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## YPOO incline treadmill

# YPOO Treadmill with Incline: Walking Pad User Manual

Model: Incline Treadmill (B0D9QGLLMW)

## 1. IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using this treadmill. Keep this manual for future reference. 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 operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate athletic footwear.
- Use the safety key/clip at all times during operation.
- Do not use outdoors or in damp conditions.
- Maximum user weight capacity: 300 lbs.

## 2. PRODUCT OVERVIEW

The YPOO Treadmill with Incline is a versatile fitness device designed for walking and light jogging in home or office environments. It features a compact, foldable design, adjustable incline, and smart control options.



Figure 1: YPOO Treadmill with Incline, highlighting its compact design and adjustable incline.

## Package Contents



Figure 2: All components included in the YPOO Treadmill package.

- Hex Tool x1
- Knobs x2
- Foam Anti Slip Pad x4
- Lubricating Oil x2
- Power Cord x1
- Bolt x2
- Remote Control x1
- Safety Lock x1
- User Manual x1

## 3. SETUP AND ASSEMBLY

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The YPOO Treadmill is designed for minimal assembly. Follow these steps to set up your treadmill.

### Unfolding the Treadmill

1. Carefully remove the treadmill from its packaging.
2. Place the treadmill on a flat, stable surface.
3. Lift the handle bar into the upright position.
4. Secure the handle bar using the provided knobs and bolts. Ensure they are tightened securely.

### Adjusting the Incline

The treadmill features a 3-level adjustable manual incline. To adjust the incline:

1. Locate the incline adjustment points at the rear of the treadmill.
2. Lift the rear of the treadmill slightly and adjust the support pins to the desired level (3 levels available).
3. Ensure both sides are set to the same incline level for stability.

Your browser does not support the video tag.

Video 1: Demonstrates the setup, folding, and incline adjustment of the YPOO Treadmill.

## 4. OPERATING INSTRUCTIONS

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Familiarize yourself with the control panel and operating modes before starting your workout.

### Control Panel and Display

# Balance between Work Life and Sports

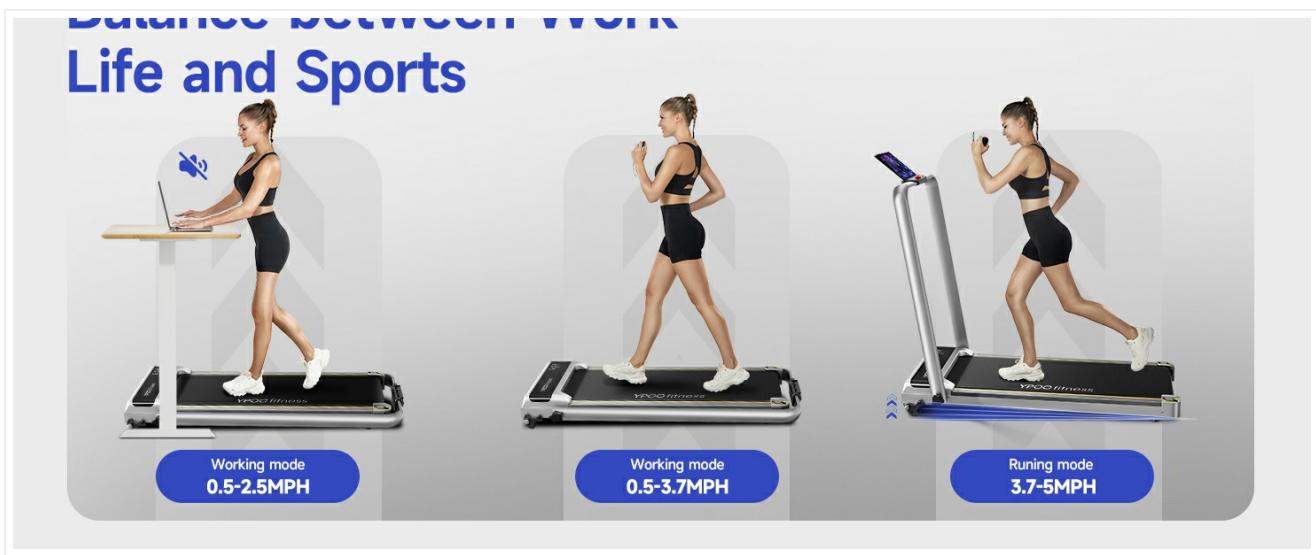


Figure 3: Overview of the LED display, console controls, remote control, and YpooFit App.

The upgraded LED display shows real-time workout data including speed, time, distance, and calories burned. The treadmill can be controlled via console buttons, a remote control, or the YpooFit App.

## Starting a Workout

1. Plug the power cord into a suitable electrical outlet.
2. Turn on the main power switch located at the base of the treadmill.
3. Attach the safety clip to your clothing. The treadmill will not operate without the safety clip in place.
4. Press the 'Start/Stop' button on the console or remote. The treadmill will begin with a countdown and then start at a low speed.
5. Adjust the speed using the '+' and '-' buttons on the console or remote.

## Operating Modes

- **Walking Mode:** Speed range 0.5 MPH - 2.5 MPH. Ideal for casual walking or desk use.
- **Running Mode:** Speed range 0.5 MPH - 5 MPH. Suitable for brisk walking or light jogging.

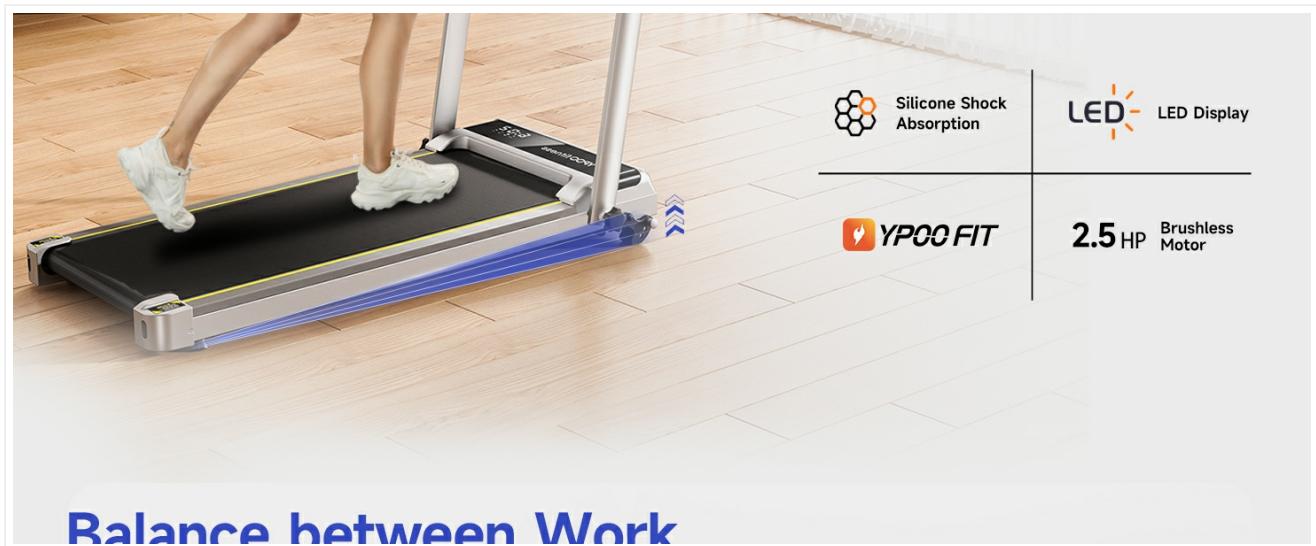


Figure 4: Different operating modes for varied exercise intensity.

## Using the YpooFit App

Download the YpooFit App to connect your treadmill via Bluetooth. The app allows you to control the treadmill, record

workout data, and access personalized training classes.

## 5. MAINTENANCE

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

### Running Belt

- The treadmill features an upgraded lubrication-free running belt, which does not require manual lubrication.
- Regularly inspect the running belt for any signs of wear or damage.
- Keep the running belt clean by wiping it with a damp cloth after each use.

### General Cleaning

- Wipe down the console and frame with a soft, damp cloth. Avoid using abrasive cleaners.
- Ensure no dust or debris accumulates around the motor area.

## 6. TROUBLESHOOTING

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

### Treadmill Not Starting

- Ensure the power cord is securely plugged into a working electrical outlet.
- Check that the main power switch at the base of the treadmill is in the 'ON' position.
- Verify that the safety clip is correctly inserted into the console. The treadmill will not start without it.
- Check your household circuit breaker. Some treadmills may draw significant power, potentially tripping a breaker if the circuit is overloaded. Try plugging into a different circuit if possible.

### Running Belt Slipping

- If the belt feels like it's slipping, it may need tension adjustment. Refer to the detailed instructions in the full user manual for belt tensioning.
- Ensure you are not exceeding the maximum weight capacity of 300 lbs.

## 7. SPECIFICATIONS

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Brand	YPOO
Model Name	Incline Treadmill
Color	Silver
Product Dimensions	45.5"D x 24"W x 42.1"H
Folded Size	45.5" x 24" x 4.7"
Item Weight	48 Pounds
Material	Alloy Steel
Maximum Speed	5 Miles per Hour

<b>Maximum Horsepower</b>	2.5 Horsepower
<b>Maximum Incline Percentage</b>	3.5% (3-level manual adjustment)
<b>Maximum Weight Recommendation</b>	300 Pounds
<b>Deck Length</b>	42 Inches
<b>Deck Width</b>	16 Inches
<b>Display Type</b>	LED
<b>Special Feature</b>	Foldable, Manual Incline, Built-in Wheels
<b>Assembly Required</b>	No (minimal setup)

## 8. WARRANTY AND SUPPORT

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Your YPOO Treadmill is covered by a manufacturer's warranty.

### Warranty Information

- **Warranty Description:** 1 Year Manufacturer Warranty.
- Please retain your proof of purchase for warranty claims.

### Customer Support

For any questions, technical assistance, or warranty inquiries, please contact YPOO customer support.

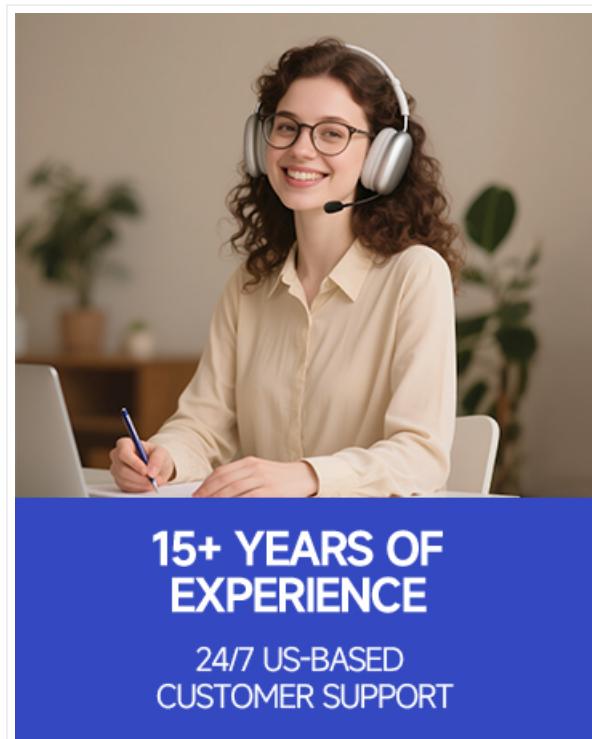


Figure 5: YPOO offers dedicated customer support.

YPOO is committed to providing excellent customer service with over 15 years of experience and 24/7 US-based support.

