

LONTEK A1

LONTEK Walking Pad Treadmill User Manual

Model: A1

1. INTRODUCTION

Thank you for choosing the LONTEK Walking Pad Treadmill. This compact and portable under-desk treadmill is designed to help you maintain an active lifestyle whether you are at home or in the office. Featuring a powerful yet quiet 2.5HP brushless motor, a 300 lb capacity, and advanced shock absorption, it provides a comfortable and efficient workout experience. Please read this manual thoroughly before operation to ensure proper use, maintenance, and safety.

2. IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, read all instructions before using the LONTEK Walking Pad Treadmill. Keep this manual for future reference.

- Always place the treadmill on a flat, stable surface.
- Ensure adequate clear space around the treadmill (at least 2 feet on all sides).
- Do not exceed the maximum user weight capacity of 300 lbs (136 kg).
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear. Do not operate barefoot.
- If you feel faint, dizzy, or experience pain, stop exercising immediately.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.
- Do not use the treadmill if it has a damaged cord or plug, or if it is not working properly.
- The treadmill is equipped with 4 silicone shock absorption points to protect your joints.

3. SETUP GUIDE

1. **Unboxing:** Carefully remove the treadmill from its packaging. Retain packaging for storage or future transport.
2. **Placement:** Choose a suitable location with a stable, level floor. Ensure there is enough space around the unit for safe operation and access.
3. **Power Connection:** Plug the power cord into a grounded electrical outlet. Ensure the power switch on the treadmill is in the OFF position before plugging in.
4. **Initial Inspection:** Before first use, inspect the treadmill for any visible damage or loose parts.



Figure 1: LONTEK Walking Pad Treadmill in a home/office setting, showcasing its compact design.

4. OPERATING INSTRUCTIONS

4.1 Powering On/Off

- To turn on, ensure the treadmill is plugged in and flip the main power switch to ON. The display will illuminate.
- To turn off, flip the main power switch to OFF.

4.2 Using the Remote Control

The LONTEK Walking Pad Treadmill comes with a remote control for convenient operation.

- **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. The speed range is designed for walking and light jogging.

4.3 Smart APP Connectivity

Enhance your workout experience by connecting your treadmill to the dedicated smart application.

1. Download the "Smart APP" (refer to packaging or product page for specific app name) from your device's app store.
2. Enable Bluetooth on your smartphone or tablet.
3. Open the app and follow the on-screen instructions to pair with your LONTEK Walking Pad Treadmill.
4. The app allows for tracking workout data, controlling speed, and accessing additional features.

4.4 Incline Feature

This model includes an incline feature to add variety and intensity to your workout. Refer to the specific mechanism for adjusting the incline, which may involve manual adjustment or remote control depending on the model variant. Always ensure the treadmill is stable after adjusting the incline.

5. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill surface with a damp cloth after each use. Do not use abrasive cleaners or solvents.
- **Belt Lubrication:** Periodically check the running belt for proper lubrication. If the belt feels dry or sticky, apply silicone lubricant as per manufacturer recommendations (lubricant may be included or sold separately).
- **Belt Tension and Alignment:** Over time, the running belt may require tension adjustment or alignment. Refer to the detailed instructions in the full product manual or contact customer support for guidance.
- **Storage:** When not in use, store the treadmill in a cool, dry place away from direct sunlight and moisture. Its compact design allows for easy storage under a desk or bed.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Treadmill does not power on.	Not plugged in; Power switch off; Circuit breaker tripped.	Ensure power cord is securely plugged in; Turn main power switch ON; Check household circuit breaker.
Belt stops or slips during use.	Belt needs lubrication; Belt tension is too loose.	Lubricate the running belt; Adjust belt tension (refer to full manual).
Remote control not responding.	Battery low/dead; Obstruction between remote and treadmill.	Replace remote control battery; Ensure clear line of sight.
Smart APP not connecting.	Bluetooth off; App not updated; Treadmill not discoverable.	Ensure Bluetooth is enabled on device; Update app to latest version; Restart treadmill and app.

If you encounter issues not listed here, please contact LONTEK customer support.

7. PRODUCT SPECIFICATIONS

Feature	Detail
Brand	LONTEK
Model Name	A1
Motor	2.5HP Quiet Brushless
Weight Capacity	300 Lb
Shock Absorption	4 Silicone Points
Features	Incline, Smart APP, Remote Control
Suggested Users	Unisex-adult

Feature	Detail
ASIN	B0D7Q8ZSH8
Date First Available	June 21, 2024

8. WARRANTY AND SUPPORT

For detailed warranty information, please refer to the warranty card included with your product or visit the official LONTEK website. If you require technical support, have questions about your product, or need to claim warranty service, please contact LONTEK customer service through the contact information provided on their official website or product packaging.
Note: Always provide your product model (A1) and ASIN (B0D7Q8ZSH8) when contacting support for faster assistance.

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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