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**ANCHEER B0DL5TDV6B**

# ANCHEER Walking Pad Treadmill with Auto Incline

**MODEL: B0DL5TDV6B**

## 1. Product Overview

The ANCHEER Walking Pad Treadmill is designed for home and office use, featuring an auto-incline function, a powerful 2.5HP motor, and a compact design for easy storage. This manual provides essential information for safe and effective operation.




*Image: The ANCHEER Walking Pad Treadmill in a home setting, demonstrating its use for walking and as an under-desk treadmill.*

## 2. Safety Information

- Read all instructions before using the treadmill.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a flat, stable surface. Ensure adequate clearance around the unit.
- Wear appropriate athletic footwear.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Maximum user weight capacity: 300 lbs (136 kg).
- Always hold onto the handrails (if applicable) when starting or stopping the treadmill.
- Disconnect power before cleaning or maintenance.

## 3. Setup and Assembly

The ANCHEER Walking Pad Treadmill comes pre-assembled for user convenience. Minimal setup is required before first use.

### 3.1 Unboxing and Placement

1. Carefully remove the treadmill from its packaging.
2. Place the treadmill on a firm, level surface. Ensure there is at least 2 feet (0.6 meters) of clear space behind the treadmill and 1 foot (0.3 meters) on each side.
3. Check that all components are present and undamaged.

### 3.2 Power Connection

Connect the power cord to the treadmill's power inlet and then plug it into a grounded electrical outlet. Ensure the power switch is in the 'OFF' position before plugging in.

### 3.3 Moving and Storage

The treadmill is designed with transport wheels for easy movement. To move, lift the rear end of the treadmill slightly and roll it to the desired location. For storage, the compact design allows it to be stored flat under furniture or vertically against a wall.




*Image: Demonstrates the compact storage options for the treadmill, showing it stored flat and upright.*

## 4. Operating Instructions

### 4.1 Power On/Off

- To power on, flip the main power switch located near the power cord inlet to the 'ON' position. The LCD display will illuminate.
- To power off, press the 'Stop' button on the remote control, then flip the main power switch to 'OFF'.

### 4.2 Remote Control Functions

The treadmill is operated using the included remote control. Ensure the remote has working batteries.




*Image: Close-up of the treadmill's LCD display and the remote control, highlighting the various control buttons and display metrics.*

- **Start Key:** Initiates the treadmill belt movement.
- **Speed +** / **-:** Adjusts the walking speed. Speed range is 0-4 mph.
- **Stop:** Halts the treadmill belt movement.
- **Incline +** / **-:** Adjusts the incline level. There are 8 adjustable incline levels, up to 9%.

### 4.3 LCD Display

The integrated LED display shows real-time workout data:

- **Time:** Duration of your workout.
- **Calories:** Estimated calories burned.
- **Speed:** Current walking speed.
- **Distance:** Total distance covered.
- **Incline:** Current incline level.

### 4.4 Adjusting Incline

The treadmill features an auto-incline function with 8 levels, reaching up to a 9% incline. Use the 'Incline +' and 'Incline -' buttons on the remote control to adjust the slope during your workout without interruption.




*Image: Visual representation of the 8 adjustable incline levels, from 0% to 9%, controlled by the remote.*




*Image: Illustrates the benefit of incline training, showing higher calorie expenditure at 9% incline compared to a flat surface.*

### 4.5 Speed Modes

The treadmill supports various speeds suitable for walking, light jogging, and climbing simulation.

- **Walking:** 0.5-2.5 mph (ideal for under-desk use or casual walking).
- **Running/Jogging:** 2.5-4 mph (for more active workouts).
- **Climbing:** 0.5-4 mph (when combined with incline).

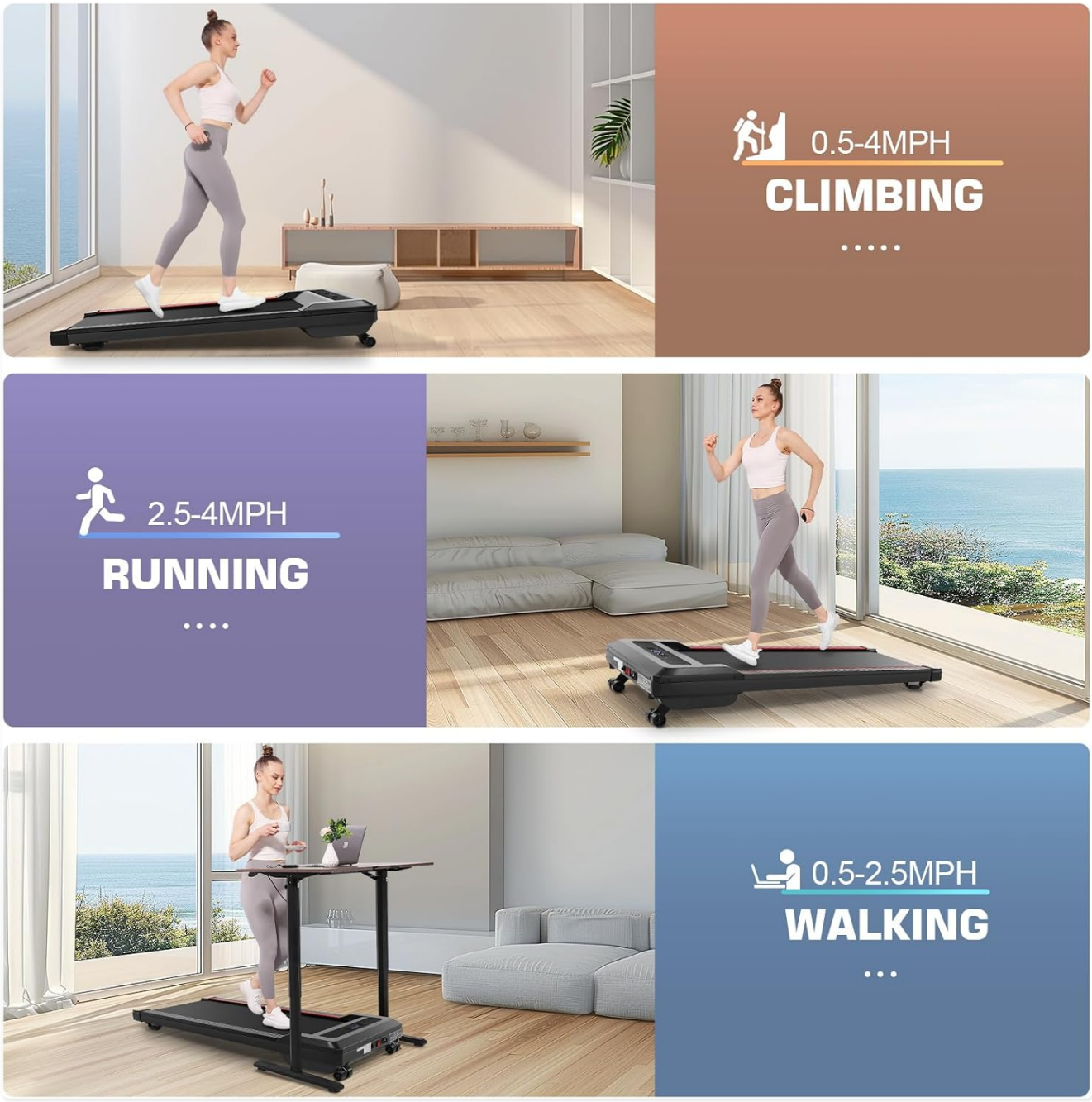



*Image: Depicts the treadmill being used for various activities including walking, running, and under-desk operation, with corresponding speed ranges.*

## 5. Maintenance

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

### 5.1 Cleaning

- Always unplug the treadmill before cleaning.
- Wipe down the display and exterior surfaces with a soft, damp cloth. Avoid abrasive cleaners or solvents.
- Periodically vacuum under the treadmill to prevent dust buildup.

### 5.2 Lubrication

The running belt may require lubrication after extended use. Refer to the specific lubrication instructions provided

with your treadmill or contact customer support for guidance on the correct type and application of lubricant.

### 5.3 Belt Adjustment

If the running belt starts to slip or move off-center, it may require adjustment. Consult the detailed instructions in the full product manual or contact customer support for assistance.

## 6. Troubleshooting

If you encounter issues with your treadmill, refer to the common problems and solutions below. If the problem persists, contact customer support.

| Problem | Possible Cause | Solution |
|---|---|---|
| Treadmill does not power on. | Power cord not connected; Main switch off; Outlet issue. | Ensure power cord is securely plugged in. Check main power switch. Test outlet with another device. |
| Belt does not move. | Treadmill not started; Safety key not in place (if applicable); Motor issue. | Press 'Start' on remote. Ensure safety key is correctly inserted. Contact support if motor issue suspected. |
| Unusual noise during operation. | Loose parts; Belt friction; Motor issue. | Check for loose screws. Lubricate belt if needed. Contact support for motor noise. |
| Incline not adjusting. | Incline motor issue; Remote control battery low. | Replace remote batteries. Contact support if incline motor is unresponsive. |

## 7. Specifications

Detailed technical specifications for the ANCHEER Walking Pad Treadmill.




*Image: Illustrates the powerful dual motor system and key performance metrics of the treadmill.*

| Feature | Specification |
|---|---|
| Brand | ANCHEER |
| Model | B0DL5TDV6B |
| Product Dimensions (LxWxH) | 50.8" x 21" x 5.5" (129 cm x 53.3 cm x 14 cm) |
| Material | Alloy Steel |
| Motor Horsepower | 2.5 HP (Dual Motor) |
| Maximum Speed | 4 Miles per Hour (6.4 km/h) |
| Maximum Incline Percentage | 9% (8 adjustable levels) |
| Maximum Weight Recommendation | 300 Pounds (136 kg) |

| Feature | Specification |
|---|---|
| Power Source | Corded Electric |
| Noise Level | <45 dB |
| Shock Absorption | 7-Layer High-Tech Dual Rebound System |
| Assembly Required | No (Pre-assembled) |
| Included Components | User Manual, Power Cord, Remote Control |

## 8. Warranty and Support

ANCHEER provides a warranty for this product to ensure customer satisfaction.

### 8.1 Warranty Service

The motor, frame, and all treadmill parts are covered by a one-year warranty from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use.

### 8.2 Customer Support

If you have any questions, require assistance with setup, operation, maintenance, or need to claim warranty service, please contact ANCHEER customer support. You can typically find contact information on the product packaging, the ANCHEER official website, or through your purchase platform. Responses are generally provided within 24-48 hours.

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