LIVIVOX LIV-Z06-MD-BK

LIVIVOX Small Space Foldable Walking Pad User Manual

Model: LIV-Z06-MD-BK

1. Introduction

Thank you for choosing the LIVIVOX Small Space Foldable Walking Pad. This compact and portable under-desk treadmill is designed to integrate exercise seamlessly into your daily routine, whether at home or in the office. Featuring a powerful yet quiet motor, a robust 300 lbs capacity, and an intuitive LED display with remote control, it offers a convenient way to stay active. This manual provides essential information for safe setup, operation, maintenance, and troubleshooting to ensure optimal performance and longevity of your walking pad.



Figure 1.1: The LIVIVOX Walking Pad positioned under a standing desk, demonstrating its compact design for home or office use.

2. Important Safety Instructions

To reduce the risk of serious injury, always read and follow all warnings and instructions before using this walking pad. Keep this manual for future reference.

- **Consult a Physician:** Before starting any exercise program, especially if you have pre-existing health conditions, consult your physician.

- **Proper Attire:** Wear appropriate athletic footwear and clothing. Avoid loose clothing that could get caught in moving parts.
- **Clear Area:** Ensure a minimum clearance of 2 feet (0.6 meters) behind and 1 foot (0.3 meters) on each side of the walking pad during operation.
- **Children and Pets:** Keep children and pets away from the walking pad at all times, especially when it is in use.
- **Weight Capacity:** Do not exceed the maximum user weight of**300 lbs (approximately 136 kg)**.
- **Electrical Safety:** Plug the walking pad into a properly grounded outlet. Do not use extension cords or adapters. Unplug the walking pad from the power source when not in use, before cleaning, or before performing maintenance.
- **Stable Surface:** Place the walking pad on a flat, stable, and level surface. Do not place it on thick carpet, which may obstruct ventilation.
- **Emergency Stop:** Familiarize yourself with the remote control's stop function for immediate cessation of the belt.
- **Inspect Before Use:** Before each use, inspect the walking pad for any signs of wear or damage. Do not use if damaged.
- **Avoid Overexertion:** If you feel faint, dizzy, or experience pain, stop exercising immediately.

3. Setup and Assembly

The LIVIVOX Walking Pad is designed for installation-free setup, meaning it comes pre-assembled and ready for use with minimal preparation.

1. **Unboxing:** Carefully remove the walking pad from its packaging. Retain packaging materials for future storage or transport if needed.
2. **Placement:** Choose a flat, stable surface for placement. Ensure there is adequate clearance around the unit as described in the safety instructions.
3. **Unfolding (if applicable):** While designed to be compact, ensure the walking pad is fully extended and stable on the floor.
4. **Power Connection:** Locate the power cord and plug it securely into a grounded electrical outlet. Ensure the power switch on the walking pad (if present) is in the OFF position before plugging in.
5. **Initial Inspection:** Before first use, visually inspect the running belt for proper alignment and ensure no foreign objects are on or under the belt.

4. Operating Instructions

Your LIVIVOX Walking Pad is controlled via a wireless remote control and features an integrated LED display.

4.1 Powering On/Off

- **Power On:** Plug the walking pad into a power outlet. If there is a main power switch on the unit, turn it to the ON position. The LED display will illuminate.
- **Power Off:** Press the STOP button on the remote control to halt the belt. Turn off the main power switch on the unit (if applicable), then unplug the power cord from the outlet.

4.2 Remote Control Functions

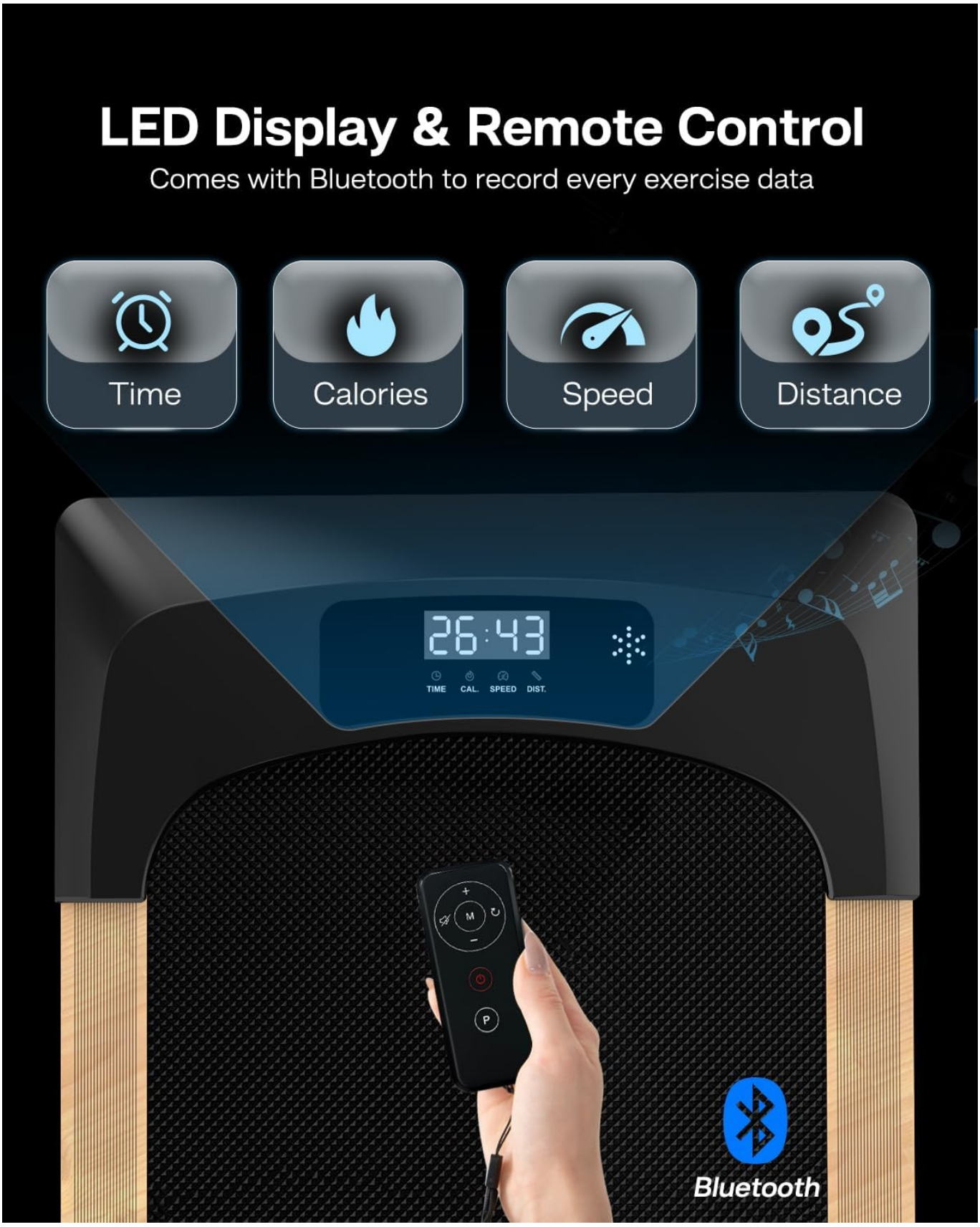


Figure 4.1: The integrated LED display and wireless remote control for easy operation.

- **Start/Pause:** Press the **START** button to begin or pause your workout. The belt will typically start at a low speed and gradually increase.
- **Stop:** Press the **STOP** button to immediately stop the walking pad.
- **Speed Adjustment:** Use the **+** and **-** buttons to increase or decrease the walking speed. The speed range is 0.5 to 4 MPH.
- **Mode/Program Selection:** The remote may include a button (e.g., 'M' or 'P') to cycle through the 12 pre-set

exercise modes.

4.3 LED Display

The integrated LED display provides real-time workout data:

- **TIME:** Displays the duration of your workout.
- **CALORIES:** Estimates the calories burned during your session.
- **SPEED:** Shows your current walking speed in Miles Per Hour (MPH).
- **DISTANCE:** Tracks the total distance covered during your workout.

The walking pad also features Bluetooth connectivity to record exercise data, which can typically be accessed via a compatible fitness application (refer to the app's instructions for pairing and data synchronization).

4.4 Exercise Modes

The walking pad offers 12 targeted workout modes to vary your exercise routine. These modes typically adjust speed and duration automatically to provide different intensity levels, such as fat-burning intervals or endurance training. Refer to the remote control or display interface for specific instructions on selecting and utilizing these modes.

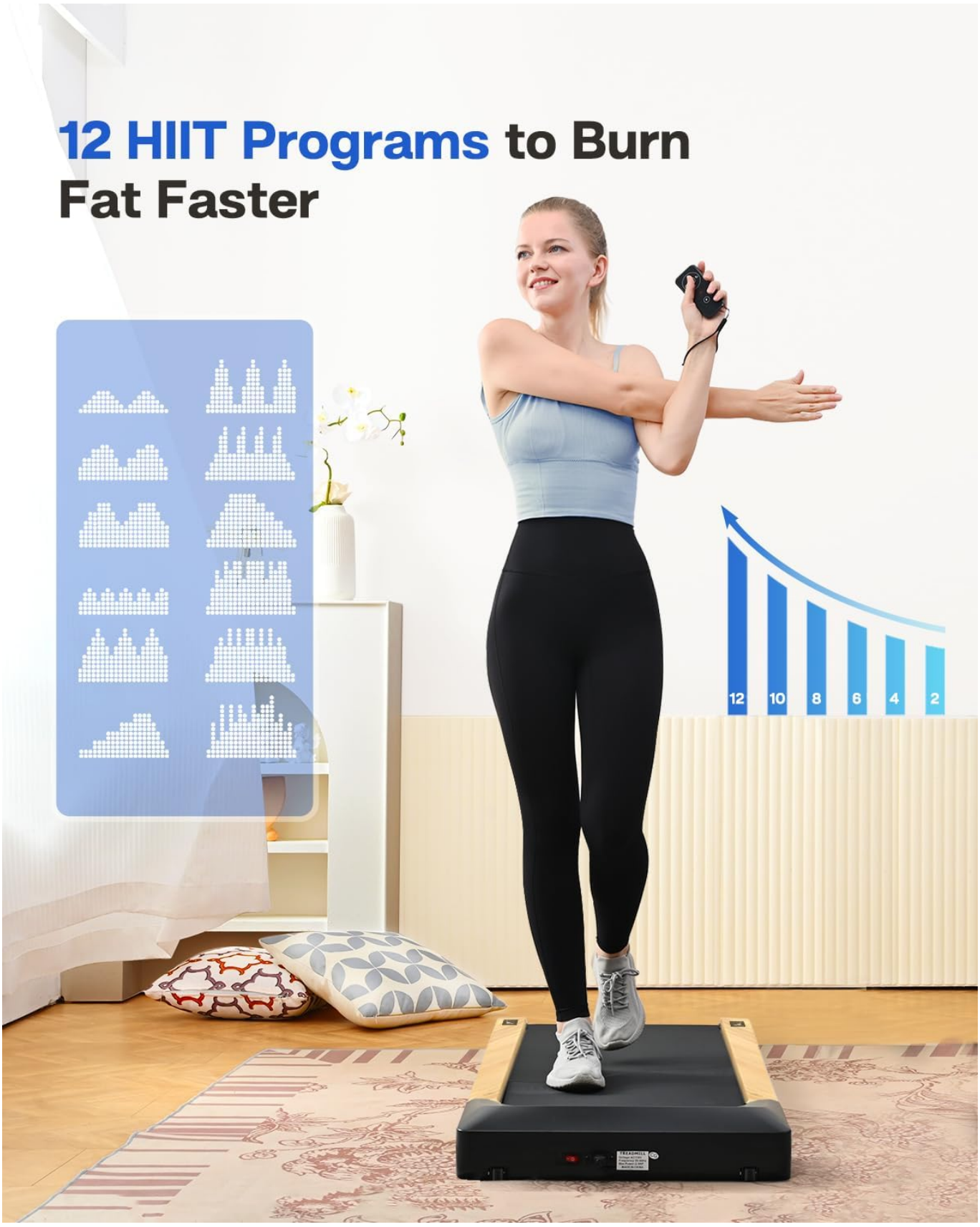


Figure 4.2: Visual representation of the 12 pre-programmed exercise modes designed for varied workouts.

5. Maintenance and Storage

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

5.1 Cleaning

- **General Cleaning:** After each use, wipe down the walking pad's frame and display with a soft, damp cloth. Avoid

abrasive cleaners or solvents.

- **Belt Cleaning:** Periodically clean the running belt surface with a mild detergent and damp cloth. Ensure the belt is dry before next use.
- **Dust Removal:** Use a vacuum cleaner to remove dust and debris from around and under the walking pad.

5.2 Belt Lubrication

To maintain smooth operation and extend the life of the running belt, periodic lubrication is necessary. The frequency depends on usage, but generally, lubricate every 3-6 months or after 50-100 hours of use.

1. **Power Off:** Unplug the walking pad from the power outlet.
2. **Lift Belt:** Gently lift one side of the running belt.
3. **Apply Lubricant:** Apply a small amount of 100% silicone treadmill lubricant (not included) in a Z-pattern directly onto the center of the deck, underneath the belt.
4. **Spread Lubricant:** Plug in the walking pad and run it at a low speed (e.g., 1 MPH) for 2-3 minutes to evenly distribute the lubricant.

5.3 Belt Adjustment (Tension and Alignment)

If the running belt feels loose, slips, or drifts to one side, it may require adjustment. Refer to the specific adjustment points on your walking pad, usually located at the rear of the unit.

- **Tension:** If the belt slips, turn the adjustment bolts (usually hex bolts) clockwise in small increments (e.g., quarter turns) on both sides until the slipping stops.
- **Alignment:** If the belt drifts to the right, turn the right adjustment bolt clockwise in small increments. If it drifts to the left, turn the left adjustment bolt clockwise. Run the walking pad for a minute after each adjustment to check alignment.

5.4 Storage

The LIVIVOX Walking Pad features a foldable design and transport wheels for easy storage.



Figure 5.1: The walking pad's lightweight design and transport wheels allow for easy relocation and storage.

- **Folding:** Follow the specific instructions for folding your model. The 3-in-1 folding design allows for quick transition to storage mode.
- **Relocation:** Utilize the 360° transport wheels to move the walking pad effortlessly.
- **Storage Location:** Store in a cool, dry place, away from direct sunlight and extreme temperatures. Its slim profile (5.9 inches / 14.9 cm) allows for vertical storage behind doors or horizontal storage under beds/sofas.



Figure 5.2: The thin design (4.2 inches / 10.6 cm) facilitates easy storage under furniture or vertically.

6. Troubleshooting

If you encounter issues with your walking pad, refer to the table below for common problems and solutions.

Problem	Possible Cause	Solution

Problem	Possible Cause	Solution
Walking pad does not power on.	Not plugged in; power switch off; circuit breaker tripped.	Ensure power cord is securely plugged into a grounded outlet. Check if the main power switch on the unit is ON. Check household circuit breaker.
Belt does not move or slips.	Belt tension too loose; motor overload; remote control battery low.	Adjust belt tension (refer to Section 5.3). Ensure user weight is within limits. Replace remote control battery.
Unusual noise during operation.	Lack of lubrication; loose components; foreign object.	Lubricate the running belt (refer to Section 5.2). Check for any loose screws or bolts and tighten them. Inspect for any objects caught under the belt.
LED display not working correctly.	Loose connection; remote control issue.	Ensure all connections are secure. Try replacing remote control battery.

If the problem persists after attempting these solutions, please contact LIVIVOX customer support.

7. Specifications



Figure 7.1: Key specifications including motor power and low noise operation.

Feature	Detail
Model Number	LIV-Z06-MD-BK
Product Dimensions (L x W x H)	116.84 cm x 63.5 cm x 13.97 cm (approx. 46 in x 25 in x 5.5 in)

Feature	Detail
Motor Horsepower	2.5 HP (Peak 3.0 HP)
Speed Range	0.5 - 4 MPH
Maximum User Weight Capacity	300 lbs (approx. 136 kg)
Running Belt Dimensions	16.5 in x 42.5 in (approx. 41.9 cm x 108 cm)
Display Type	LED (Time, Distance, Speed, Calories)
Exercise Programs	12 Pre-set Modes
Noise Level	Below 50dB
Frame Material	Plastic (with reinforced steel frame)
Power Source	Corded Electric
Special Features	Compact Design, Foldable, Lightweight, Remote Control, Transport Wheels, Shock Absorbing System, Bluetooth Connectivity

8. Warranty and Support

LIVIVOX is committed to providing quality products and customer satisfaction.

8.1 Warranty Information

Specific warranty details for your LIVIVOX Walking Pad may vary. Please refer to the product packaging or the official LIVIVOX website for the most up-to-date warranty policy and registration information.

8.2 Customer Support

For any questions, concerns, or technical assistance, LIVIVOX offers 24-hour online service. Please reach out to our support team through the contact information provided on the official LIVIVOX website or your purchase platform. When contacting support, please have your model number (LIV-Z06-MD-BK) and purchase details ready.

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

Details

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