ANCHEER 23-NQ

ANCHEER Walking Pad Instruction Manual

Model: 23-NQ

1. Important Safety Information

Please read all instructions carefully before using the ANCHEER Walking Pad. Retain this manual for future reference. Failure to follow these instructions may result in injury or damage to the product.

- 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 300 lbs (136 kg).
- Always wear appropriate athletic footwear.
- Disconnect power when not in use or before cleaning/maintenance.
- Use only the provided power cord and accessories.

2. Product Components

The ANCHEER Walking Pad comes with the following components:

✓ ANCHEER Walking Pad Treadmill
✓ User Manual (this document)
✓ Remote Control
✓ Power Cord
✓ Lubricant (2 bottles)
✓ L-Shape Wrench



Figure 2.1: Included Product Components. This image displays the ANCHEER Walking Pad along with its accessories: the user manual, remote control, power cord, two bottles of lubricant, and an L-shaped wrench, all essential for setup and maintenance.

3. Setup and Initial Use

The ANCHEER Walking Pad arrives fully assembled, requiring no complex installation. Simply unbox and place it in your desired location.

3.1 Placement

Due to its compact design and built-in transportation wheels, the walking pad can be easily moved and stored. Ideal locations include under a desk, sofa, bed, or against a wall.



Figure 3.1: Storage Options. This image illustrates the compact storage capabilities of the ANCHEER Walking Pad, showing it neatly tucked away under a sofa, under a bed, under a cabinet, and standing upright against a wall, highlighting its space-saving design.

3.2 Power Connection and Safety Lock

Connect the power cord to a suitable electrical outlet. Ensure the safety lock is properly engaged before starting the treadmill. The treadmill will not operate without the safety lock in place.

3.3 First Use

Before your first workout, familiarize yourself with the remote control and the LED display. Start at a low speed to get accustomed to the treadmill's operation.

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Video 3.1: How to use the 3 in 1 walking pad? This video demonstrates the basic setup and initial operation of the ANCHEER Walking Pad, including how to power it on and begin using its various modes. It provides a visual guide for new users.

4. Operating Instructions

The ANCHEER Walking Pad offers three distinct modes to suit your fitness needs, controlled via the remote.

4.1 Modes of Operation

- **Working Mode:** 0.6 - 1.6 mph (1.0 - 2.6 km/h) - Ideal for light activity while working or reading.
- **Walking Mode:** 1.6 - 2.6 mph (2.6 - 4.2 km/h) - Suitable for a brisk walk.
- **Running Mode:** 2.6 - 3.7 mph (4.2 - 6.0 km/h) - For light jogging or faster paced walking.



Figure 4.1: Three Modes of Operation. This image visually represents the three distinct usage modes of the ANCHEER Walking Pad: Working Mode for low speeds, Walking Mode for moderate speeds, and Running Mode for higher speeds, each with its corresponding speed range.

4.2 LED Display and Remote Control

The integrated LED display shows real-time exercise data, including speed, distance, time, and calories burned. The remote control allows you to easily adjust the speed and start/stop the treadmill, enhancing convenience and safety.



Figure 4.2: LED Display and Remote Control. This image highlights the ANCHEER Walking Pad's LED display, which shows key workout metrics like distance, time, calories, and speed. The accompanying remote control is also shown, indicating easy control over the treadmill's functions.

4.3 Quiet Operation

Equipped with a 2.5HP powerful motor, the treadmill operates quietly (noise level ≤ 45dB), allowing you to exercise without disturbing others, even in a shared office or home environment.



Figure 4.3: Quiet Operation. This image depicts a user exercising on the ANCHEER Walking Pad under a desk, emphasizing its quiet operation with a 2.5 HP motor and a noise level below 50 dB, making it suitable for various environments.

Your browser does not support the video tag.

Video 4.1: Walking Pad, Max 300 Lbs Capacity, Under Desk Treadmills for Home Office. This video provides a general overview of the ANCHEER Walking Pad's features, including its capacity and suitability for home and office use, demonstrating its quiet operation and compact design.

5. Maintenance

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

5.1 Lubrication

The running belt requires periodic lubrication to reduce friction and wear. Use the provided lubricant and follow the instructions in the separate user manual for proper application. Typically, lubrication is recommended every few months depending on usage frequency.

5.2 Cleaning

Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents. Regularly clean around the motor area to prevent dust buildup.

5.3 Running Belt Adjustment

Over time, the running belt may shift or loosen. If the belt is not centered or feels loose, use the provided L-shape wrench to adjust the tension and alignment as per the detailed instructions in the main user manual. Proper belt tension and alignment are crucial for smooth operation and user safety.

6. Troubleshooting

This section addresses common issues you might encounter with your ANCHEER Walking Pad.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord faulty or not connected; Safety lock not engaged.	Check power cord connection and ensure it's not damaged. Verify the safety lock is correctly in place.
E06 Error displayed.	Motor overheating or internal fault.	Turn off the treadmill and unplug it. Allow it to cool down for at least 30 minutes. If the error persists, contact customer service.
Running belt slips or is off-center.	Belt tension too loose or misaligned.	Refer to Section 5.3 for instructions on adjusting the running belt using the L-shape wrench.
Unusual noise during operation.	Lack of lubrication; Loose components; Foreign object.	Check lubrication (Section 5.1). Inspect for loose screws or foreign objects under the belt. If noise persists, contact customer service.

If you encounter issues not listed here or if the suggested solutions do not resolve the problem, please contact ANCHEER customer service for assistance.

7. Specifications

Feature	Detail
Brand	ANCHEER
Model	23-NQ
Product Dimensions	47.24"D x 19.68"W x 4.5"H (120 x 50 x 11.5 cm)
Item Weight	40.57 Pounds (18.4 kg)
Material	Alloy Steel
Maximum Speed	3.7 Miles per Hour (6.0 km/h)
Minimum Speed	0.6 Miles per Hour (1.0 km/h)
Maximum Horsepower	2.5 HP

Feature	Detail
Maximum Weight Recommendation	300 Pounds (136 kg)
Running Belt Width	16 Inches (40.6 cm)
Display Type	LED
Power Source	Corded Electric (800 Watts Input Power)
Special Features	2-in-1 Under Desk Treadmill, Lightweight, Easy Storage, Whisper-quiet operation, Dual Shock Absorption

8. Warranty and Support

ANCHEER is committed to providing high-quality products and satisfactory after-sales service.

8.1 Warranty Information

This ANCHEER Walking Pad comes with a**one-year warranty**. During this period, replacement accessories will be provided for any manufacturing defects.

8.2 Customer Service

If you have any questions, concerns, or problems with your walking treadmill, please do not hesitate to contact our customer service team. We aim to reply to all inquiries within 24 hours.
For support, please visit the ANCHEER Store on Amazon or use the contact information provided in your purchase documentation.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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