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› WALKINGPAD Z1 Foldable Under Desk Treadmill User Manual

WALKINGPAD WP400F4

WALKINGPAD Z1 Foldable Under Desk Treadmill User Manual

1. INTRODUCTION

Thank you for choosing the WALKINGPAD Z1 Foldable Under Desk Treadmill. This manual provides essential information for the safe and efficient use of your new fitness equipment. Please read it thoroughly before operation and retain it for future reference.

2 in 1 Under Desk Treadmill

 Jogging

 Walking



Image: The WALKINGPAD Z1 can be used for both walking and light jogging, offering versatility for your fitness routine.

Key Features:

- **Folding and Portable Design:** The Z1 treadmill features advanced folding technology, reducing its size to 31.8 x 22 x 5.4 inches for easy storage and space-saving.
- **Real-Time Data Monitoring:** An integrated LED display tracks time, speed, distance, and calories, allowing

for scientific and rational adjustment of your exercise program.

- **Quiet Brushless Motor:** Equipped with a high-efficiency brushless motor, the treadmill operates with low noise, providing stable power output in a quiet environment.
- **Professional Grade Cushioning System:** Advanced cushioning technology minimizes impact on joints, enhancing comfort and protecting your health during workouts.
- **No Installation Required:** The Z1 treadmill arrives fully assembled and ready to use, eliminating tedious setup steps.

2. IMPORTANT SAFETY INFORMATION

To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the treadmill. The manufacturer assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

General Precautions:

- Always consult with a physician before starting any exercise program.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Wear appropriate exercise clothing and athletic shoes.
- Do not use the treadmill if it is damaged or malfunctioning.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.
- The maximum user weight capacity for this treadmill is 242 lbs (110 kg).

3. SETUP

Unpacking and Placement:

1. Carefully remove the treadmill from its packaging.
2. Place the treadmill on a firm, level surface. Ensure there is at least 20 inches (50 cm) of clear space on each side and 79 inches (200 cm) behind the treadmill for safe operation.

Unfolding the Treadmill:

The WALKINGPAD Z1 features a 180-degree foldable design for easy deployment and storage.

Powerful & Quiet Motor



242lbs
Max Weight



2.0HP
Motor Power



1-4mph
Speed Range

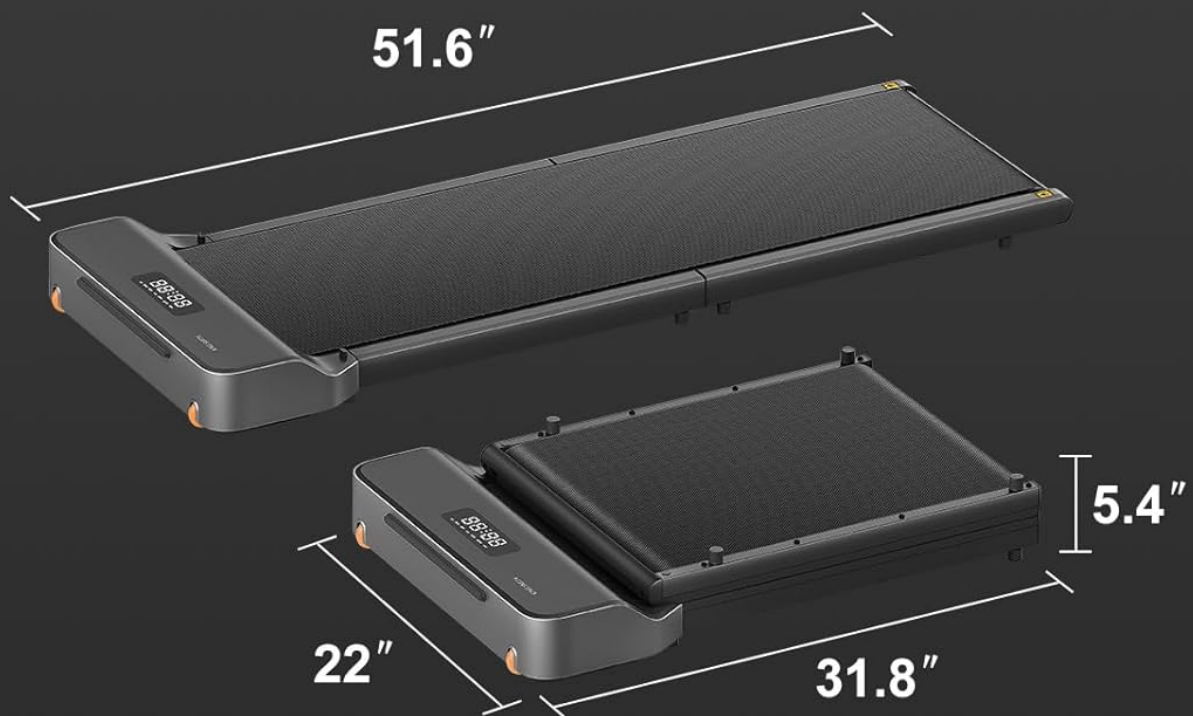


Image: A user demonstrates the simple unfolding process of the WALKINGPAD Z1.

1. Gently lift the rear section of the treadmill until it fully extends and locks into place.
2. Ensure the treadmill is fully flat and stable before stepping on it.

Power Connection:

- Connect the power cord to the treadmill's power input port.

- Plug the other end of the power cord into a grounded electrical outlet.
- Flip the main power switch (usually located near the power cord input) to the 'ON' position.

4. OPERATING INSTRUCTIONS

Using the Remote Control:

The treadmill is controlled via a compact remote control. Ensure the remote has working batteries.



Image: The remote control allows for easy adjustment of speed, displayed on the treadmill's LED screen.

- **Start/Stop:** Press the power button on the remote to start or stop the treadmill.
- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the speed. The speed range is typically 1 to 4 mph.
- **Mode Selection:** Some models may have different modes (e.g., manual, automatic). Refer to the specific remote instructions for mode switching.

LED Digital Display:

The high-definition LED display provides real-time feedback on your workout.

LED Digital Display Panel



Image: The LED digital display panel provides clear visibility of your exercise metrics.

- **Time:** Displays the duration of your workout.
- **Speed:** Shows your current walking/jogging speed.
- **Distance:** Tracks the total distance covered during your session.
- **Calories:** Estimates the calories burned.

App Control:

For enhanced functionality, the WALKINGPAD Z1 can connect to a dedicated mobile application. Download the 'KS Fit' app from your device's app store.



Image: The WALKINGPAD Z1 can be controlled and monitored via a smartphone application.

- Follow the in-app instructions to pair your device with the treadmill via Bluetooth.
- The app allows for advanced control, tracking, and personalized workout programs.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your WALKINGPAD Z1 treadmill. Always unplug the treadmill before performing any maintenance.

Cleaning:

- Wipe down the treadmill surface with a damp cloth after each use to remove sweat and dust.
- Avoid using abrasive cleaners or solvents that could damage the finish.

Running Belt Lubrication:

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Use only silicone-based treadmill lubricant.

1. Unplug the treadmill.
2. Loosen the rear roller bolts slightly to lift the belt.
3. Apply a small amount of lubricant evenly under the center of the running belt.
4. Tighten the rear roller bolts.
5. Plug in the treadmill and run it at a low speed for a few minutes to distribute the lubricant.

Running Belt Adjustment:

If the running belt shifts to one side, it needs adjustment to prevent wear and ensure safe operation.

1. Unplug the treadmill.
2. Identify which side the belt is drifting towards.
3. Using the provided Allen key, turn the adjustment bolt on the side the belt is drifting towards clockwise by a

quarter turn.

4. If the belt is drifting to the left, turn the left bolt clockwise. If drifting to the right, turn the right bolt clockwise.
5. Plug in the treadmill and run it at a low speed (e.g., 1 mph) for 1-2 minutes. Observe if the belt centers.
6. Repeat adjustments in small increments until the belt runs centrally.

6. TROUBLESHOOTING

If you encounter issues with your WALKINGPAD Z1, refer to the following common problems and solutions.

Problem	Possible Cause	Solution
Treadmill does not power on	Power cord not connected, main switch off, power outlet issue	Ensure power cord is securely plugged in, main switch is ON, and outlet is functional.
Running belt slips or hesitates	Belt too loose, insufficient lubrication	Adjust belt tension (refer to Maintenance section), lubricate the running belt.
Running belt drifts to one side	Belt misalignment	Adjust the running belt (refer to Maintenance section).
Unusual noise during operation	Loose components, lack of lubrication, foreign object	Check for loose screws, lubricate belt, inspect for obstructions. If noise persists, contact customer support.
Remote control not responding	Dead batteries, remote not paired	Replace remote batteries. Refer to the full user manual for remote pairing instructions.

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

7. SPECIFICATIONS

Detailed technical specifications for the WALKINGPAD Z1 Treadmill (Model: WP400F4).

Feature	Detail
Model Number	WP400F4
Product Dimensions (Unfolded)	144.78 x 52.58 x 13.97 cm (56.9 x 20.7 x 5.5 inches)
Product Dimensions (Folded)	31.8 x 22 x 5.4 inches
Item Weight	22.7 kg (50 lbs)
Maximum Weight Capacity	242 lbs (110 kg)
Motor Horsepower	2 Horsepower

Feature	Detail
Speed Range	1 to 4 Miles per Hour
Display Type	LED (shows Calories Burned, Distance, Speed, Time)
Frame Material	Aluminum
Power Source	Corded Electric
Special Feature	Foldable
Included Components	Allen key, Power Cord, Remote Control, User manual, Wristband

8. WARRANTY AND SUPPORT

Warranty Information:

The WALKINGPAD Z1 is eligible for return, refund, or replacement within 30 days of receipt, subject to the retailer's policy. For specific warranty details beyond this period, please refer to the warranty card included with your product or contact WALKINGPAD customer support directly.

Customer Support:

For technical assistance, troubleshooting, or inquiries regarding your WALKINGPAD Z1, please contact WALKINGPAD customer support. Contact details can typically be found in the included user manual or on the official WALKINGPAD website.