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› Exerpeutic 400 Lb. Capacity Heavy-Duty Walking/Jogging Exercise Treadmill Walking Pad User Manual

EXERPEUTIC 4058

Exerpeutic 400 Lb. Capacity Heavy-Duty Walking/Jogging Exercise Treadmill Walking Pad User Manual

MODEL: 4058

1. Important Safety Information

Please read this entire manual carefully before operating the Exerpeutic Treadmill. Retain this manual for future reference. Failure to follow these instructions may result in injury or damage to the product.

- Consult your physician before starting any exercise program.
- This treadmill is designed for home use only.
- The maximum user weight capacity for this treadmill is **400 lbs (181 kg)**. Do not exceed this weight limit.
- Place the treadmill on a solid, level surface with at least 2 feet (0.6 meters) of clear space on each side and 6 feet (1.8 meters) behind it.
- Keep children and pets away from the treadmill during operation.
- Always wear appropriate athletic footwear. Do not operate the treadmill barefoot or in socks.
- Ensure the safety key is properly attached before starting the treadmill. In case of emergency, pull the safety key to stop the machine immediately.
- Do not use the treadmill if it is damaged or malfunctioning.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

Built for More Capacity



With a powerful 2.5-horsepower motor and the highest weight capacity on the market, this treadmill is perfect for all shapes and sizes.

Image 1: The treadmill features a 39-inch long by 16-inch wide belt and supports a maximum user weight of 400 lbs.

2. Package Contents

Verify that all components are present before proceeding with setup:

- Exerpeutic Treadmill Unit
- Remote Control
- Safety Key
- User Manual (this document)

3. Setup and Placement

The Exerpeutic Treadmill is designed for convenience and requires **no assembly**. It comes fully assembled and ready to use.

1. **Unpacking:** Carefully remove the treadmill from its packaging.

2. **Placement:** Choose a flat, stable surface for the treadmill. Its compact design allows it to be placed against a wall or under a desk for use as an under-desk walking pad.
3. **Power Connection:** Plug the power cord into a grounded electrical outlet.



Image 2: The treadmill features a low-noise motor, built-in wheels for easy movement, and requires no assembly.

Designed to Save Space and Move Easily



Image 3: The compact design (43" L x 24" W x 4.75" H) and built-in wheels allow for easy storage and movement.

4. Operating Instructions

Familiarize yourself with the control panel and remote before beginning your workout.

4.1 Control Panel and Display

The treadmill features a large, easy-to-read LED display that shows the following metrics:

- **TIME:** Duration of your workout.
- **SPEED:** Current speed of the treadmill belt (in miles per hour).
- **DISTANCE:** Total distance covered during your workout.
- **CALORIES:** Estimated calories burned.

4.2 Remote Control

The included remote control allows you to easily adjust settings during your workout.

- **Power Button:** Turns the treadmill on or off.

- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the belt speed. The maximum speed is 3 miles per hour.
- **Mode/Program Selection:** The 'M' button cycles through different display modes or selects pre-set workout programs. The treadmill includes six pre-set workout programs.

LED & Remote Control



The display tracks speed, distance, time, and calories. Change the treadmill speed in an instant with the included remote.

Image 4: The LED display tracks speed, distance, time, and calories. The included remote control allows for instant speed changes.

4.3 Starting a Workout

1. Ensure the treadmill is plugged in and the safety key is securely attached to the designated slot on the treadmill and clipped to your clothing.
2. Step onto the treadmill belt.
3. Press the power button on the remote control to start the treadmill.
4. Adjust the speed using the '+' or '-' buttons on the remote to your desired walking or light jogging pace.
5. To stop, press the power button on the remote or pull the safety key.

Underdesk Treadmill

Maximum Speed: 3 MPH



WALKING
MODE

LIGHT
JOGGING



Image 5: The treadmill supports both walking and light jogging modes, with a maximum speed of 3 MPH, ideal for under-desk use.

5. Maintenance

Regular maintenance helps ensure the longevity and optimal performance of your treadmill.

- **Cleaning:** After each use, wipe down the treadmill surface and display with a damp cloth. Do not use abrasive cleaners or solvents.
- **Belt Inspection:** Periodically check the walking belt for wear and tear. Ensure the belt is centered and properly tensioned. Refer to the manufacturer's website or contact support for specific belt adjustment instructions if needed.
- **Storage:** When not in use, store the treadmill in a dry, clean area. Its compact design allows it to be stored vertically against a wall or horizontally under furniture.

6. Troubleshooting

If you encounter any issues, refer to the following common troubleshooting steps:

- **Treadmill does not power on:**

- Ensure the power cord is securely plugged into a working electrical outlet.
- Check if the safety key is correctly inserted into its slot.
- Verify the power switch (if present) is in the 'ON' position.

- **Belt does not move:**

- Confirm the safety key is in place.
- Ensure the treadmill is powered on and a program or speed is selected.

- **Unusual noise during operation:**

- Stop the treadmill and inspect the belt for any foreign objects.
- Check if the treadmill is on a level surface.
- If the noise persists, contact customer support.

For issues not covered here, please contact Exerpeutic customer support.

7. Specifications

Brand	EXERPEUTIC
Model Number	4058
Product Dimensions	124.46 x 55.88 x 12.7 cm (49 x 22 x 5 inches)
Item Weight	20.14 kg (44.4 lbs)
Maximum Weight Capacity	400 lbs (181 kg)
Colour	Black and Blue
Material	Alloy Steel, Plastic, Wood
Horsepower	2.75 Horsepower
Display Type	LED
Display Metrics	Calories Burned, Distance, Speed, Time
Number of Programs	6 Pre-set Programs
Maximum Speed	3 miles per hour
Power Source	Corded Electric
Included Components	Remote Control, Safety Key
Special Features	Compact Design, Foldable, Heavy Duty, Lightweight, Shock Absorbent, Simple Use

8. Warranty and Support

For warranty information, product support, or to purchase replacement parts, please contact Exerpeutic customer service directly. Details can typically be found on the official Exerpeutic website or on your product registration card.

Please have your model number (4058) and purchase date available when contacting support.
