

YPOO Folding Treadmill with Incline ZP01-V1 User Manual

Model: ZP01

1. INTRODUCTION

Thank you for choosing the YPOO Folding Treadmill with Incline, Model ZP01-V1. This manual provides essential information for the safe and efficient operation, maintenance, and troubleshooting of your new treadmill. Please read this manual thoroughly before initial use and retain it for future reference.

The YPOO ZP01-V1 is designed for home use, offering a convenient way to perform walking or light jogging exercises. Its foldable design and integrated wheels allow for easy storage and movement.

2. IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, always follow basic precautions when using this treadmill, including the following:

- Read all instructions in this manual before using the equipment.
- Keep children and pets away from the treadmill during operation.
- Place 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.
- Wear appropriate athletic footwear and clothing. Avoid loose clothing that could get caught in moving parts.
- Do not operate the treadmill if it has a damaged cord or plug, if it is not working properly, or if it has been dropped or damaged.
- Always hold the handrails when starting or stopping the treadmill, or if you feel unsteady.
- Do not exceed the maximum user weight of 136.08 kg (300 lbs).
- Consult a physician before starting any exercise program.
- Unplug the treadmill from the power outlet when not in use, before cleaning, and before performing any maintenance.

3. PACKAGE CONTENTS

The YPOO ZP01-V1 treadmill is designed for minimal assembly. Please verify that all components are present and undamaged upon unpacking.

- YPOO ZP01-V1 Folding Treadmill (main unit)
- Power Cord
- Remote Control
- User Manual (this document)
- Safety Key

If any parts are missing or damaged, please contact customer support immediately.

4. SETUP AND UNFOLDING

The YPOO ZP01-V1 treadmill requires no assembly. Follow these steps to unfold and prepare your treadmill for use:

1. **Placement:** Choose a flat, stable surface for the treadmill, ensuring adequate clearance around the unit.
2. **Unfolding the Handrail:** Gently lift the handrail assembly from its folded position until it locks securely into place. Ensure both sides are fully extended and locked.
3. **Connecting Power:** Plug the power cord into the treadmill's power inlet and then into a grounded electrical outlet.
4. **Attaching Safety Key:** Attach the safety key clip to your clothing and insert the safety key into its designated slot on the console. The treadmill will not operate without the safety key in place.



Image 1: YPOO ZP01-V1 Treadmill ready for use, demonstrating the incline feature. The treadmill features a sturdy frame, a running belt, and a console with a device holder.

5. OPERATING INSTRUCTIONS

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

5.1 Control Panel and Display

The integrated display shows key workout metrics such as time, speed, distance, and calories burned. The console also features buttons for starting/stopping, adjusting speed, and changing incline.

5.2 Starting a Workout

1. Ensure the safety key is properly inserted and clipped to your clothing.

2. Step onto the treadmill belt, placing your feet on the side rails.
3. Press the "START" button on the console or remote control. The treadmill will begin at a low speed, typically 0.8 km/h (0.5 mph), and count down before the belt starts moving.
4. Gradually increase the speed using the "+" button on the console or remote to your desired pace.

5.3 Adjusting Speed and Incline

- **Speed:** Use the "+" and "-" buttons on the console or remote to increase or decrease the running belt speed.
- **Incline:** The treadmill features a manual incline adjustment. To change the incline, you must stop the treadmill, step off, and manually adjust the incline mechanism located at the rear of the treadmill. Refer to the markings for available incline levels (e.g., 1.5%-8%).

5.4 Stopping a Workout

- Press the "STOP" button on the console or remote control. The treadmill belt will gradually slow down and stop.
- Alternatively, pull the safety key from its slot. The treadmill will stop immediately. This is an emergency stop feature.



Image 2: User engaging with the YPOO ZP01-V1 Treadmill, which includes a holder for a tablet or phone, allowing for

6. FOLDING AND STORAGE

The YPOO ZP01-V1 treadmill is designed for convenient folding and storage.

1. **Power Off:** Ensure the treadmill is turned off and unplugged from the power outlet.
2. **Fold Handrail:** Gently unlock and lower the handrail assembly until it rests flat against the running deck.
3. **Move:** The treadmill features integrated transport wheels. Carefully tilt the treadmill and roll it to your desired storage location.



Image 3: Illustration of the YPOO ZP01-V1 Treadmill's folding capability, highlighting its compact size (45.7 inches long, 44.0 inches high) for storage.

Space Saving & Easy to Move

Foldable With 2 Wheels



Image 4: A user demonstrating the ease of moving the YPOO ZP01-V1 Treadmill when folded, utilizing its built-in transport wheels for space-saving storage.

7. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Belt Lubrication:** The running belt requires periodic lubrication to reduce friction and wear. Refer to the specific instructions provided with your treadmill's lubricant or contact customer support for guidance. Typically, this is done every few months depending on usage.
- **Belt Tension and Alignment:** Check the running belt tension and alignment regularly. If the belt slips or drifts to one side, consult the troubleshooting section or contact customer support for adjustment instructions.
- **Power Cord Inspection:** Periodically inspect the power cord for any damage.

8. TROUBLESHOOTING

If you encounter issues with your YPOO ZP01-V1 treadmill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; Safety key not inserted; Circuit breaker tripped.	Ensure power cord is securely plugged in. Insert safety key fully. Check household circuit breaker.
Running belt slips or hesitates.	Belt too loose; Insufficient lubrication.	Adjust belt tension (refer to specific instructions or contact support). Lubricate the running belt.
Running belt drifts to one side.	Belt misalignment.	Adjust belt alignment using the rear roller bolts (refer to specific instructions or contact support).
Unusual noise during operation.	Loose components; Lack of lubrication; Motor issue.	Check for and tighten any loose screws. Lubricate the belt. If noise persists, discontinue use and contact support.

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

9. SPECIFICATIONS

- Model:** ZP01-V1
- Brand:** YPOO
- Product Dimensions (as listed):**
 - 114.05 x 12.45 x 54.61 cm (likely packaging or compact folded state)
 - 126D x 14.5W x 65H Centimetres (likely operational dimensions, D=Length, W=Width, H=Height)
 - Folded Dimensions (from image): Approximately 116 cm (Length) x 112 cm (Height)
- Item Weight:** 23.5 kg
- Maximum User Weight:** 136.08 kg (300 lbs)
- Incline Levels:** Manual, 1.5% - 8%
- Assembly Required:** No

10. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your purchase or visit the official YPOO website. If you require technical assistance, have questions about operation, or need to report a defect, please contact YPOO customer support directly. Have your model number (ZP01-V1) and purchase date ready when contacting support.

You can often find support contact details on the manufacturer's website or through your retailer.

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