

YPOO M4638

YPOO M4638 Auto-Folding Treadmill User Manual

Model: M4638 | Brand: YPOO

1. IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using the YPOO M4638 Treadmill. Retain this manual for future reference.

- **Placement:** Position the treadmill on a flat, stable surface with at least 2 meters (6.5 feet) of clear space behind it and 0.6 meters (2 feet) on each side.
- **Power:** Connect the treadmill to a properly grounded outlet. Do not use extension cords or adapters.
- **User Capacity:** Do not exceed the maximum user weight capacity of 300 lbs (approximately 136 kg).
- **Children and Pets:** Keep children and pets away from the treadmill during operation. The safety key must be removed when the treadmill is not in use.
- **Emergency Stop:** Always attach the safety key clip to your clothing before starting your workout. In case of an emergency, the safety key will detach, stopping the treadmill.
- **Footwear:** Always wear appropriate athletic footwear when using the treadmill.
- **Maintenance:** Perform regular maintenance as described in this manual to ensure safe and optimal performance.
- **Medical Advice:** Consult a physician before starting any exercise program, especially if you have pre-existing health conditions.

2. PACKAGE CONTENTS

Carefully unpack the box and ensure all components are present. If any parts are missing or damaged, contact customer support immediately.

- YPOO M4638 Treadmill Unit
- Power Cord
- Safety Key
- Tool Kit (for assembly)
- User Manual (this document)
- Lubricant Oil (2 bottles)

3. SETUP INSTRUCTIONS

The YPOO M4638 Treadmill is designed for easy assembly. Most components are pre-assembled. Follow these steps to complete the setup:

1. **Unpacking:** Remove all packaging materials and place the treadmill frame on a clear, flat surface.
2. **Unfolding (if applicable):** If the treadmill is in its folded position, gently lower the running deck until it locks into place. Refer to the auto-folding mechanism for guidance.
3. **Handlebar Assembly:** Attach the handlebars to the main frame using the provided screws and tools from the tool kit. Ensure all screws are tightened securely. Typically, only 8 screws are required for final assembly.
4. **Connect Power Cord:** Locate the power input port, usually at the front base of the treadmill. Connect the separable power plug firmly.
5. **Initial Lubrication:** Before first use, apply a few drops of the provided lubricant oil into the automatic lubrication hole located near the running belt. This ensures smooth operation and extends belt life. Refer to the Maintenance section for frequency.
6. **Safety Key Placement:** Place the safety key into its designated slot on the console. The treadmill will not operate without the safety key in place.

Powerful & Quiet Motor

Smooth Operation Without Noise

- ✓ Smooth running
- ✓ Longer usage time
- ✓ Lower noise < 65 dB
- ✓ Powerful speed up to 8MPH



Image: The YPOO M4638 Treadmill in its auto-folding position, demonstrating its compact storage capability.

Automatic Lubrication Hole

Usage Frequency		Maintenance frequency	
<3	Hours/Week	30	Days
4-7	Hours/Week	15	Days
>8	Hours/Week	15	Days

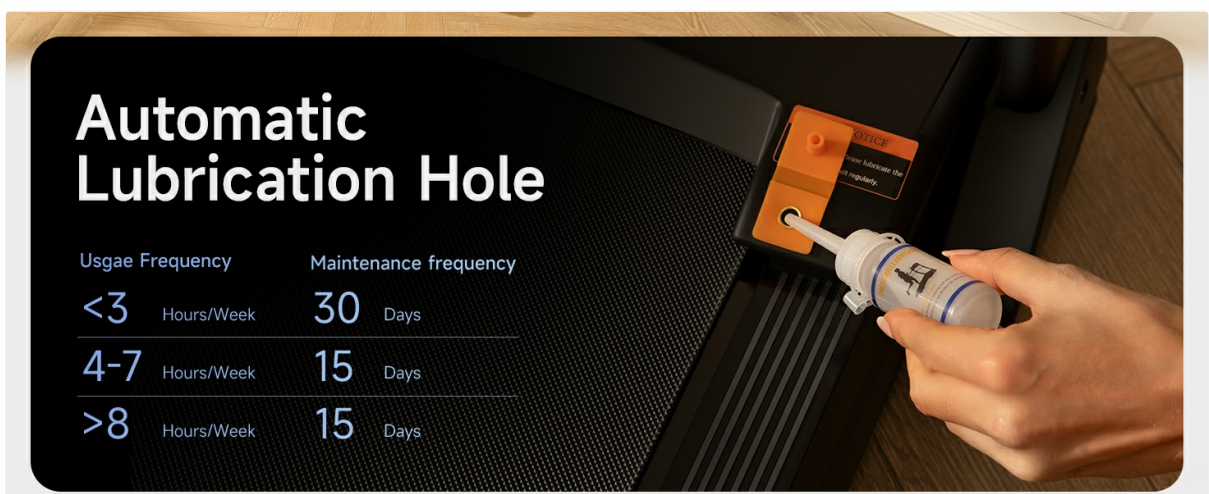


Image: A hand connecting the separable power plug to the treadmill's power input port.

4. OPERATING INSTRUCTIONS

Familiarize yourself with the control panel and functions before beginning your workout.

4.1 Control Panel Overview



Image: Close-up of the multi-function LED display screen, showing readouts for time, speed, distance, and calories, along with quick buttons and safety key slot.

The 16-inch multi-function LED screen displays key workout metrics: Time, Speed, Distance, and Calories Burned. The console includes quick buttons for speed adjustments and program selection.

4.2 Starting a Workout

1. Ensure the treadmill is plugged in and the safety key is correctly placed on the console.
2. Attach the safety key clip to your clothing.
3. Step onto the treadmill, placing your feet on the side rails.
4. Press the 'START' button. The treadmill will begin with a short countdown before the belt starts moving at a low speed.
5. Gradually increase the speed using the 'Speed+' button or quick speed buttons (e.g., 3mph, 6mph) to your desired pace. The maximum speed is 8.0 MPH.

4.3 Adjusting Incline

The YPOO M4638 features a manual incline system with three levels: 1.5%, 5%, and 8%. To adjust the incline:

1. Stop the treadmill and step off the running belt.
2. Locate the incline adjustment pins at the rear base of the treadmill.
3. Adjust the pins to the desired incline level (1.5%, 5%, or 8%). Ensure both sides are set equally.
4. Step back onto the treadmill and resume your workout.



Image: The treadmill illustrating the three manual incline levels (1.5%, 5%, 8%) and how to adjust them.

4.4 Preset Programs and Modes

The treadmill offers 12 preset programs (P-buttons) and countdown modes to vary your workout intensity. Consult the display for program details and selection.

4.5 Bluetooth Connectivity and YPOO APP

Enhance your fitness experience by connecting your smart devices via Bluetooth to the YPOO APP. This allows for:

- Music playback through built-in speakers.
- Access to various training events and live racing events.

- Personalized training plans and real-time progress tracking.



Image: A user running on the treadmill with music notes indicating Bluetooth music playback functionality.

4.6 Stopping a Workout

To stop the treadmill, press the 'STOP' button on the console. The belt will gradually slow down and come to a complete stop. Alternatively, pulling the safety key will immediately stop the treadmill.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your YPOO M4638 Treadmill.

5.1 Cleaning

- Wipe down the console and other surfaces with a damp cloth after each use to remove sweat and dust.
- Do not use abrasive cleaners or solvents, as these can damage the treadmill's finish.

5.2 Belt Lubrication

The running belt requires periodic lubrication to reduce friction and wear. The treadmill features an automatic lubrication hole for convenience.

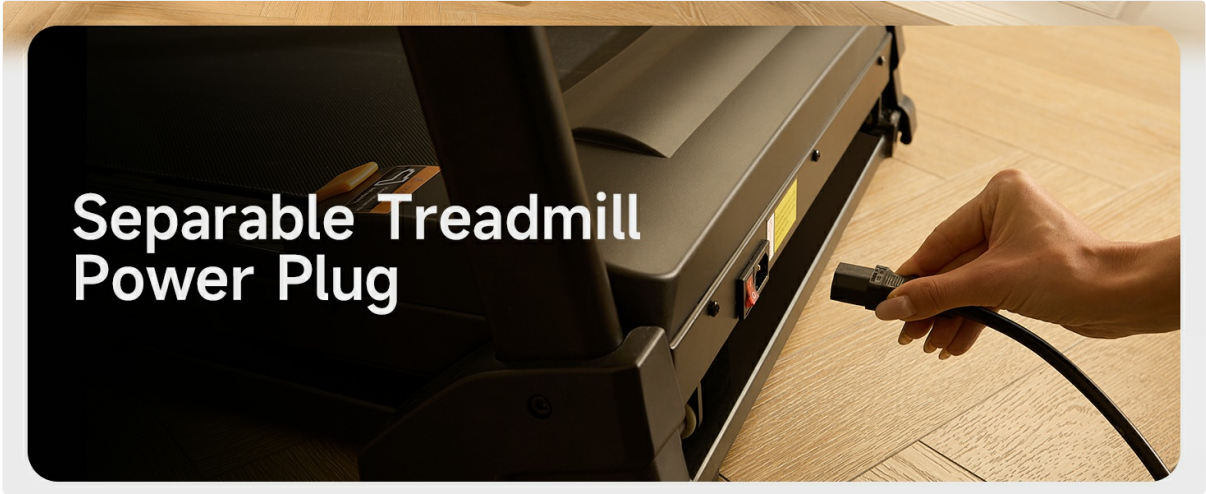


Image: A hand applying lubricant oil into the automatic lubrication hole on the treadmill deck.

Lubrication Frequency:

Usage Frequency	Maintenance Frequency
< 3 Hours/Week	Every 30 Days
4-7 Hours/Week	Every 15 Days
> 8 Hours/Week	Every 15 Days

Procedure:

1. Turn off and unplug the treadmill.
2. Locate the orange flange cap covering the lubrication hole. Flip it open.
3. Apply a few drops of the provided lubricant oil into the hole.
4. Close the cap.
5. Plug in the treadmill and run it at a low speed (e.g., 2-3 MPH) for 5 minutes to distribute the oil evenly.

5.3 Belt Tension and Alignment

If the running belt feels loose, slips, or drifts to one side, it may need adjustment. Refer to the troubleshooting section or contact customer support for detailed instructions.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your YPOO M4638 Treadmill.

Problem	Possible Cause	Solution
Treadmill does not start	Power cord not plugged in; Safety key not in place; Circuit breaker tripped.	Ensure power cord is securely plugged in; Insert safety key fully; Check household circuit breaker.

Problem	Possible Cause	Solution
Running belt slips or hesitates	Belt too loose; Insufficient lubrication.	Adjust belt tension (refer to specific instructions or contact support); Apply lubricant as per Maintenance section.
Running belt drifts to one side	Belt misalignment.	Adjust belt alignment screws at the rear of the treadmill (turn 1/4 turn clockwise on the side the belt is drifting towards, then run for 2 minutes and re-evaluate).
Unusual noise during operation	Loose components; Lack of lubrication; Motor issue.	Check all assembly screws for tightness; Apply lubricant; If noise persists, contact customer support.
Console display not working	Loose cable connection; Power issue.	Check all cable connections to the console; Ensure power supply is stable.

For issues not listed here or if solutions do not resolve the problem, please contact YPOO customer support.

7. SPECIFICATIONS

Detailed technical specifications for the YPOO M4638 Auto-Folding Treadmill.

Feature	Specification
Model Number	M4638
Product Dimensions (L x W x H)	131.57 x 60.45 x 113.03 cm (51.8 x 23.8 x 44.5 inches)
Item Weight	29 kg (63.9 lbs)
Maximum User Capacity	300 lbs (approx. 136 kg)
Motor Horsepower	2.5 HP
Speed Range	0.5 - 8.0 MPH
Incline Levels	3 Manual Levels (1.5%, 5%, 8%)
Display Size	15.7 Inches LED
Display Metrics	Time, Speed, Distance, Calories Burned
Programs	12 Preset Programs
Connectivity	Bluetooth, YPOO APP Compatible

Feature	Specification
Special Features	Auto-Folding, Compact Design, Wheeled for Portability, Low Noise (<65dB)
Running Belt	5-layer non-slip belt
Frame Material	Alloy Steel
Power Source	Corded Electric

8. WARRANTY AND SUPPORT

YPOO is committed to providing high-quality products and excellent customer service.

8.1 Warranty Information

Specific warranty details are typically provided with your purchase documentation. Please refer to the warranty card or contact YPOO customer support for information regarding warranty coverage and duration.

8.2 Return Policy

This product is generally eligible for a 30-day refund or replacement policy from the date of purchase. Please check the retailer's specific return policy for full details.

8.3 Customer Support

For any questions, concerns, or assistance with your YPOO M4638 Treadmill, please contact YPOO customer support. We offer 24/7 support to ensure your satisfaction.



Image: A customer support representative ready to assist with product inquiries.

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