

Abonow 3000W

Abonow Walking Pad 3000W Instruction Manual

Model: 3000W

1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using the Abonow Walking Pad. Retain this manual for future reference.

- Ensure the walking pad is placed on a flat, stable surface.
- Keep children and pets away from the walking pad during operation.
- Do not use the walking pad if you weigh more than 265 lbs (120 kg).
- Always wear appropriate athletic footwear.
- Disconnect power when not in use or before cleaning/maintenance.
- Consult a physician before starting any new exercise program.

2. PACKAGE CONTENTS

Verify that all components are present in the package:

- Abonow Walking Pad (Model 3000W)
- Remote Control
- Tool Kit
- User Manual (this document)

3. SETUP

1. **Unpacking:** Carefully remove the walking pad and all accessories from the packaging.
2. **Placement:** Place the walking pad on a firm, level surface, ensuring adequate space around it for safe operation.
3. **Incline Adjustment:** The walking pad features an adjustable 8% manual incline. To adjust, locate the incline mechanism at the rear of the unit and manually set it to the desired position. This simulates a climbing experience and can increase calorie expenditure.
4. **Power Connection:** Plug the power cord into a grounded electrical outlet. Ensure the power switch

on the walking pad is in the OFF position before plugging it in.

8% Manual incline For More Fat Burning



Image: The Abonow Walking Pad demonstrating its 8% manual incline capability, designed to enhance calorie burning.

Easy to Move and Space Saving

Maximize Space, Minimize Clutter!



Easy
to use



Minimize
Clutter



Image: The compact design of the Abonow Walking Pad, shown being stored flat under furniture and upright against a wall, highlighting its space-saving features.

4. OPERATING INSTRUCTIONS

1. **Power On:** Flip the main power switch on the walking pad to the ON position. The LED display will illuminate.
2. **Using the Remote Control:** The walking pad is operated via a wireless remote control. This allows for speed adjustments without physically touching the unit.
 - Press the 'Start' button to begin operation.
 - Use the '+' and '-' buttons to increase or decrease speed.
 - Press the 'Stop' button to halt the walking pad.

- The 'M' button cycles through different display modes (Speed, Distance, Time, Calories).
3. **LED Display:** The integrated LED display shows key metrics: Speed, Distance, Time, and Calories Burned.
 4. **Operating Modes:** The walking pad offers three distinct modes:
 - **Working Mode:** 0.6-1.5 mph (ideal for light activity while working).
 - **Walking Mode:** 0.6-2.5 mph (suitable for a steady walk).
 - **Running Mode:** 2.5-4.0 mph (for a brisk walk or light jog).
 5. **Starting Exercise:** Step onto the walking belt carefully. Press 'Start' on the remote control and gradually increase the speed to your desired pace.
 6. **Stopping Exercise:** Press 'Stop' on the remote control. The belt will gradually slow down and stop. Step off the walking pad once the belt has completely stopped.

Wireless Remote Control & LED Display

Portable remote control, adjust the speed
without touching the walking board

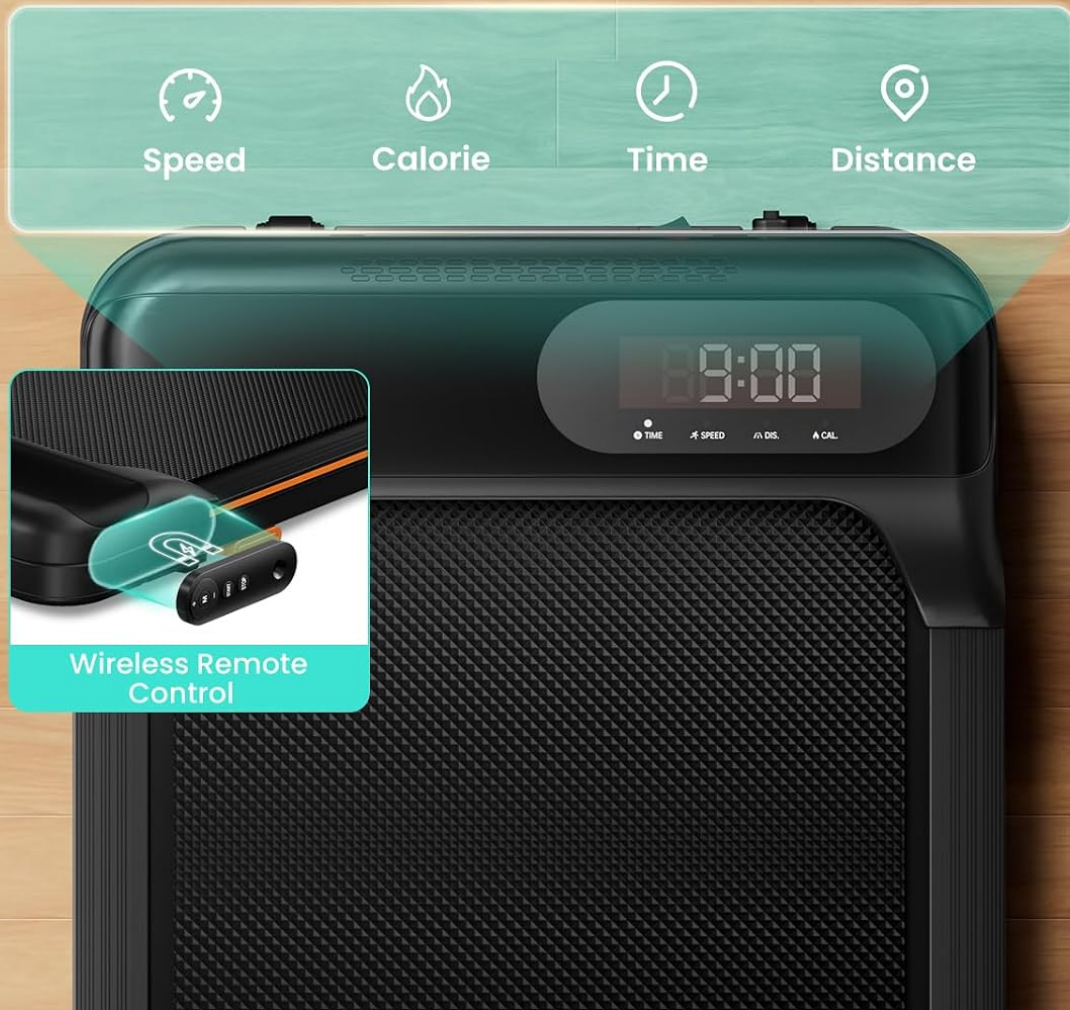


Image: The Abonow Walking Pad's LED display showing speed, calorie, time, and distance, alongside its wireless remote control.

3 Modes Under Desk Treadmill

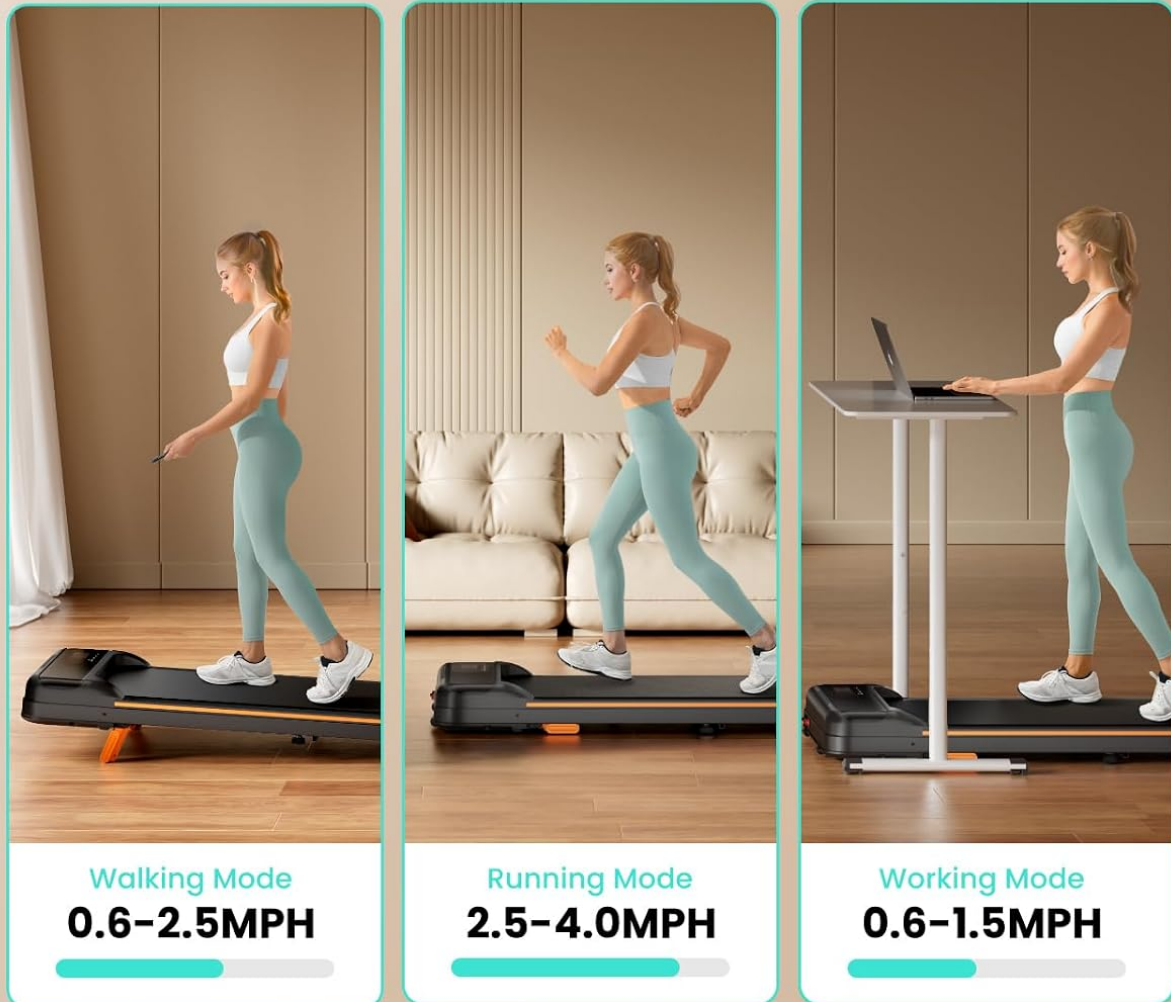


Image: Visual representation of the three operating modes: Working (0.6-1.5 MPH), Walking (0.6-2.5 MPH), and Running (2.5-4.0 MPH).

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Video: Demonstration of the Abonow Under Desk Treadmill in a home office setting, showcasing its use while working.

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Video: A user demonstrating the walking pad with its incline feature, highlighting its functionality.

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Video: A brief demonstration of using the walking pad for exercise within a home environment.

5. MAINTENANCE

- **Cleaning:** Regularly wipe down the walking pad with a damp cloth. Do not use abrasive cleaners or solvents.
- **Belt Lubrication:** The walking belt may require lubrication periodically to ensure smooth operation and prolong its lifespan. Refer to the included tool kit for lubricant and instructions.
- **Storage:** When not in use, the walking pad can be easily moved and stored. Its compact size and built-in wheels allow it to be stored under desks, beds, or in closets.



Image: The Abonow Walking Pad's shock absorption system, featuring 6 silicone shock absorbers and a 5-layer anti-slip running belt for joint protection.

6. TROUBLESHOOTING

If you encounter any issues with your Abonow Walking Pad, please refer to the following common

solutions:

- **Walking Pad does not power on:** Check if the power cord is securely plugged into both the unit and the wall outlet. Ensure the main power switch is in the ON position.
- **Belt is not moving:** Ensure the remote control has fresh batteries and is properly paired. Press the 'Start' button.
- **Unusual noises:** Check for any obstructions under the belt. If the noise persists, the belt may require lubrication. Refer to the maintenance section.
- **Remote control not responding:** Replace the batteries in the remote control.

For issues not covered here, please contact customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	Abonow
Model Number	3000W
Product Dimensions (D x W x H)	43.3"D x 18.1"W x 3.9"H
Item Weight	34 Pounds
Material	Alloy Steel
Maximum Speed	4 Miles per Hour
Minimum Speed	0.5 Miles per Hour
Maximum Horsepower	2.5 Horsepower
Maximum Incline Percentage	8% (Manual)
Maximum Weight Recommendation	265 Pounds
Display	LED (Speed, Distance, Time, Calories)
Power Source	Corded Electric
Special Features	Lightweight, Manual Incline, Portable, Wheeled

Powerful Stable Quiet Motor



Low Noise



0.5-4MPH
Speed Range



2.5HP
Motor Power



265LBS
Weight Capacity



Image: Internal view of the Abonow Walking Pad's 2.5HP motor, highlighting its low noise and stable performance, along with key specifications.

8. WARRANTY AND SUPPORT

The Abonow Walking Pad 3000W comes with a **1-year warranty** from the date of purchase. For warranty claims, technical support, or any questions regarding your product, please contact Abonow customer service through the retailer's platform or visit the official Abonow store page. Please have your model number (3000W) and proof of purchase ready when contacting support.

