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› BestGod 520D-A 2-in-1 Walking Pad Treadmill User Manual

BestGod 520D-A

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Model: 520D-A | Brand: BestGod

1. INTRODUCTION

Thank you for choosing the BestGod 520D-A 2-in-1 Walking Pad Treadmill. This device is designed to provide a convenient and effective way to incorporate walking and foot massage into your daily routine, whether at home or in the office. Please read this manual thoroughly before operation to ensure safe and proper use. Keep this manual for future reference.

Important Safety Information

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure the treadmill is placed on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Do not use the treadmill if you weigh more than the maximum recommended weight of 330 lbs (150 kg).
- Always wear appropriate athletic footwear when using the walking pad.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

2. PRODUCT FEATURES

The BestGod 520D-A Walking Pad Treadmill offers a versatile fitness experience with its innovative design and features:

- **2-in-1 Functionality:** Easily switch between a walking pad with a 5% incline (Side A) and a foot massage treadmill (Side B) by rotating the unit 180 degrees.
- **Integrated Foot Massage:** Side B features a foot massage function with P1-P5 intensity adjustments, designed to relieve fatigue and boost circulation.
- **LED Display:** A built-in LED display clearly shows essential workout data including calories burned, speed, time, distance, and massage intensity.
- **Remote Control:** Adjust speed and control functions conveniently with the included remote control.
- **Powerful and Quiet Motor:** Equipped with a 2.5 HP high-power motor, the treadmill operates quietly (less than 45 dB), making it suitable for home and office environments without causing disturbance.
- **Portable and Compact Design:** With a thickness of 3.9 inches and built-in wheels, the walking pad is easy to move and store under a desk or sofa.

- **Shock Reduction System:** Designed to minimize impact on knees during exercise.

Powerful Motor and Robust Weight Capacity



Figure 2.1: The 2-in-1 design of the BestGod Walking Pad Treadmill, illustrating both the walking surface (Side A) and the foot massage surface (Side B).



Figure 2.2: Detail of the foot massage feature, highlighting its design for relaxation and circulation benefits.

3. PACKAGE CONTENTS

Please check the package contents upon unboxing. If any items are missing or damaged, contact customer support immediately.

- BestGod 520D-A Walking Pad Treadmill x 1

- Remote Control x 1
- Lubricating Oil x 1
- Hex Tool x 1
- Power Cord x 1
- Silicone Pad x 2
- User Manual x 1 (This document)



Figure 3.1: Visual representation of all items included in the BestGod Walking Pad Treadmill package.

4. SETUP

The BestGod 520D-A Walking Pad Treadmill requires minimal assembly and is designed for quick setup.

1. **Unboxing:** Carefully remove the treadmill and all accessories from the packaging. Retain the packaging for future storage or transport.
2. **Placement:** Place the treadmill on a firm, level surface. Ensure there is adequate clear space around the unit for safe operation (at least 2 feet behind and 1 foot on each side).
3. **Power Connection:** Connect the power cord to the treadmill's power input port and then plug it into a grounded electrical outlet.
4. **Initial Check:** Before first use, ensure the running belt is centered and free from any obstructions.

2 IN 1 Walking Pad Treadmill

Running & Massage In One!



Figure 4.1: The BestGod Walking Pad Treadmill positioned under a desk, demonstrating its compact design for office use.

5. OPERATING INSTRUCTIONS

5.1 Powering On/Off

- To power on, plug in the treadmill and press the power button located on the unit or the remote control. The LED display will illuminate.

- To power off, press and hold the power button on the remote control or the unit until the display turns off. Unplug the unit from the wall outlet for complete power disconnection.

5.2 Switching Between Walking and Massage Modes

The treadmill features a 2-in-1 design. To switch modes:

- Ensure the treadmill is powered off and unplugged.
- Carefully rotate the unit 180 degrees to expose the desired side:
 - **Side A:** Walking pad with 5% incline.
 - **Side B:** Foot massage treadmill.
- Once rotated, reconnect the power and power on the unit.



Figure 5.1: The treadmill can be rotated 180 degrees to switch between the walking and massage functions.

5.3 Using the Remote Control and LED Display

The remote control allows for easy adjustment of settings. The LED display provides real-time feedback on your workout.

2.5HP Powerful Low Noise Motor

45dB



Figure 5.2: The LED display shows workout metrics, and the remote control allows for easy adjustments.

- **Start/Stop:** Press the Start/Stop button on the remote to begin or end your workout.
- **Speed Adjustment:** Use the '+' and '-' buttons on the remote to increase or decrease the walking speed. The speed range is 0.6-4.0 mph. Adjustments are typically in 0.2 mph increments.
- **Massage Intensity (Side B):** When in massage mode, use the remote to cycle through P1-P5 intensity levels. The display will show the current intensity and a countdown timer (10 to 0 minutes).
- **LED Display Metrics:** The display cycles through Time, Distance, Speed, and Calories. In massage mode, it also

shows massage intensity and remaining time.



Figure 5.3: The control interface and remote allow selection of various data recording modes for your workout.

5.4 Incline Feature (Side A)

When using Side A for walking, the treadmill provides a fixed 5% incline. This incline is designed to enhance calorie burn, provide knee protection, and offer shock absorption during your workout.

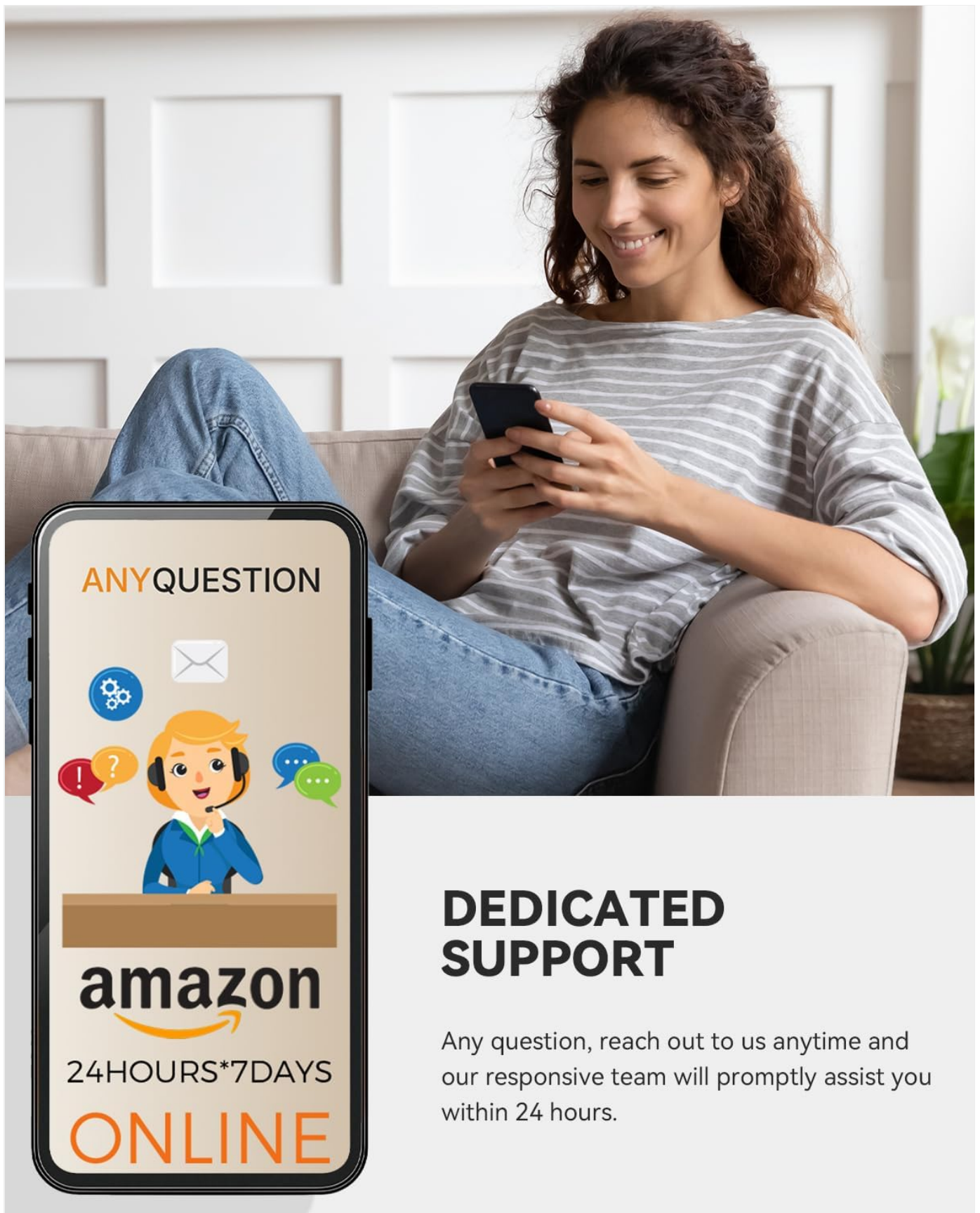


Figure 5.4: The walking side of the treadmill features a fixed 5-degree incline for an elevated workout experience.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your BestGod Walking Pad Treadmill.

6.1 Cleaning

- Always unplug the treadmill before cleaning.

- Wipe down the unit with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents.
- Periodically vacuum under the treadmill to prevent dust buildup from affecting motor performance.

6.2 Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided lubricating oil.

- Unplug the treadmill.
- Loosen the rear roller bolts slightly to lift the belt.
- Apply a small amount of silicone lubricant evenly under the center of the running belt.
- Tighten the rear roller bolts and run the treadmill at a low speed for 1-2 minutes to distribute the lubricant.
- Lubricate every 3-6 months, depending on usage.

6.3 Belt Adjustment

If the running belt shifts to one side or slips, it may need adjustment.

- **Centering the Belt:** If the belt drifts to the left, turn the left rear roller bolt clockwise a quarter turn. If it drifts to the right, turn the right rear roller bolt clockwise a quarter turn. Run the treadmill at a low speed and observe. Repeat if necessary until the belt is centered.
- **Tightening the Belt:** If the belt slips during use, turn both rear roller bolts clockwise a quarter turn simultaneously. Test for slipping and repeat if needed. Do not overtighten.

7. TROUBLESHOOTING

This section addresses common issues you might encounter with your treadmill.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not properly connected; power switch off; circuit breaker tripped.	Ensure power cord is securely plugged into both the treadmill and a working outlet. Check the power switch on the unit. Reset the circuit breaker if necessary.
Remote control is unresponsive.	Remote battery is dead or incorrectly installed; remote is too far from the unit.	Replace the CR2430 battery in the remote control (a spare battery may be included). Ensure the remote is within effective range and pointed towards the treadmill's sensor.
Running belt is slipping.	Belt is too loose; insufficient lubrication.	Tighten the running belt (refer to Section 6.3). Apply lubricating oil under the belt (refer to Section 6.2).
Running belt drifts to one side.	Belt is misaligned.	Adjust the running belt (refer to Section 6.3).
Unusual noise during operation.	Loose components; belt friction; foreign object.	Check for any loose screws or parts and tighten them. Lubricate the running belt. Inspect for any foreign objects under the belt or motor cover. If noise persists, contact customer support.

8. SPECIFICATIONS

Feature	Detail
Model Number	520D-A
Brand	BestGod
Product Dimensions (D x W x H)	101.6D x 50.8W x 12.7H Centimetres (40 x 20 x 5 inches)
Item Weight	33.5 Pounds (15.2 kg)
Maximum Weight Recommendation	330 Pounds (150 kg)
Motor Horsepower	2.5 HP
Speed Range	0.6 - 4.0 Miles per Hour
Maximum Incline Percentage	5% (fixed)
Display Type	LED
Metrics Measured	Time, Distance, Speed, Calories, Massage Intensity
Power Source	Corded Electric
Material	Metal, Plastic
Special Features	Compact Design, Foldable, Portable, Shock Absorbent, Wheeled, Foot Massage
Assembly Required	No (minimal setup)
Remote Control Battery	1 CR2430 (included)

9. WARRANTY AND SUPPORT

Your BestGod 520D-A Walking Pad Treadmill comes with a **one-year warranty** from the date of purchase. This warranty covers manufacturing defects and ensures your product is free from material and workmanship flaws under normal use.

Customer Support

Should you have any questions, concerns, or require assistance with your product, please do not hesitate to contact BestGod customer service. Our dedicated support team is available to help you.

- **Manufacturer:** BestGod
- **Contact Information:** Please refer to the contact details provided on the BestGod official website or your purchase platform (e.g., Amazon's customer service portal for BestGod products).



Figure 9.1: Information on how to contact customer support for any product inquiries.

