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› WALKINGPAD Z1 Foldable Treadmill User Manual

WALKINGPAD Z1

WALKINGPAD Z1 Foldable Treadmill User Manual

Comprehensive instructions for setup, operation, maintenance, and troubleshooting of your WALKINGPAD Z1 Foldable Treadmill.

1. PRODUCT OVERVIEW

The WALKINGPAD Z1 is a foldable, ultra-thin walking and jogging pad designed for home use. Its compact design allows for easy storage, making it suitable for various living spaces. The Z1 features a quiet brushless motor, a professional-grade cushioning system, and a high-definition LED display for real-time exercise data monitoring.



Image: The WALKINGPAD Z1 treadmill in its operational state with a user, alongside a compact, folded view for storage.

2. SETUP

The WALKINGPAD Z1 is designed for immediate use with no installation required. Simply unpack, unfold, and connect to power.

2.1 Unfolding the Treadmill

1. Carefully remove the treadmill from its packaging. It is recommended to have two people for this step due to its weight (approximately 23 kg).
2. Place the folded treadmill on a flat, stable surface.

3. Gently unfold the walking deck until it lies flat and locks into place. Ensure the deck is fully extended and stable before use.



Image: Illustration of the 180-degree foldable design, demonstrating how the treadmill transitions from a compact, stored position to its operational, flat state.

2.2 Power Connection

- Connect the power cord to the treadmill's power input.
- Plug the power cord into a standard electrical outlet.
- Ensure the power switch on the treadmill is in the "On" position.

3. OPERATION

The WALKINGPAD Z1 offers intuitive controls for a seamless exercise experience.

3.1 Starting and Stopping

- Press the power button on the treadmill or the remote control to turn it on.
- To start the walking belt, press the "Start" button on the remote control.
- To stop the walking belt, press the "Stop" button on the remote control.

3.2 Adjusting Speed

- Use the '+' and '-' buttons on the remote control to adjust the speed. The remote adjusts speed in 0.5 MPH increments.
- For finer speed adjustments (0.1 MPH increments), use the dedicated mobile application (if available and paired).
- The maximum speed is 4.0 MPH.

3.3 Monitoring Exercise Data

The integrated LED display provides real-time feedback on your workout.

Streamlined LED Display



Remote Control

Image: The streamlined LED display showing key exercise metrics such as calories, speed, time, and distance, alongside the remote control for operation.

The display typically shows:

- **Time:** Duration of your workout.

- **Speed:** Current walking/jogging speed.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.

3.4 Usage Modes: Walking and Jogging

The Z1 supports both walking and light jogging, making it versatile for various fitness levels.

2 in 1 Under Desk Treadmill



Jogging



Walking



Image: Two users demonstrating the treadmill's capability for both walking and light jogging, suitable for under-desk use or general exercise.

3.5 Safety Precautions

- Always ensure the treadmill is on a stable, level surface before use.
- For enhanced safety, especially for older adults or those with balance concerns, consider using a handhold or other

stable support while operating the treadmill.

- Do not exceed the maximum weight capacity of 242 lbs (110 kg).
- Wear appropriate athletic footwear.
- Keep children and pets away from the treadmill during operation.

4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your WALKINGPAD Z1.

4.1 Lubrication

- Periodically lubricate the walking belt according to the instructions provided in the included user manual. This helps reduce friction and wear.
- Insufficient lubrication can lead to increased motor strain and potential damage.

4.2 Belt Alignment and Tension

- If the walking belt appears to be shifting to one side or feels loose, it may require alignment or tension adjustment.
- Refer to the detailed instructions in the included user manual for proper belt alignment and tensioning procedures. Online video guides can also be helpful for visual reference.

4.3 Cleaning

- Wipe down the treadmill surface with a damp cloth after each use to remove sweat and dust.
- Avoid using abrasive cleaners or solvents that could damage the finish.

5. TROUBLESHOOTING

This section addresses common issues you might encounter with your WALKINGPAD Z1.

Problem	Possible Cause	Solution
Treadmill not powering on	Power cord not connected, power switch off, or power outlet issue.	Check power cord connection, ensure switch is on, test outlet with another device.
Burning smell or feet getting hot during use	Lack of lubrication, excessive friction, or motor overheating.	Stop use immediately. Lubricate the walking belt as per manual. If the issue persists, contact customer support.
Walking belt rubbing or fraying at the edges	Belt misalignment or incorrect tension.	Adjust belt alignment and tension according to the user manual. Ensure the treadmill is on a level surface.
Unusual noise during operation	Loose components, belt friction, or motor issue.	Inspect for loose parts. Check belt lubrication and alignment. If noise persists, discontinue use and contact support.

6. SPECIFICATIONS

Key technical specifications for the WALKINGPAD Z1 Foldable Treadmill.

Feature	Detail
Model Number	Z1
Product Dimensions (Unfolded)	142.5D x 56W x 10.6H Centimetres (approx. 56.1 x 22 x 4.1 inches)
Packed Size (Folded)	31.8 x 22 x 5.4 inches
Item Weight	23 kg (approx. 50.7 lbs)
Maximum Weight Capacity	242 Pounds (approx. 110 kg)
Speed Range	1.0 - 4.0 Miles per Hour
Motor Horsepower	550 Watts (equivalent to 2HP)
Display Type	LED (shows Calories Burned, Distance, Speed, Time)
Frame Material	Alloy Steel
Material	Aluminum
Color	Dark Gray
Power Source	Corded Electric
Special Feature	Foldable
Included Components	Power Cord, Remote Control, User Manual

Powerful Quiet Motor



Motor Power:

2HP



Speed Range:

1.0-4.0mph



Weight Capacity:

242lbs



Low Noise



Image: Internal view showcasing the powerful and quiet brushless motor, along with key specifications like motor power, speed range, and weight capacity.



Image: Detailed dimensions of the treadmill in both unfolded and folded states, illustrating its compact footprint of only 0.16m² when stored.

7. WARRANTY AND SUPPORT

For warranty information, technical support, or any inquiries not covered in this manual, please refer to the official

WALKINGPAD user manual included with your product or contact WALKINGPAD customer service.
You can also visit the official [WALKINGPAD Store on Amazon](#) for additional resources and contact information.

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