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## Sportstech sWalk-cr

# Sportstech sWalk Walking Pad Treadmill User Manual

Model: sWalk-cr

## 1. INTRODUCTION

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Thank you for choosing the Sportstech sWalk Walking Pad Treadmill. This compact and portable under-desk treadmill is designed for home and office use, allowing you to integrate physical activity into your daily routine. Its quiet operation and space-saving design make it suitable for various environments. This manual provides essential information for safe operation, setup, maintenance, and troubleshooting.



Image: The Sportstech sWalk Walking Pad Treadmill in a typical use scenario, demonstrating its compact design and suitability for under-desk use. A person is actively walking on the treadmill while working at a standing desk.

## 2. SAFETY GUIDELINES

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Please read all safety instructions carefully before using the treadmill. Failure to follow these instructions may result in injury or damage to the product.

- Ensure the treadmill is placed on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Do not exceed the maximum user weight capacity of 300 lbs (120 kg).
- Always use the safety key during operation. In case of an emergency, the safety key will stop the treadmill.
- Wear appropriate athletic footwear.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Unplug the treadmill from the power source when not in use or before cleaning/maintenance.
- Keep hands and feet clear of moving parts.

### 3. PACKAGE CONTENTS

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Verify that all components are present in the package:

- Sportstech sWalk Walking Pad Treadmill
- Power Cord
- Remote Control
- Safety Key
- User Manual (this document)

### 4. SETUP & FIRST USE

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The Sportstech sWalk Walking Pad Treadmill is designed for immediate use with no assembly required.

1. **Unboxing:** Carefully remove the treadmill from its packaging.
2. **Placement:** Place the treadmill on a flat, stable surface, ensuring adequate space around it for safe operation. The transport wheels allow for easy positioning under a desk or for storage.
3. **Power Connection:** Connect the power cord to the treadmill's power input and then to a grounded electrical outlet.
4. **Safety Key:** Attach the safety key to the designated slot on the treadmill's display panel. The treadmill will not operate without the safety key in place.
5. **Power On:** Press the power button on the treadmill or the remote control to turn on the unit. The LCD display will illuminate.



Image: A user unboxes the Sportstech sWalk Walking Pad Treadmill, demonstrating its ready-to-use nature with no assembly required. The image emphasizes the quick setup process.

## 5. OPERATION

### 5.1 Using the Remote Control

The included remote control allows for convenient adjustment of the treadmill's settings.

- **Start/Stop:** Press the Start/Stop button to begin or end your workout.
- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the walking speed.
- **Mode Selection:** Some remotes may have buttons to switch between different modes or display metrics.

### 5.2 LCD Display

The integrated LCD display provides real-time workout data.

- **Time:** Displays the duration of your workout.
- **Speed:** Shows your current walking speed.
- **Distance:** Tracks the total distance covered.

- **Calories:** Estimates the calories burned during your session.



Image: The high-resolution LCD display of the Sportstech sWalk Walking Pad Treadmill, showing key workout metrics. The remote control and a smartphone running the Sportstech Live app are also visible, illustrating control options.

### 5.3 Sportstech Live App Integration

Enhance your workout experience by connecting your sWalk treadmill to the Sportstech Live app via Bluetooth.

- **Download:** Download the Sportstech Live app from your device's app store.
- **Pairing:** Follow the in-app instructions to pair your treadmill.
- **Features:** The app allows you to track progress, view landscape videos, participate in live workouts, and use your phone/tablet as an additional remote control.

**Sportstech Live - Your Personal Fitness Coach**

- Landscape Running Mode
- Workout with 20+ Trainers
- Personal Metrics in the app

GET IT ON **Google Play** | Download on the **App Store**

Image: The Sportstech Live app interface, showcasing its features such as performance tracking, landscape running mode, and access to trainer-led workouts. A user is seen walking on the treadmill in a scenic virtual environment.

## 6. KEY FEATURES

### 6.1 Ultra-Quiet Motor

The sWalk treadmill features a high-end, ultra-quiet motor with 2.25 horsepower, allowing for discreet workouts without disturbing others, ideal for home and office environments.

**POWERFUL  
& QUIET**



**MAX  
USER  
WEIGHT**



Image: An internal view diagram of the Sportstech sWalk Walking Pad Treadmill, highlighting its powerful and quiet DC motor. Key specifications like 2.5 HP and a maximum speed of 5 mph are displayed.

## 6.2 Effective Cushioning

Equipped with shock-absorbing and noise-reducing technology, the treadmill provides a comfortable and joint-friendly walking experience.



## EFFECTIVE CUSHIONING

Enhanced shock absorption technology in the treadmill provides a comfortable and joint-friendly running experience.

Image: A visual representation of the Sportstech sWalk Walking Pad Treadmill's effective cushioning system, emphasizing its shock-absorbing and joint-friendly design for a comfortable workout.

### 6.3 Responsive LED Lighting

The sWalk features patented LED technology that responds to your pace and heart rate, offering a multi-sensory workout experience. You can also change the 7-color LED lighting via your smartphone.



Image: A detailed view of the Sportstech sWalk Walking Pad Treadmill's 7-color LED lighting feature, demonstrating how users can customize the lighting via a smartphone application.

## 7. MAINTENANCE & CARE

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Regular maintenance ensures the longevity and optimal performance of your treadmill.

- **Cleaning:** Wipe down the treadmill surface with a damp cloth after each use. Avoid using abrasive cleaners or solvents.
- **Belt Lubrication:** Periodically check the walking belt for proper lubrication. Refer to the Sportstech website or contact customer support for specific lubrication instructions and recommended lubricants.
- **Belt Tension:** Ensure the walking belt is properly tensioned. If the belt slips or feels loose, adjust it according to the instructions provided on the Sportstech support page.
- **Storage:** When not in use, store the treadmill in a dry, cool place. Its slim design allows it to fit under couches or desks.

## 8. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not connected; Safety key not in place; Power outlet issue.	Ensure power cord is securely plugged in; Insert safety key fully; Test power outlet with another device.
Walking belt slips or hesitates.	Belt tension too loose; Belt requires lubrication.	Adjust belt tension (refer to online resources); Lubricate the walking belt.
Unusual noise during operation.	Loose components; Lack of lubrication; Foreign object.	Check for loose screws; Lubricate belt; Inspect for any objects under the belt.
Remote control not responding.	Battery low/dead; Remote not paired.	Replace remote control battery; Re-pair the remote control with the treadmill (refer to Sportstech support).

If the problem persists, please contact Sportstech customer support.

## 9. TECHNICAL SPECIFICATIONS

Feature	Specification
Brand	Sportstech
Model Name	sWalk
Model Number	sWalk-cr
Color	Black
Material	Acrylonitrile Butadiene Styrene (ABS), Alloy Steel
Item Weight	23 Kilograms
Maximum Horsepower	2.25 Horsepower
Maximum Weight Recommendation	120 Kilograms (approx. 300 lbs)
Deck Length	50 Inches
Deck Width	40 Centimeters
Input Power	350 Watts
Display Type	LCD
Assembly Required	No
Power Source	Corded Electric
Item Dimensions (LxWxH)	50 x 22.24 x 4.53 inches
UPC	657768989254

## 10. WARRANTY & SUPPORT

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The Sportstech sWalk Walking Pad Treadmill comes with a **90-day limited warranty**. This warranty covers manufacturing defects under normal use.

For warranty claims, technical support, or any questions regarding your product, please contact Sportstech customer service through their official website or the contact information provided with your purchase.

For additional resources and support, visit the official Sportstech website: [www.sportstech.de/en/](http://www.sportstech.de/en/)