BODIOO TM-LC001-1

BODIOO Walking Pad 2-in-1 Treadmill User Manual

Model: TM-LC001-1

1. Important Safety Information

Please read all instructions carefully before using the BODIOO Walking Pad 2-in-1 Treadmill. Retain this manual for future reference.

- **Safety Key:** The treadmill will only operate when the safety key is properly attached. Always clip the safety key to your clothing during use. If the safety key detaches, the treadmill will stop automatically.
- **Weight Capacity:** Do not exceed the maximum user weight of 220 lbs (approximately 100 kg).
- **Placement:** Ensure the treadmill is placed on a flat, stable surface. Keep a clear area of at least 2 meters (6.5 feet) behind the treadmill and 0.6 meters (2 feet) on each side.
- **Children and Pets:** Keep children and pets away from the treadmill during operation.
- **Power Source:** Use only the provided power cord and connect to a grounded outlet.
- **Maintenance:** Perform regular maintenance as described in this manual to ensure safe and optimal performance.



Image: The safety key is crucial for operation and safety. Ensure it is always connected.

2. Setup

The BODIOO Walking Pad is designed for minimal assembly, allowing you to start exercising quickly.

1. **Unpacking:** Carefully remove the treadmill from its packaging. It comes pre-assembled in a folded state.
2. **Positioning:** Place the treadmill on a level floor in your desired workout area.
3. **Unfolding the Handrail (for Treadmill Mode):**
    - Locate the locking mechanism at the base of the handrail.
    - Unlock the handrail and carefully raise it to the upright position until it clicks securely into place.
    - For enhanced stability in running mode, secure the handrail using the provided screws and tool. This prevents the handrail from moving during higher speeds.
4. **Connecting Power:** Plug the power cord into the treadmill's power input, then into a standard electrical outlet.

5. **Attaching Safety Key:** Insert the red safety key into its designated slot on the control panel.



Image: The treadmill's quick folding mechanism allows for easy setup and storage.

Video: This video demonstrates the setup process, including unfolding the handrail and attaching the safety cord.

3. Operating Instructions

The BODIOO Walking Pad offers two primary modes: Walking Pad Mode and Treadmill Mode.

3.1 Control Options

The treadmill can be controlled via the included remote control or the touch controls on the LED display.

- **Remote Control:** Use the remote to power on/off, adjust speed, and pause your workout.
- **Touch Controls:** The integrated LED display also features touch controls for convenient adjustments.



Image: Control your workout effortlessly with either the remote or the touch panel.

3.2 Modes of Operation

- **Walking Pad Mode (Handrail Folded Down):**
  - Ideal for walking under a desk or in a compact space.
  - Speed range: 0.6 to 4.0 MPH.
- **Treadmill Mode (Handrail Upright):**
  - Suitable for walking, jogging, and light running.
  - Speed range: 0.6 to 7.5 MPH.
  - Ensure the handrail is securely locked and screwed in for stability at higher speeds.



Image: The 2-in-1 design allows for both walking pad and traditional treadmill use.

3.3 LED Display

The integrated LED display provides real-time workout data:

- **Time:** Duration of your workout.
- **Speed:** Current speed in Miles Per Hour (MPH).
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.



Image: The multi-functional LED display tracks your key workout metrics.

3.4 Device Holder

The handrails feature a convenient device holder, allowing you to place your phone or tablet for entertainment during your workout.

4. Maintenance

Regular maintenance ensures the longevity and smooth operation of your treadmill.

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Running Belt Lubrication:** The running belt requires periodic lubrication to reduce friction and wear. Apply silicone lubricant (not included, but often recommended for treadmills) between the belt and the deck every 3-6 months, or after approximately 50 hours of use, depending on usage frequency. Lift the belt slightly and apply a thin line of lubricant down the center of the deck.
- **Belt Adjustment:** If the running belt shifts to one side or slips, it may need adjustment. Refer to the detailed instructions in the full user manual for proper belt centering and tensioning.
- **Motor Care:** The 2.25 HP motor is designed for durability. Keep the motor area free from dust and debris.

5. Troubleshooting

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

Problem	Possible Cause	Solution
Treadmill does not start / Emits abnormal sound	Safety cord not connected or improperly seated.	Ensure the red safety key is fully inserted into its slot on the control panel.
Speed inconsistency (speeds up/slows down) at higher speeds	Lack of lubrication on the running belt.	Lubricate the running belt as described in the Maintenance section.

Problem	Possible Cause	Solution
Burning smell during use	Overheating motor or excessive friction from the running belt.	Immediately stop the treadmill. Unplug it and allow it to cool down. Check for proper lubrication and belt alignment. If the problem persists, contact customer support.
Running belt slips or shifts	Belt tension or alignment issue.	Adjust the running belt tension and alignment according to the full user manual.

For issues not listed here, please contact BODIOO customer support.

6. Product Specifications

Feature	Specification
Brand	BODIOO
Model Name	TM-LC001-1
Product Dimensions (LxWxH)	49"D x 20.5"W x 40.15"H (unfolded)
Folded Size	49"D x 20.5"W x 5"H (approx.)
Item Weight	49 Pounds
Material	Alloy Steel
Motor Horsepower	2.25 Horsepower (Peak)
Speed Range	0.6 - 7.5 Miles per Hour
Maximum Weight Recommendation	220 Pounds
Running Belt Dimensions	40"L x 15.7"W
Display Type	LCD
Included Components	User Manual, Safety Key, Power Cord, Remote Control
Special Features	Shock Absorbent, Foldable, Wheeled, Device Holder



Image: Detailed dimensions of the treadmill for space planning.



Image: The powerful 2.25 Horsepower motor ensures smooth and reliable performance.

7. Storage

The BODIOO Walking Pad is designed for convenient storage due to its foldable and wheeled design.

- **Folding:** To fold, ensure the handrail is detached (if previously screwed in) and then gently lower it until it lies flat against the running deck.
- **Movement:** Utilize the integrated wheels to easily roll the treadmill to your desired storage location.
- **Compact Storage:** Its slim profile allows it to be stored under beds, sofas, or upright against a wall.

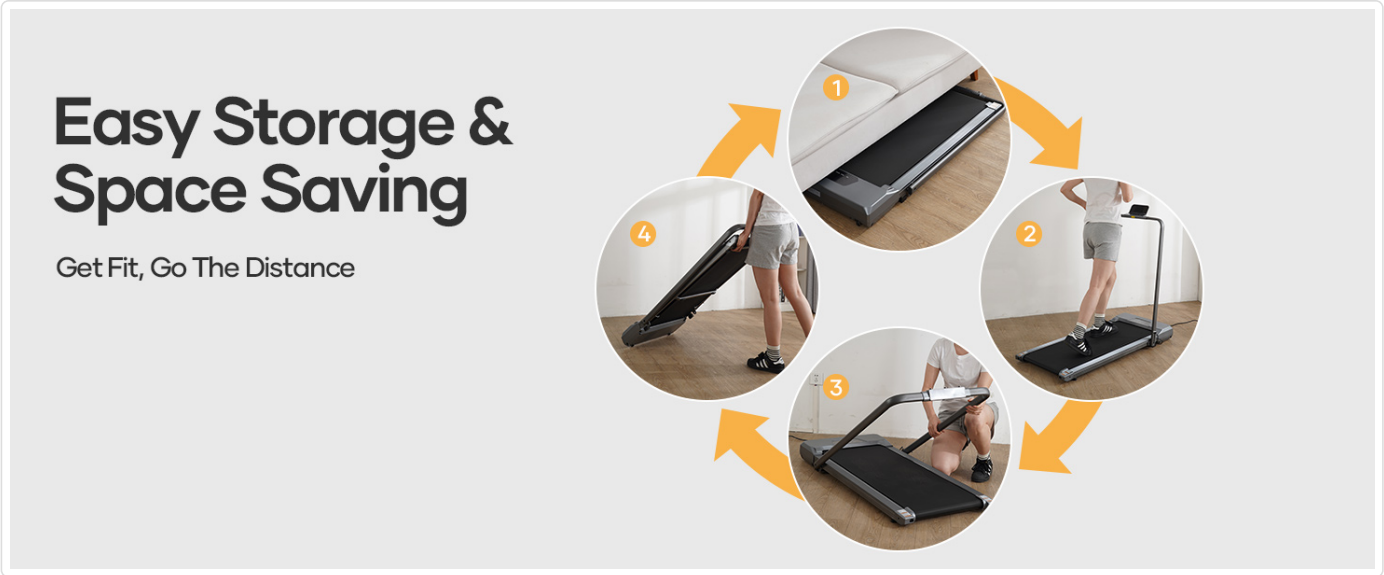


Image: Easy storage under a bed or sofa thanks to its compact, foldable design.

8. Warranty and Support

BODIOO provides a one-year free warranty period for this product, covering manufacturing defects and malfunctions under normal use.

- **Warranty Claims:** For warranty service, please retain your proof of purchase.
- **Customer Support:** For technical assistance, troubleshooting, or warranty inquiries, please contact BODIOO customer support through the retailer's platform or the official BODIOO website.

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