CITYSPORTS CS-WP8

CITYSPORTS Walking Pad User Manual

Model: CS-WP8 | Brand: CITYSPORTS

Introduction

Welcome to the user manual for your new CITYSPORTS Walking Pad. This portable under-desk treadmill is designed to provide a convenient and effective way to incorporate walking and light jogging into your daily routine, whether at home or in the office. Please read this manual thoroughly before operating the device to ensure safe and optimal performance. Keep this manual for future reference.



Image: The CITYSPORTS Walking Pad in use, demonstrating its compact design suitable for under-desk use.

Safety Instructions

To prevent injury and ensure proper operation, always adhere to the following safety guidelines:

- Ensure the walking pad is placed on a flat, stable surface.
- Keep children and pets away from the device during operation.
- Do not operate the walking pad if it is damaged or malfunctioning.
- The maximum user weight capacity for this device is **265 lbs (120 kg)**. Do not exceed this limit.
- Wear appropriate athletic footwear during use.
- Always use the safety key (if applicable) or ensure the emergency stop function is accessible.
- Unplug the walking pad from the power outlet when not in use or before cleaning and maintenance.
- Do not use the walking pad in excessively humid environments or near water.

- Consult a physician before starting any new exercise program.



Image: Illustration of the multi-layer anti-slip running belt, designed for knee protection and shock absorption.

Product Overview

Key Features

- **Quiet Operation:** Equipped with a super quiet motor, operating at less than 45dB, ideal for home or office use without disturbance.
- **Adjustable Speed:** Speed range from 1 KM/H to 6 KM/H, suitable for walking, light jogging, and moderate exercise.
- **Compact & Portable Design:** Slim profile and built-in wheels allow for easy storage under desks, beds, or against walls.
- **Multi-layer Running Belt:** Features an anti-slip running belt with multiple layers for enhanced safety, knee protection, and shock absorption.
- **LCD Display:** Integrated display tracks essential workout data including speed, time, distance, and calories burned.

- **Remote Control & APP Connectivity:** Conveniently adjust settings via the included remote control or connect to a dedicated mobile application for advanced tracking and control.

Product Parts



Image: Exploded view diagram illustrating the main components of the CITYSPORTS Walking Pad, including the motor, frame, controller, LCD screen, and running belt.

1. Motor
2. Frame
3. Controller
4. LCD Screen
5. Running Belt



Image: Detailed view of the powerful 550W motor, highlighting its low noise operation (less than 45dB) and capacity to support users up to 110kg (242 lbs).

Setup

1. **Unpacking:** Carefully remove the walking pad from its packaging. Retain all packaging materials for potential future transport or returns.
2. **Placement:** Choose a flat, level surface for the walking pad. Ensure there is adequate clear space around the device for safe operation (at least 0.5 meters on all sides). The compact design allows it to fit under most standing desks, in living rooms, or bedrooms.
3. **Power Connection:** Locate the power input port on the walking pad. Connect the power cord securely to the device and then plug it into a grounded electrical outlet.
4. **Initial Inspection:** Before first use, visually inspect the running belt for any signs of damage or misalignment. Ensure all components are securely in place.



Image: The walking pad being easily stored under a bed, showcasing its space-saving design and built-in wheels for convenient movement.

Operating Instructions

Power On/Off

- To power on, plug in the device and press the power button located on the front or side of the walking pad. The LCD display will illuminate.
- To power off, press the power button again or unplug the device from the outlet.

Using the Remote Control

The walking pad comes with a remote control for convenient operation:



Image: The remote controller used to operate the walking pad, alongside the LCD display showing speed, time, distance, and calories.

- **Start/Stop:** Press the central button to start or stop the walking pad.
- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the speed. The speed range is 1 KM/H to 6 KM/H.

Understanding the LCD Display

The integrated LCD display provides real-time workout data:



Image: A user engaging with the walking pad while working at a standing desk, with the LCD display visible, indicating active use.

- **SPEED:** Displays your current walking/jogging speed in kilometers per hour (KM/H).
- **TIME:** Shows the duration of your workout session.
- **DIST:** Indicates the distance covered during your workout.
- **CAL:** Estimates the calories burned during your exercise.

APP Connectivity

For enhanced control and tracking, download the official CITYSPORTS APP from your device's app store. Follow the in-app instructions to pair your walking pad via Bluetooth. The APP allows for:

- Remote control of speed and start/stop functions.
- Detailed tracking of workout history and progress.
- Setting workout goals and programs.

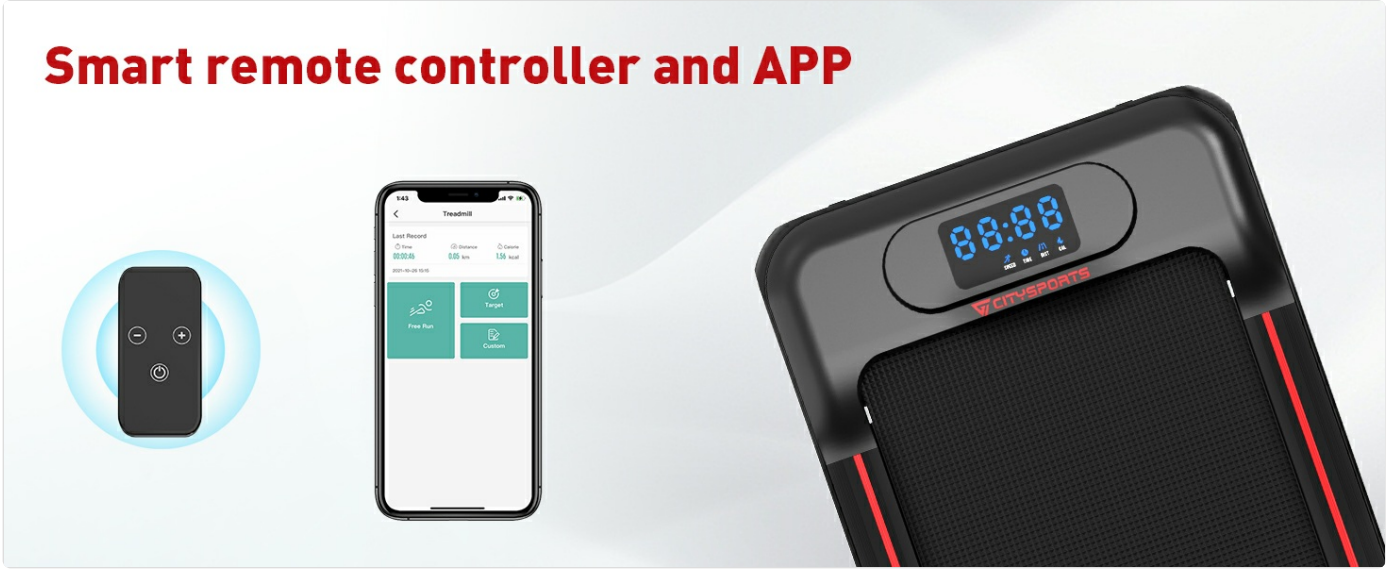


Image: The CITYSPORTS mobile application interface, demonstrating its smart remote control capabilities and workout data recording features.

Maintenance

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

- **Cleaning:**
  - Wipe down the walking pad with a damp cloth after each use to remove sweat and dust.
  - Do not use abrasive cleaners or solvents.
  - Ensure the device is unplugged before cleaning.
- **Belt Lubrication:**
  - The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the specific lubrication instructions provided with your walking pad's accessories.
  - Typically, lubrication is recommended every 3-6 months depending on usage.
- **Belt Tension Adjustment:**
  - If the running belt slips or feels loose, it may need tension adjustment. Consult the detailed instructions in the full product manual or contact customer support for guidance.
  - Adjustments are usually made using an Allen wrench on the rear rollers.

Troubleshooting

If you encounter issues with your CITYSPORTS Walking Pad, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Walking pad does not power on.	Power cord not securely plugged in; power outlet issue; main power switch off; internal fuse blown.	Check power cord connection. Try a different outlet. Ensure main power switch is ON. If power light is on but display is off, contact customer support.

Problem	Possible Cause	Solution
Running belt slips or hesitates.	Belt tension too loose; belt requires lubrication; excessive user weight.	Adjust belt tension (refer to maintenance section). Lubricate the belt. Ensure user weight is within limits (265 lbs).
Unusual noise during operation.	Loose components; belt misalignment; motor issue.	Check for loose screws. Adjust belt alignment. If noise persists, discontinue use and contact customer support.
Remote control not responding.	Dead batteries; remote not paired; interference.	Replace remote control batteries. Ensure remote is pointed at the receiver. Re-pair if necessary (refer to APP instructions).

If the problem persists after attempting these solutions, please contact CITYSPORTS customer support for further assistance.

Specifications

Model Number	CS-WP8
Product Dimensions (L x W x H)	125 x 53 x 12 cm (49.2 x 20.9 x 4.7 inches)
Item Weight	21 kg (46.3 lbs)
Maximum Weight Capacity	265 Pounds (120 kg)
Speed Range	1 to 6 kmph (0.6 to 3.8 mph)
Motor Horsepower	550 Watts
Display Type	LCD
Meter Readings	Speed, Calories Burned, Time, Distance
Frame Material	Alloy Steel
Power Source	Corded Electric
Special Features	Portable, Compact Design
Color	Black Red

Warranty and Support

CITYSPORTS provides a limited warranty for this product. Please refer to the warranty card included with your purchase for specific terms and conditions, including warranty period and coverage details. Keep your proof of purchase for warranty claims.

Customer Support

For technical assistance, troubleshooting not covered in this manual, or warranty inquiries, please contact CITYSPORTS

customer support:

- **Website:** Visit the official CITYSPORTS website for FAQs and support contact information.
- **Email:** Refer to your product packaging or warranty card for the customer service email address.
- **Phone:** Contact numbers may be available on the official website or product documentation.

When contacting support, please have your model number (CS-WP8) and purchase date ready.

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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.

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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