TOPUTURE TP-TM01W

TOPUTURE Walking Pad Treadmill User Manual

Model: TP-TM01W

Introduction

Welcome to the TOPUTURE Walking Pad Treadmill user manual. This guide provides essential information for the safe and effective operation, maintenance, and troubleshooting of your new walking pad. Please read this manual thoroughly before initial use and retain it for future reference.

Important Safety Instructions

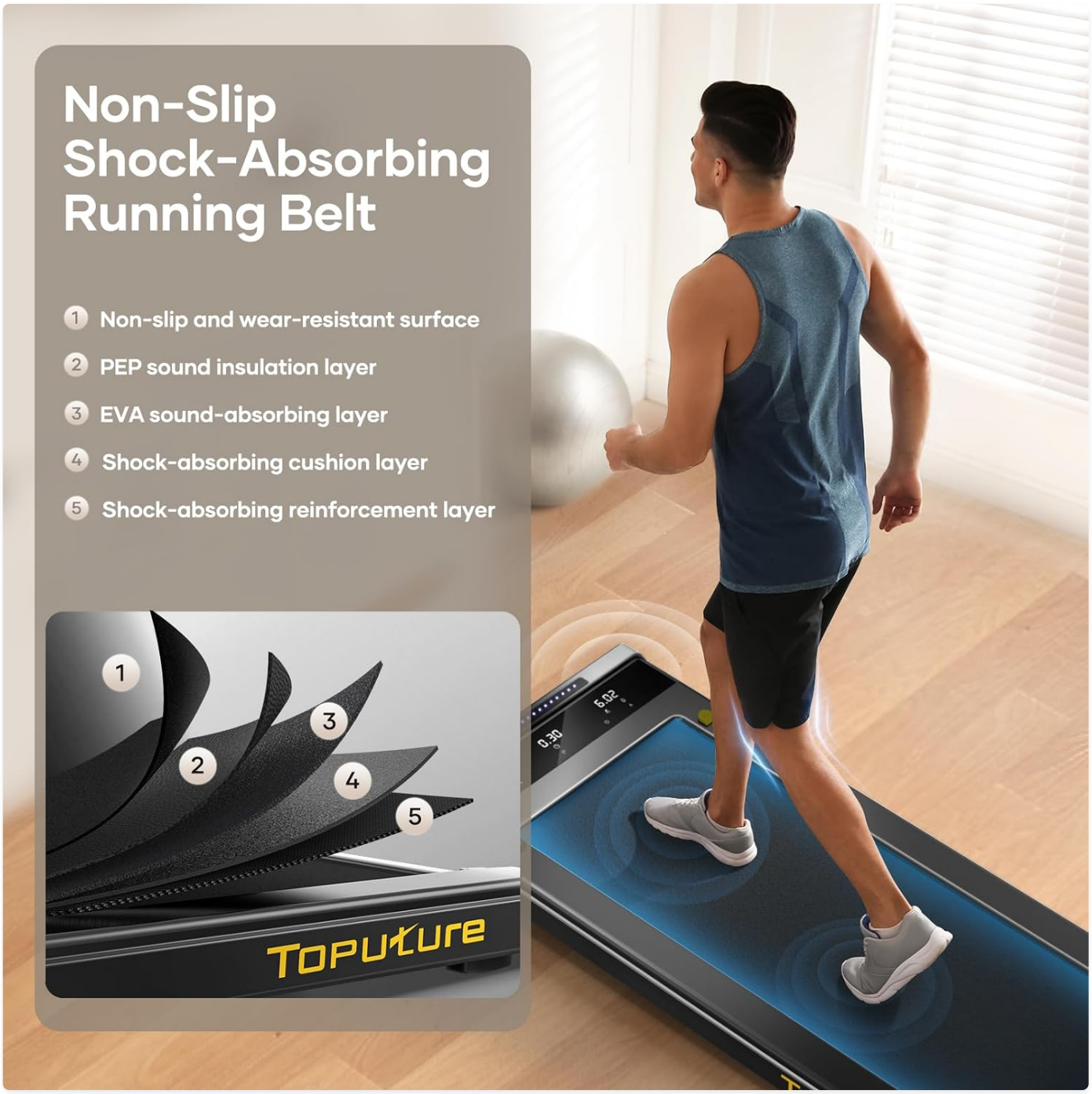
To reduce the risk of serious injury, always read and follow all warnings and instructions before using this walking pad.

- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a flat, stable surface.
- Ensure adequate clear space around the treadmill (at least 2 meters behind and 0.6 meters on each side).
- 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 step on or off the treadmill while the belt is moving.
- Maximum user weight capacity: 300 Pounds (approximately 136 kg).
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

Product Overview



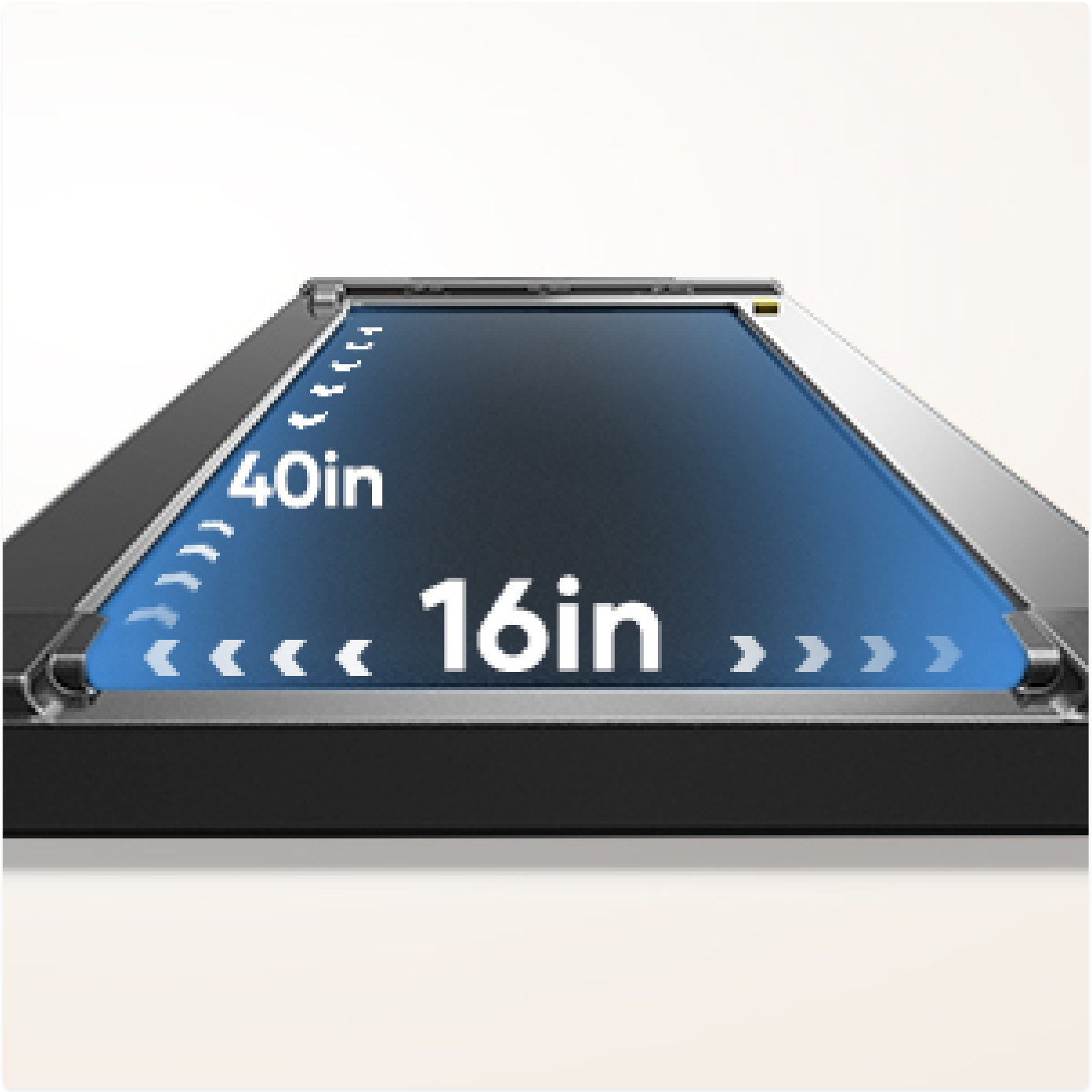
The TOPUTURE Walking Pad Treadmill is designed for home and office use, offering a compact solution for daily exercise. It can be used for walking under a standing desk or for light jogging.



The treadmill features a multi-layered running belt for enhanced comfort and shock absorption, including a non-slip surface, sound insulation, EVA layer, cushion layer, and reinforcement layer.



Key features include quiet operation (below 45dB), a 2.25 horsepower motor, a maximum weight capacity of 130kg (286 lbs), a spacious running area, energy-saving design, and convenient remote control.



The running belt provides a generous area of 40 inches in length and 16 inches in width for comfortable use.

Setup and Assembly

The TOPUTURE Walking Pad Treadmill comes largely pre-assembled. Follow these steps for initial setup:

1. **Unpacking:** Carefully remove the treadmill from its packaging. Retain all packing materials until you are satisfied with the product.
2. **Placement:** Place the treadmill on a firm, level surface. Ensure there is sufficient clear space around the unit for safe operation and movement.
3. **Power Connection:** Plug the power cord into a grounded electrical outlet.
4. **Remote Control:** Insert batteries into the remote control (if not pre-installed).



The treadmill is designed for easy movement and storage, featuring built-in wheels for portability and a slim profile for upright storage against a wall or under furniture.



Integrated wheels allow for convenient relocation of the treadmill within your home or office space.

Operating Instructions

Starting the Treadmill

1. Ensure the treadmill is plugged in and the power switch is ON.
2. Stand on the side rails of the treadmill, not on the belt.
3. Use the remote control to press the START button. The treadmill will begin at a low speed.
4. Carefully step onto the moving belt and adjust the speed using the remote control's speed buttons.

Using the Display



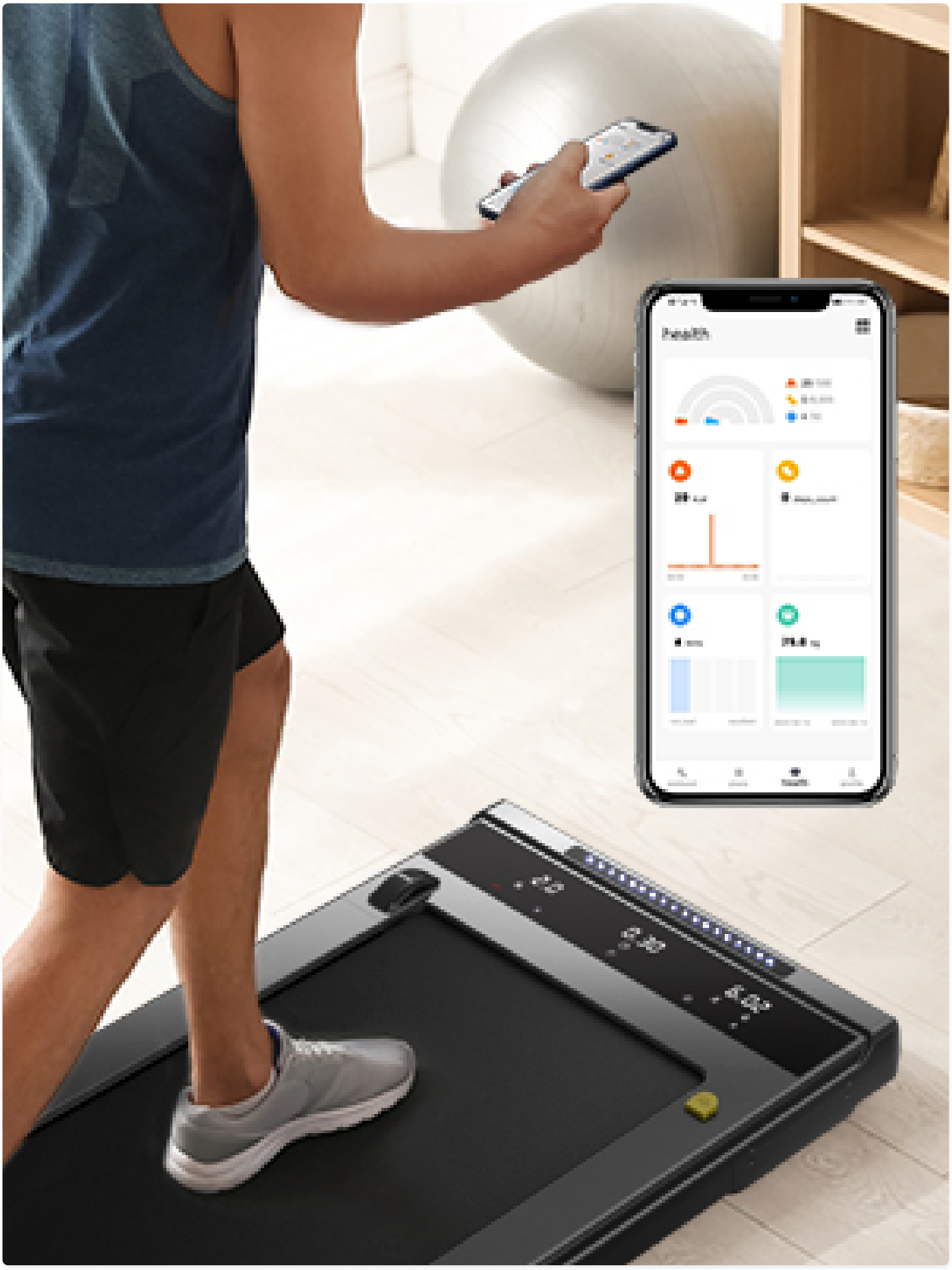
The integrated LED display provides real-time feedback on your workout, including speed, time elapsed, distance covered, and calories burned.

The display shows various metrics to track your progress:

- **Speed:** Current walking/running speed.
- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.

App Connectivity (FITSHOW App)

Enhance your workout experience by connecting your treadmill to the FITSHOW app via Bluetooth. The app allows for advanced tracking and control.



The FITSHOW app provides detailed health data and allows for remote control of the treadmill, offering a comprehensive fitness tracking solution.



Download the FITSHOW app from the App Store or Google Play and connect via Bluetooth for enhanced control and tracking features.

- Download the "FITSHOW" app from your device's app store.
- Enable Bluetooth on your smartphone or tablet.
- Open the FITSHOW app and follow the on-screen instructions to connect to your TOPUTURE Walking Pad Treadmill.

Maintenance

Regular maintenance ensures the longevity and optimal performance of your walking pad.

Lubrication

The treadmill belt requires periodic lubrication to reduce friction and wear. Use only silicone-based treadmill lubricant.

- **Frequency:** Lubricate every 3-6 months, or after every 100 hours of use, whichever comes first.
- **Procedure:**
    a. Turn off and unplug the treadmill.
    b. Lift the edge of the running belt.
    c. Apply a small amount of lubricant evenly to the center of the deck, underneath the belt.
    d. Run the treadmill at a low speed for 5 minutes to spread the lubricant.

Cleaning

- Wipe down the treadmill surface with a damp cloth after each use.
- Do not use abrasive cleaners or solvents.
- Periodically vacuum underneath the treadmill to remove dust and debris.

Belt Adjustment

If the running belt becomes misaligned or slips, it may need adjustment. Refer to the included Hex Key for this procedure.

- **Centering the Belt:** If the belt drifts to one side, use the Hex Key to turn the adjustment bolt on the side it drifts towards, a quarter turn clockwise. Run the treadmill for a minute and re-check. Repeat if necessary.
- **Tightening the Belt:** If the belt slips during use, turn both adjustment bolts (left and right) a quarter turn clockwise. Run the treadmill for a minute and re-check. Do not overtighten.

Troubleshooting

Problem	Possible Cause	Solution
Treadmill does not start.	Not plugged in; Power switch OFF; Circuit breaker tripped.	Ensure power cord is securely plugged in; Turn power switch ON; Reset circuit breaker.
Belt slips during use.	Belt too loose; Insufficient lubrication.	Tighten the belt (see Maintenance section); Lubricate the belt.
Belt drifts to one side.	Belt misalignment.	Adjust the belt (see Maintenance section).
Unusual noise from treadmill.	Loose components; Lack of lubrication; Debris under belt.	Check for loose screws; Lubricate belt; Clean under belt. If noise persists, contact customer support.

Specifications

Feature	Detail
Model Number	TP-TM01W
Product Dimensions	135 x 50.9 x 14 cm (53.1 x 20.0 x 5.5 inches)
Item Weight	22.7 kg (50 lbs)
Maximum Weight Capacity	300 Pounds (approx. 136 kg)
Motor Horsepower	2.25 Horsepower
Maximum Speed	6.2 Miles per Hour (approx. 10 km/h)
Running Area	Approx. 40 inches x 16 inches
Display Size	3 Inches
Number of Programs	12
Frame Material	Alloy Steel
Included Components	Compact treadmill, Hex Key, Remote Control, User manual

Warranty and Support

For warranty information or technical support, please refer to the documentation included with your purchase or contact TOPUTURE customer service through the retailer where the product was purchased. Keep your proof of purchase for warranty claims.

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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

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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