



Manuals.plus /

› WALKINGPAD /

› WalkingPad G1 Treadmill User Manual

WALKINGPAD TRG1F

WalkingPad G1 Treadmill User Manual

Model: TRG1F

1. INTRODUCTION

Thank you for choosing the WalkingPad G1 Treadmill. This manual provides essential information for the safe and efficient operation, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before use and retain it for future reference. The WalkingPad G1 is a compact, foldable treadmill designed for home use, offering a convenient way to incorporate walking or running into your daily routine.

2. SAFETY INFORMATION

WARNING: Before starting any exercise program, consult your physician. This is especially important for individuals over the age of 35 or those with pre-existing health conditions.

- Always place the treadmill on a flat, stable surface.
- Ensure there is at least 2 meters (6.5 feet) of clear space behind the treadmill and 0.6 meters (2 feet) on each side.
- 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 and clothing.
- Do not step on or off the treadmill while the belt is moving.
- Use the safety key clip at all times. Attach it to your clothing before starting your workout.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.
- Maximum user weight capacity: 110 kg (242 lbs).

3. PRODUCT OVERVIEW

The WalkingPad G1 Treadmill features a unique double-folding design for easy storage and a high-definition LED display.



Figure 3.1: WalkingPad G1 Treadmill, showing its unfolded and compact folded positions.



Figure 3.2: Detail of the G1's control panel with LED display and adjustable handlebars.

Components:

- **Running Belt:** The main surface for walking or running.
- **Handrails:** Provide support and stability during use.
- **LED Display:** Shows time, speed, distance, and calories burned.
- **Control Panel:** Buttons for starting, stopping, and adjusting speed.
- **Safety Key:** Magnetic key that must be in place for operation.
- **Folding Mechanism:** Allows the treadmill to be folded for storage.
- **Transport Wheels:** For easy movement when folded.

4. SETUP

The WalkingPad G1 is designed for minimal assembly. It comes largely pre-assembled.

4.1 Unfolding the Treadmill

1. Carefully remove the treadmill from its packaging.
2. Place the folded treadmill on a flat, open surface.
3. Locate the orange locking mechanisms on the sides of the base.
4. Rotate the orange locking mechanisms to release the upright support arms.

5. Gently lift the main console and handlebars upwards until they click into place, forming the upright position.
6. Ensure all locking mechanisms are securely engaged before use.



Figure 4.1: Illustration of the G1's double-folding mechanism, showing the transition from folded to unfolded.



Figure 4.2: A user demonstrating the folding process of the WalkingPad G1 for compact storage.

4.2 Power Connection

- Connect the power cord to the treadmill's power input port.
- Plug the other end of the power cord into a grounded electrical outlet.
- Ensure the power switch on the treadmill is in the "ON" position.

5. OPERATING INSTRUCTIONS

5.1 Starting a Workout

1. Attach the safety key clip to your clothing and place the magnetic end onto the designated area on the console. The display will illuminate.
2. Step onto the running belt.
3. Press the **START** button on the control panel. The treadmill will begin at a low speed (e.g., 1 km/h) after a short countdown.
4. Adjust the speed using the **+** and **-** buttons on the control panel or via the connected app.



Figure 5.1: A user actively exercising on the WalkingPad G1 Treadmill, demonstrating its use in a typical home environment.

5.2 Display Functions

The LED display provides real-time workout data:

- **TIME:** Duration of your workout.
- **SPEED:** Current speed of the running belt (km/h).
- **DISTANCE:** Total distance covered during the workout.
- **CALORIES:** Estimated calories burned.

5.3 Stopping a Workout

- Press the **STOP** button on the control panel. The belt will gradually slow down and stop.
- Alternatively, pull the safety key from the console. The treadmill will immediately stop.

5.4 App Connectivity (Apple Watch, KS-FIT App)

The WalkingPad G1 can connect to the KS-FIT app and Apple Watch for enhanced tracking and control.

1. Download the "KS-FIT" app from your device's app store.
2. Enable Bluetooth on your smartphone or Apple Watch.
3. Open the KS-FIT app and follow the on-screen instructions to pair with your WalkingPad G1.
4. Once connected, you can control the treadmill, track your progress, and sync data with health platforms like Apple Health.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your WalkingPad G1.

6.1 Cleaning

- Always unplug the treadmill before cleaning.
- Wipe down the treadmill's surfaces with a damp cloth and mild detergent. Avoid abrasive cleaners.
- Regularly vacuum under the treadmill to prevent dust and debris buildup.

6.2 Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Lubricate every 3 months or after 50 hours of use, whichever comes first.

1. Unplug the treadmill.
2. Loosen the rear roller bolts slightly to lift the belt.
3. Apply a small amount of silicone lubricant (provided or recommended by manufacturer) evenly under the center of the running belt.
4. Tighten the rear roller bolts.
5. Plug in the treadmill and run it at a low speed (e.g., 3 km/h) for 5 minutes to distribute the lubricant.

6.3 Belt Adjustment

If the running belt shifts to one side or slips, it may need adjustment.

- **Belt Centering:** If the belt drifts to the left, turn the left rear roller bolt clockwise a quarter turn. If it drifts to the right, turn the right rear roller bolt clockwise a quarter turn. Run the treadmill for a few minutes and re-check. Repeat until centered.
- **Belt Tension:** If the belt slips during use, it may be too loose. Turn both rear roller bolts clockwise a quarter turn simultaneously. Test and repeat if necessary. Do not overtighten.

7. TROUBLESHOOTING

Refer to the table below for common issues and their solutions.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; power switch off; safety key not in place.	Check power cord connection; ensure power switch is ON; place safety key on console.
Running belt stops suddenly.	Safety key dislodged; motor overload.	Re-attach safety key; reduce load or allow motor to cool down.
Belt slips during use.	Belt too loose; insufficient lubrication.	Adjust belt tension (Section 6.3); lubricate belt (Section 6.2).
Belt drifts to one side.	Belt alignment issue.	Adjust belt centering (Section 6.3).
Unusual noise from treadmill.	Loose parts; lack of lubrication; foreign object.	Check for loose bolts; lubricate belt; inspect for foreign objects. If noise persists, contact customer support.

8. SPECIFICATIONS

Feature	Detail
Model Number	TRG1F
Brand	WALKINGPAD
Color	Black/Silver
Material	Aluminum
Maximum Speed	7.5 Miles per hour (approx. 12 km/h)
Horsepower	2 HP
Maximum Weight Capacity	110 Kilograms (242 lbs)
Unfolded Dimensions (L x W x H)	144.78 x 73.66 x 104.14 cm (57 x 29 x 41 inches)
Folded Dimensions (L x W x H)	100.3 x 74.4 x 19.3 cm (39.5 x 29.3 x 7.6 inches)
Item Weight	38.1 Kilograms (84 lbs)
Display Type	LED
Special Feature	Foldable
Power Source	Corded Electric

9. WARRANTY AND SUPPORT

For warranty information, please refer to the warranty card included with your product or visit the official WalkingPad website. If you encounter any issues not covered in this manual or require further assistance, please contact WalkingPad Customer Support.

Website: www.walkingpad.com (Note: This is a placeholder URL, please refer to actual product documentation for correct support contact.)

Email: support@walkingpad.com (Note: This is a placeholder email, please refer to actual product documentation for correct support contact.)

