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## YPOO

# YPOO Walking Pad with Incline

## USER MANUAL

### 1. Important Safety Instructions

Please read this entire manual carefully before operating the YPOO Walking Pad. Retain this manual for future reference. Failure to follow these instructions could result in injury or damage to the product.

- Always place the walking pad on a firm, level surface.
- Ensure adequate clear space around the walking pad (at least 2 meters behind and 0.6 meters on each side).
- Keep children and pets away from the walking pad during operation.
- Do not exceed the maximum user weight capacity of **120 kg (265 lbs)**.
- Use only the provided power cord and connect to a properly grounded outlet.
- If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, stop your workout immediately and consult a physician.
- Never operate the walking pad if it has a damaged cord or plug, or if it is not working properly.

### 2. Product Overview

The YPOO Walking Pad with Incline is designed for convenient and effective indoor exercise, featuring a compact design and adjustable incline levels.

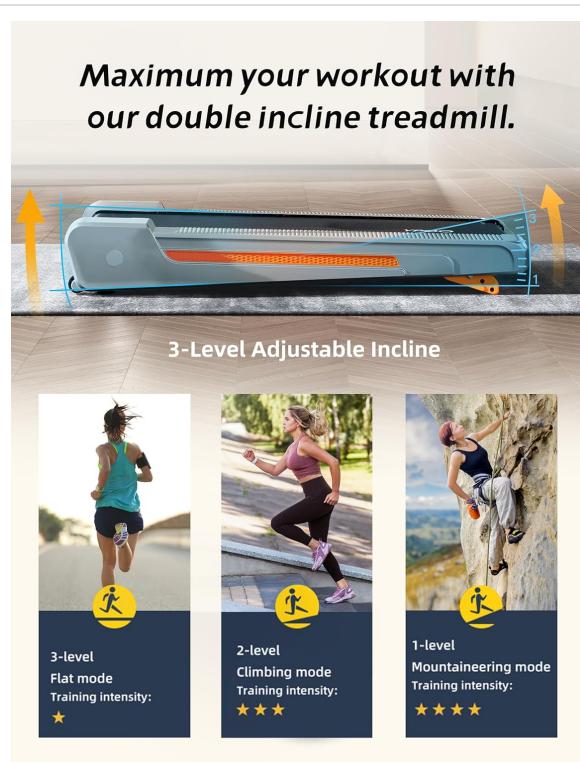
#### 2.1 Key Features

- **Adjustable 3-Level Incline:** Offers 5%, 7%, and 9% incline options for varied workout intensity.
- **Space-Saving Design:** Compact and foldable, with wheels for easy mobility and upright storage.
- **Low Noise & Shock Absorption:** Features a 7-layer running belt and shock absorber for quiet operation and joint protection.
- **Powerful 3.0 HP Motor:** Provides smooth and reliable performance with a speed range of 0.5 to 3.7 mph.
- **Smart Workout App & Remote Control:** Connects to the YIFIT App for customized training and real-time data, controlled via a remote with LED display.

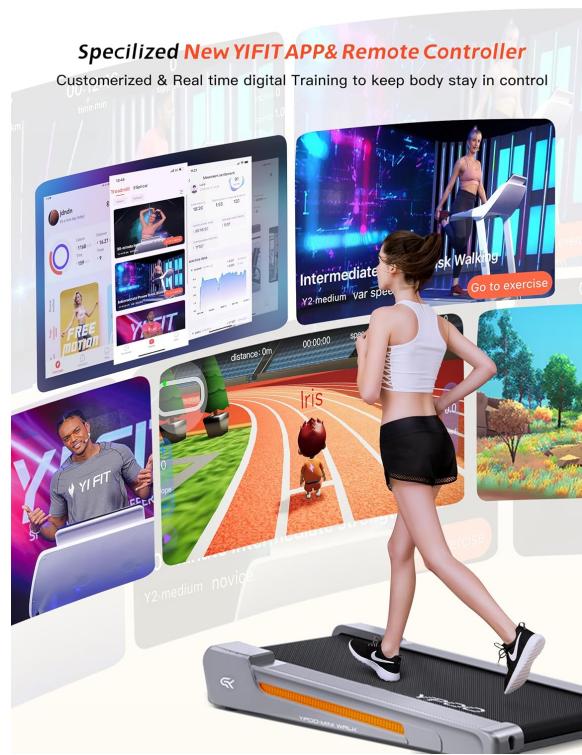
#### 2.2 Components



**Figure 2.2.1:** The YPOO Walking Pad in typical use, demonstrating its compact form factor and suitability for use under a standing desk or as a standalone walking machine.



**Figure 2.2.2:** Illustration of the 3-level adjustable incline mechanism, highlighting how users can manually set different angles for varied workout intensities, from flat to climbing mode.



**Figure 2.2.3:** Visual representation of the YIFIT mobile application, showing workout tracking and customization options, alongside the dedicated remote controller for convenient operation.

### POWERFUL & QUIET MOTOR



**Figure 2.2.4:** An internal view of the walking pad's motor assembly, emphasizing its 3.0 HP power, low noise operation (under 60dB), energy efficiency, and heat resistance for prolonged use.



**Figure 2.2.5:** A detailed graphic illustrating the compact dimensions of the walking pad (44.5" L x 15.75" W running area), its speed range (0.5-3.7 MPH), and maximum weight capacity (265 lbs).



**Figure 2.2.6:** Demonstrates the walking pad's ease of movement and space-saving storage, showing it flat for use and then vertically against a wall, highlighting its slim profile (6.2" height).

## Remote with Electronic Display



**Figure 2.2.7:** A detailed view of the remote control, featuring an electronic display that shows speed, time, distance, and calories, along with buttons for start, stop, and speed adjustment.

## 3. Setup

- Unpacking:** Carefully remove the walking pad from its packaging. Inspect for any damage. Keep all packaging materials until you are satisfied with the product.
- Placement:** Choose a flat, stable, and non-slip surface for the walking pad. Ensure there is sufficient clear space around the unit as specified in the safety instructions.
- Power Connection:** Locate the power input port on the walking pad. Connect the provided power cord to the walking pad and then plug it into a standard, grounded electrical outlet.
- Adjusting Incline:** The YPOO Walking Pad features a manual incline adjustment. To change the incline level, lift the rear of the walking pad and adjust the support mechanism to one of the three available positions (5%, 7%, or 9%). Ensure the support is securely locked in place before use.
- Initial Check:** Before first use, ensure all components are securely in place and there are no loose parts.

## 4. Operating Instructions

### 4.1 Powering On/Off

- Power On:** Plug in the walking pad. The display on the remote control should illuminate.
- Power Off:** Press the 'Stop' button on the remote control. Unplug the power cord from the wall outlet when not in use for extended periods.

### 4.2 Using the Remote Control

The remote control is your primary interface for operating the walking pad.

- **Start:** Press the 'Start' button to begin your workout. The belt will start moving at a low speed.
- **Speed Adjustment:** Use the 'Speed+' and 'Speed-' buttons to increase or decrease the belt speed. The speed range is 0.5 to 3.7 mph (approximately 0.8 to 6 km/h).
- **Stop:** Press the 'Stop' button to safely bring the belt to a halt.
- **Display:** The remote's LED display shows real-time data such as speed, time, distance, and calories burned.

### 4.3 Using the YIFIT App

For enhanced workout tracking and customization, download and connect to the YIFIT App.

1. Download the 'YIFIT' app from your device's app store.
2. Ensure Bluetooth is enabled on your mobile device.
3. Open the YIFIT app and follow the on-screen instructions to pair with your YPOO Walking Pad.
4. Once connected, you can access customized training programs, track your progress, and control the walking pad via the app.

## 5. Maintenance

Regular maintenance ensures the longevity and optimal performance of your YPOO 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.
- **Belt Lubrication:** The running belt may require periodic lubrication to reduce friction and extend its lifespan. Refer to the specific instructions provided with your lubrication kit (usually every 3-6 months depending on usage).
- **Belt Tension:** Check the running belt tension periodically. If the belt slips or feels loose, adjust it according to the instructions in the full product manual (not covered in this general guide).
- **Storage:** When not in use, the walking pad can be easily moved and stored upright against a wall to save space. Ensure it is unplugged before moving or storing.

## 6. Troubleshooting

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

Problem	Possible Cause	Solution
Walking pad does not power on.	Power cord not connected; outlet issue; power switch off.	Ensure power cord is securely plugged into the unit and a working, grounded outlet. Check the main power switch if available.
Remote control not responding.	Low battery in remote; remote not paired; interference.	Replace remote batteries. Re-pair the remote if necessary (refer to full manual for pairing instructions). Ensure no strong interference sources are nearby.

Problem	Possible Cause	Solution
Running belt slips or hesitates.	Belt tension too loose; lack of lubrication.	Adjust belt tension (refer to full manual). Apply silicone lubricant under the belt as per maintenance instructions.
Unusual noise during operation.	Loose components; motor issue; belt misalignment.	Stop operation immediately. Check for any loose screws or parts. If noise persists, contact customer support.

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

## 7. Specifications

Specification	Detail
Brand	YPOO
Model	Walking Pad with Incline
Motor Horsepower	3.0 HP (Peak)
Speed Range	0.5 - 3.7 mph (0.8 - 6 km/h)
Incline Levels	3 (5%, 7%, 9% manual adjustment)
Weight Capacity	120 kg (265 lbs)
Running Area	Approx. 40.6 x 101.6 cm (16 x 40 inches)
Product Dimensions	Approx. 111.76 x 63.5 x 17.78 cm (44 x 25 x 7 inches)
Net Weight	Approx. 22.68 kg (50 lbs)
Material	Steel Alloy
Power Source	Electric with cord
Special Features	Wheels for mobility, Manual Incline, Compact Design, Lightweight

## 8. Warranty and Support

YPOO is committed to providing professional customer service. For any inquiries, technical support, or warranty claims, please contact our support team.

- Customer Service:** Available 24/7 online.
- Contact:** Refer to the contact information provided on the product packaging or the official YPOO website.
- Warranty:** Specific warranty details are typically provided with your purchase documentation. Please retain your proof of purchase for warranty purposes.

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