmill gently and ensure it is stable before plugging it back in and resuming use.

3.5 App Connectivity (YIFIT App)

Download the YIFIT App to connect your smartphone to the treadmill. The app provides additional training programs, interactive features, and allows you to record exercise data and control the treadmill.

- Ensure Bluetooth is enabled on your smartphone.
- Open the YIFIT App and follow the on-screen instructions to pair with your treadmill.

4. Maintenance

4.1 Cleaning

- Regularly wipe down the treadmill with a damp cloth to remove dust and sweat. Avoid using abrasive cleaners.
- Keep the area around the treadmill clean to prevent dust and debris from entering the motor compartment.

4.2 Lubrication

The walking belt requires periodic lubrication to ensure smooth operation and prolong its lifespan. Refer to the specific instructions provided with your treadmill's lubricant or contact customer support for guidance on the correct type and frequency of lubrication.

4.3 Storage

The treadmill features a foldable design for easy storage. To store:

- Power off and unplug the treadmill.
- Fold the handlebar down.
- Utilize the built-in transport wheels to move the treadmill to a suitable storage location.

5. Troubleshooting

Problem	Possible Cause	Solution
Treadmill does not power on	Power cord not connected; Safety key not in place; Power outlet issue	Ensure power cord is securely plugged in; Insert safety key fully; Check power outlet with another device
Walking belt stops or slips	Belt tension too loose; Belt requires lubrication	Adjust belt tension (refer to specific instructions); Lubricate the walking belt
Unusual noise during operation	Loose components; Lack of lubrication	Inspect for loose screws and tighten; Lubricate the walking belt
Remote control not responding	Battery low or depleted; Obstruction between remote and treadmill	Replace remote control battery; Ensure clear line of sight to treadmill sensor

If you encounter issues not listed here or if solutions do not resolve the problem, please contact customer support.

6. Specifications

Model Number: M3140

Brand: Yemsd

Motor: 2.5 Horsepower (Peak)

Speed Range: 0.5 - 5.26 mph

Weight Capacity: Up to 330 lbs (149.69 kg)

Incline: 3 Levels Manual

Noise Level: 40-55 dB

Dimensions (LxWxH): 108.5 x 57.4 x 17.5 Centimeters (unfolded)

Folded Dimensions (LxWxH): 42.71" L x 22.63" W x 6.85" H

Item Weight: 59.4 Pounds (26.9 kg)

Power Source: Corded Electric

Included Components: Safety Key

Target Audience: Adult, Youth

7. Warranty Information

This Yemsd M3140 Walking Pad Treadmill comes with a manufacturer's warranty. Please refer to the warranty card included with your product or visit the official Yemsd website for detailed information regarding warranty coverage, terms, and conditions. Keep your proof of purchase for warranty claims.

8. Customer Support

For technical assistance, troubleshooting guidance, or parts inquiries, please contact Yemsd customer support. Contact information can typically be found on the product packaging, the official Yemsd website, or your purchase documentation.