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› CIIHI Walking Treadmill for Seniors - User Manual

CIIHI C Walking Pad Treadmill for Senior

CIIHI Walking Treadmill for Seniors - User Manual

Model: Walking Pad Treadmill for Senior | Brand: CIIHI C

1. INTRODUCTION AND PRODUCT OVERVIEW

The CIIHI Walking Treadmill for Seniors is designed to provide a stable, secure, and comfortable exercise experience, particularly for elderly users and those undergoing home recovery. This foldable treadmill features a robust structure, an intuitive large LCD display, and a powerful yet quiet motor, making it an ideal fitness machine for maintaining mobility and enhancing overall well-being in a home environment.



Image: The CIIHI Walking Treadmill in use, highlighting its stable design and long handrails for support.

2. SAFETY INFORMATION

Your safety is paramount. Please read and understand all safety instructions before operating the treadmill.

- **Stable & Secure Structures:** The treadmill is engineered with multiple reinforcement designs at connection points to ensure the handrails remain stable and secure during use. Always hold onto the handrails for balance, especially when starting or stopping the machine.
- **Emergency Stop:** The treadmill is equipped with a safety key that, when removed, will immediately stop the machine. Always attach the safety key to your clothing before beginning your workout.
- **Weight Capacity:** This treadmill supports a maximum user weight of 300 lbs. Do not exceed this limit.
- **Clear Area:** Ensure there is a clear space of at least 6 feet behind and 2 feet on each side of the treadmill for safe operation.

- **Footwear:** Always wear appropriate athletic footwear while using the treadmill.
- **Health Consultation:** Consult with a healthcare professional before starting any new exercise program, especially if you have pre-existing health conditions.

Security for Elderly

Handrail design & Stabilized structure



Image: User demonstrating the secure handrail design and the visible safety key for immediate stop.

300Lbs Maximum Load

Exercise equipment for the whole family



Image: Visual representation of the treadmill's 300 lbs maximum weight capacity.

3. COMPONENTS AND PARTS

Familiarize yourself with the main components of your CIIHI Walking Treadmill:

- **Control Panel/LCD Display:** Located at the front, this displays workout metrics and houses control buttons.
- **Handrails:** Long, sturdy handrails provide support and stability during your walk. They also feature integrated start/stop and speed controls.
- **Running Belt:** The 5-layered belt provides a comfortable and shock-absorbing walking surface.
- **Motor:** A powerful 2.25 HP motor ensures stable and quiet operation.
- **Safety Key:** A red clip that attaches to the control panel and your clothing for emergency stops.
- **Transport Wheels:** Located at the front for easy movement when folded.
- **Heart Rate Monitors:** Integrated into the handrails to track your pulse.



C I I H I

Walking Treadmill for Senior

- LCD Clear Display •
- Powerful Motor •
- Shock Absorption System •
- Comfortable Running Belt •
- Foldable Design •

Image: Detailed view of the treadmill's control interface and its various features.

4. SETUP AND ASSEMBLY

The CIIHI Walking Treadmill requires some assembly upon arrival. Please refer to the included detailed user manual for step-by-step assembly instructions. Ensure all components are securely fastened before first use.

- **Handrail Installation:** The handrails are designed for secure attachment to the main body. Follow the manual for proper alignment and tightening.
- **Folding Mechanism:** The handrails are detachable, allowing the treadmill body to be lifted and fixed in front of the display screen for compact storage.
- **Portability:** Equipped with front-end wheels, the treadmill can be effortlessly moved to your desired location once assembled.

Foldable Design Saves Space

Folding design for easy movement of the treadmill



Image: Illustration of the treadmill's foldable design for easy storage.

Treadmill Control Interface



Image: Demonstrating the ease of moving the treadmill with its folding design and transport wheels.

5. OPERATING INSTRUCTIONS

Operating your CIIHI Walking Treadmill is straightforward:

1. **Power On:** Plug the power cord into a grounded outlet.
2. **Attach Safety Key:** Secure the red safety key to the designated slot on the control panel and clip the other end to your clothing. The display will show "OFF" until the safety key is in place.
3. **Start Workout:** Press the **START** button. The treadmill will begin a countdown (3-2-1) before the belt starts moving at the minimum speed (0.5 MPH).
4. **Adjust Speed:** Use the **SPEED +** or **SPEED -** buttons on the control panel or the handrails to adjust your walking speed. The maximum speed is 5.5 MPH.
5. **Monitor Progress:** The large LCD digital display will show your heart rate, exercise distance, speed, workout duration, and calorie burn. Use the **MODE** button to cycle through different display metrics or **PROG.** for pre-set programs.
6. **Check Heart Rate:** Grip the heart rate sensors on the handrails to display your current heart rate on the LCD screen.
7. **Stop Workout:** Press the **STOP** button to gradually bring the treadmill to a halt. In an emergency, pull the safety key to immediately stop the machine.

Note: This treadmill is designed for walking. Running at high speeds is not recommended.

Large LCD Digital Display

Displays specifically
designed for seniors



Image: The large LCD display, specifically designed for easy reading by seniors, showing various exercise metrics.

6. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Lubrication:** The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the user manual for the recommended lubrication schedule and procedure. Lubricant is included with your purchase.
- **Belt Adjustment:** Over time, the running belt may require tensioning or centering. Consult the user manual for instructions on how to properly adjust the belt.
- **Storage:** When not in use, fold the treadmill and store it in a dry, clean area away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

If you encounter any issues with your CIIHI Walking Treadmill, please refer to the following common troubleshooting tips:

- **Treadmill Not Starting:**
 - Ensure the power cord is securely plugged into a working outlet.
 - Verify that the safety key is correctly inserted into the control panel.
 - Check if the main power switch (usually located near the power cord inlet) is in the "ON" position.
- **Belt Slipping or Sticking:**
 - The running belt may need lubrication.
 - The running belt may need tensioning. Refer to the maintenance section or the full user manual.
- **Unusual Noises:**
 - Ensure all assembly bolts are tightened.
 - Check for any foreign objects under the running belt.
 - If the noise persists, contact customer support.

For more detailed troubleshooting steps or persistent issues, please consult the comprehensive user manual or contact CIIHI C customer support.

8. SPECIFICATIONS

Feature	Detail
Brand	CIIHI C
Model Name	Walking Pad Treadmill for Senior
Color	Black
Product Dimensions (LxWxH)	51"D x 25"W x 46"H
Folded Size	24" x 25" x 48"
Item Weight	66 Pounds
Material	Stainless Steel
Maximum Speed	5.5 Miles per Hour
Minimum Speed	0.5 Miles per Hour
Maximum Horsepower	2.25 Horsepower
Maximum Weight Recommendation	300 Pounds
Deck Length	41 Inches
Deck Width	16 Inches
Display Type	LCD
Metrics Measured	Calories Burned, Distance, Heart Rate, Speed, Time
Power Source	Corded Electric

Feature	Detail
Input Power	550 Watts
Included Components	Lubricant, Safety Key, User Manual
Target Audience	Adult, Seniors
Special Feature	Foldable

Product Dimension

Folding design saves a lot of space



Belt Size	41x16 inch	Treadmill Weight	66 lbs
Input Voltage	110 V	Exercise Program	12 modes

Image: Detailed product dimensions and key specifications.

Powerful Motors Run Stably

Stable operation protects seniors more safely



Speed Range
0.5-5.5mph



Rated Power
2.25hp



Lower Noise
<45dB



Stable &
Safety Running



Image: Information about the treadmill's powerful and quiet motor.



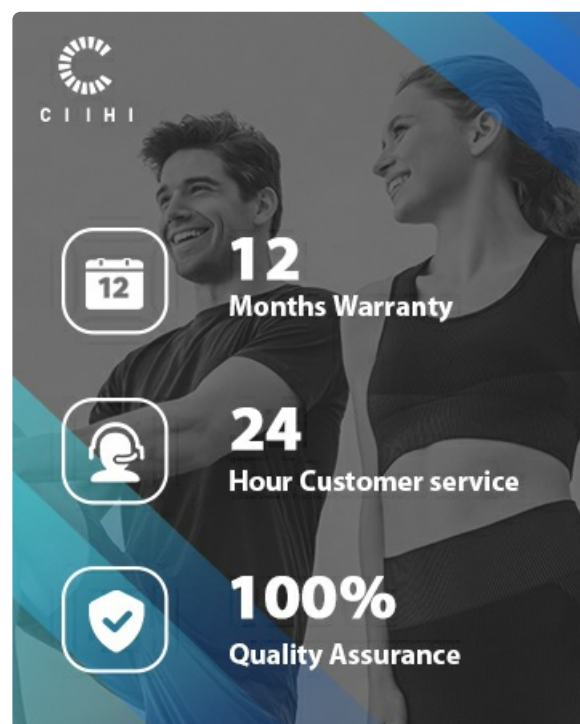
Image: Depiction of the 5-layered running belt and shock absorption system designed to protect joints.

9. WARRANTY AND SUPPORT

CIIHI C stands behind the quality of its products. Your CIIHI Walking Treadmill comes with a **12-month warranty**. This warranty covers manufacturing defects and ensures peace of mind.

If you encounter any problems during use or have questions, please do not hesitate to contact our customer service team. We are committed to providing support and will reply within 24 hours.

For assistance, please refer to the contact information provided in your full user manual or visit the official CIIHI C store on Amazon.



10. HEALTH BENEFITS OF CONSISTENT EXERCISE

Engaging in regular physical activity, such as walking on your CIIHI treadmill, offers numerous health benefits, especially for seniors:

- **Weight Management:** Effectively reduces obesity and helps maintain a healthy weight.
- **Immune System Boost:** Strengthens the body's immune system, aiding in the prevention of various diseases, including cardiovascular conditions.
- **Fatigue Alleviation:** Daily exercise can significantly alleviate physical fatigue and improve energy levels.
- **Enhanced Metabolism:** Boosts metabolic rate, contributing to better overall health.
- **Improved Physical Strength:** Regular use enhances muscle strength and endurance, improving mobility and balance.
- **Joint Protection:** The 5-layered running belt and shock absorption system dramatically relieve pressure on joints, making it comfortable for prolonged use.

Consistent Exercise Will Energize

Exercise prevents disease and
makes people healthier



Weight
Loss



Immunity
Enhancement



Relieve
Fatigue



Improve Body
Strength



Image: Visual summary of the health benefits derived from consistent exercise on the treadmill.



Protecting Knees & Joints of Seniors

5-layer running belt and
shock-absorbing system
dramatically relieves
pressure on joints

Image: Encouraging image of an elderly person exercising with support, promoting a healthy lifestyle.

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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.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

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