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> [JAGJOG Walking Pad with Incline: Portable Under Desk Treadmill User Manual](#)

JAGJOG Walking Pad with Incline

JAGJOG Walking Pad with Incline: Portable Under Desk Treadmill User Manual

Brand: JAGJOG | Model: Walking Pad with Incline

1. INTRODUCTION

Thank you for choosing the JAGJOG Walking Pad with Incline. This portable under desk treadmill is designed to provide a convenient and effective way to incorporate walking and light jogging into your daily routine, whether at home or in the office. Please read this manual thoroughly before initial use to ensure proper setup, safe operation, and optimal performance of your device. Keep this manual for future reference.

2. SAFETY INSTRUCTIONS

Your safety is paramount. Adhere to all warnings and instructions to reduce the risk of injury or damage to the equipment.

2.1 General Safety

- Always place the treadmill on a flat, stable surface.
- Ensure adequate clear space (at least 2 meters behind and 0.6 meters on each side) around the treadmill during operation.
- Do not allow children or pets near the treadmill while it is in use.
- The maximum user weight capacity for this treadmill is 265 lbs (approximately 120 kg). Do not exceed this limit.
- Wear appropriate athletic footwear during use.
- If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, stop your workout immediately and consult a physician.
- Do not use the treadmill if it is damaged or malfunctioning.
- Keep hands and feet clear of all moving parts.

2.2 Electrical Safety

- Plug the treadmill into a grounded electrical outlet.
- Do not use extension cords or adapters.
- Unplug the treadmill from the power source before cleaning, maintenance, or moving.

- Keep the power cord away from heated surfaces.
- Do not operate the treadmill if the power cord or plug is damaged.

3. PACKAGE CONTENTS

Verify that all items are present in the package:

- Treadmill (Fully Assembled) x1
- User Manual x1
- Remote Control x1
- Lubricant x1
- Tool Kit (L-shaped wrench with Cross Screwdriver) x1
- Front Foot Cushion x2



Image: All components included in the JAGJOG Walking Pad package.

4. SETUP

4.1 Unpacking and Placement

1. Carefully remove the treadmill and all accessories from the packaging.
2. Place the treadmill on a firm, level surface, ensuring sufficient clearance around the unit.
3. The treadmill is designed for easy movement and storage. It can be stored flat under furniture when not in use.



Image: The JAGJOG Walking Pad in use, demonstrating its compact design and suitability for various environments.

4.2 Incline Adjustment

The walking pad features a manual 15° incline adjustment. To activate the incline, locate the adjustable feet at the front of the treadmill and extend them. This will elevate the front of the running surface, simulating an uphill walk.

15% Manual Incline Adjustment

Easily Tweak Slope to Fit Your Fitness Routine



Image: Demonstrating the manual 15° incline adjustment for increased workout intensity.

4.3 Remote Control Pairing

The treadmill operates via a wireless remote control. Ensure the battery is correctly inserted. The remote is typically pre-paired. If not, refer to the specific pairing instructions in the included user manual for your model.

5. PRODUCT FEATURES

5.1 Adjustable Incline

Elevate your workout with the manual 15° incline adjustment. This feature allows for a true hill-training effect, targeting leg muscles more effectively and increasing cardio intensity. Simply adjust the incline feet for an instant boost to your exercise.

5.2 Self-Aligning Treadmill Belt

The innovative auto-align technology keeps the running belt centered during workouts, eliminating the need for frequent manual adjustments. The wide 40" x 15.3" anti-slip surface is designed to absorb shock, providing a smooth and joint-friendly experience for walking, jogging, or climbing.

Auto-Align Running Belt

No need to worry about the deviation of the running belt.

 JAGJOG

OTHER



- ▶ Automatic belt centering
- ▶ Precision anti-skid runway

VS

- ▶ Ordinary material
- ▶ Manual centering

Image: Illustration of the self-aligning running belt technology.

5.3 4-in-1 Smart Modes

This under desk treadmill offers versatile modes to suit various fitness goals:

- **Work Mode:** 0.6-1.5 MPH for low-intensity movement while working.
- **Walk Mode:** 0.6-1.8 MPH for a steady walking pace.
- **Jog Mode:** 2.5-3.8 MPH for increased cardiovascular activity.

- **Climb Mode:** Utilizes the 15° incline for hill-style intensity.

Adjustable Speed , Various Modes

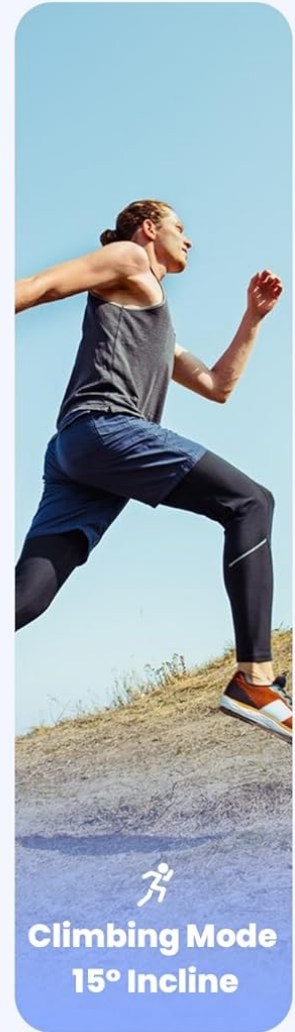


Image: Visual representation of the four available operating modes.

5.4 Powerful & Quiet Motor

Equipped with a 2.5 HP motor, the treadmill supports users up to 265 lbs while operating quietly (below 45 dB). Its steel frame and multi-layer belt minimize vibrations, making it suitable for use in quiet environments like apartments or offices.

2.5 HP Quiet and Power Motor



265LBS

Weight Capacity



<45 dB

Low Noise



0.6-3.8MPH

Speed Range



Image: Internal view of the 2.5 HP motor and its specifications.

5.5 Remote Control & LED Display

The included remote control allows for easy adjustment of speed and instant stopping during your workout. The integrated LED display tracks essential fitness data in real-time, including speed, distance, time, and calories burned.

Smart LED Display & Remote Control

Track Fitness Data, Elevate Healthy Living



Image: The LED display and remote control for tracking workout data.

5.6 Deep Shock Absorption

Designed for knee joint protection, the treadmill features 8 silicone shock-absorbers, a shock absorption running board, and a 5-layer non-slip running belt. This multi-layer system reduces impact on your joints, providing a comfortable and safe exercise experience.

Deep Shock Absorption

Designed for Knee Joint Protection

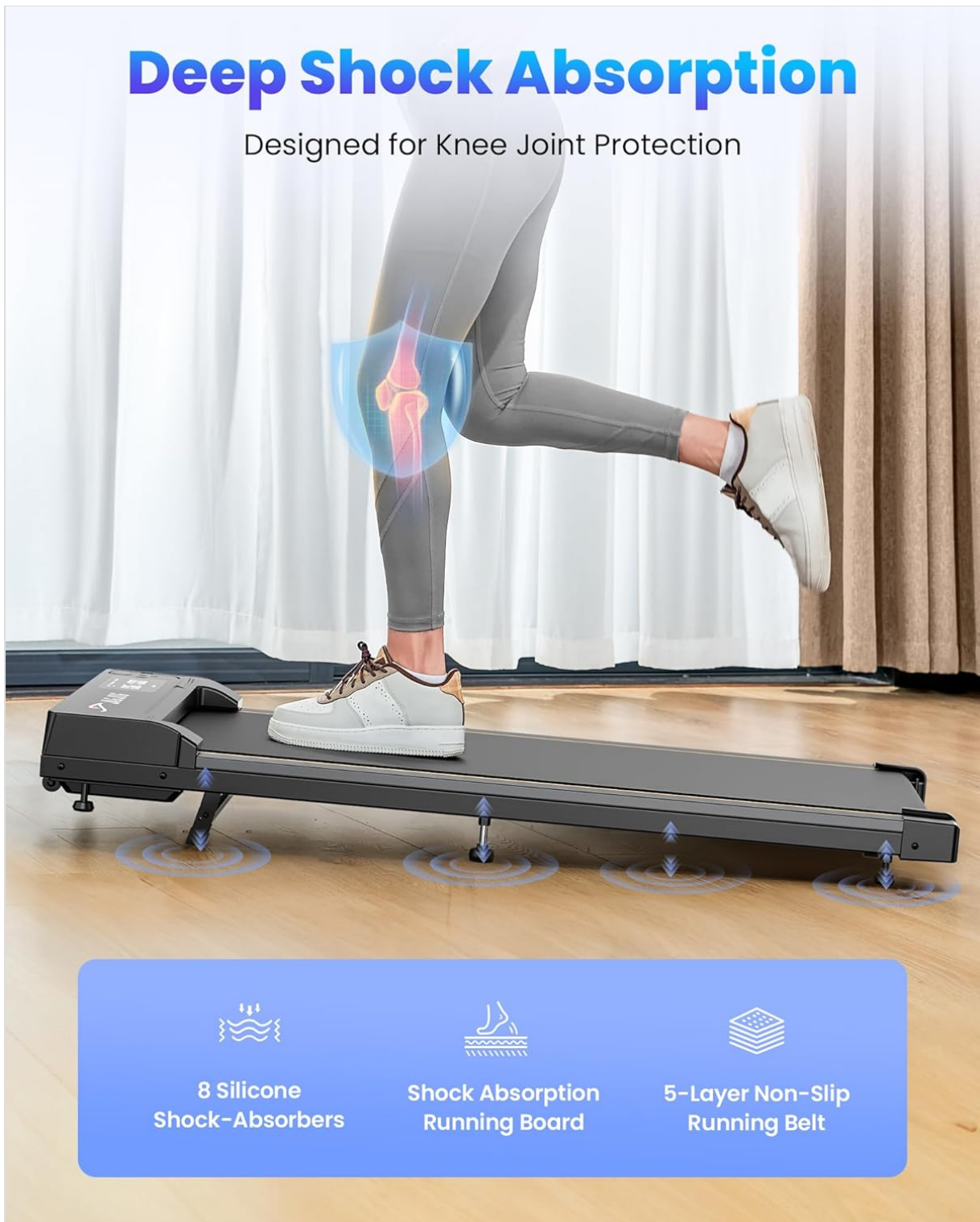


Image: Components of the deep shock absorption system.

6. OPERATING INSTRUCTIONS

6.1 Power On/Off

1. Plug the power cord into a grounded outlet.
2. Locate the main power switch (usually at the front or rear of the treadmill) and turn it to the 'ON' position.
3. The LED display will illuminate.
4. To turn off, press the 'STOP' button on the remote, then turn off the main power switch and unplug the unit.

6.2 Speed Adjustment

Use the '+' and '-' buttons on the remote control to increase or decrease the speed. The speed range is 0.6-3.8 MPH.

6.3 Mode Selection

Press the 'M' button on the remote control to cycle through the available modes (Work, Walk, Jog, Climb). Each mode has a predefined speed range or incline setting.

6.4 Monitoring Progress

The LED display automatically cycles through Time, Distance, Calories, and Speed, allowing you to monitor your workout progress in real-time.

7. MAINTENANCE

Regular maintenance ensures the longevity and smooth operation of your treadmill.

7.1 Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided silicone lubricant. Refer to the detailed instructions in the included user manual for the correct application procedure and frequency.

7.2 Cleaning

Wipe down the treadmill surface with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.

7.3 Belt Adjustment

While the treadmill features auto-align technology, occasional manual belt adjustment may be necessary if the belt starts to drift or slip. Use the provided tool kit and follow the specific instructions in the included user manual for proper adjustment.

8. TROUBLESHOOTING

If you encounter issues with your treadmill, consult the following common troubleshooting tips:

- **Treadmill not powering on:** Ensure the power cord is securely plugged in and the main power switch is 'ON'. Check the circuit breaker.
- **Belt not moving:** Ensure the safety key (if applicable, though not explicitly mentioned for this model, it's a common treadmill feature) is in place. Check if the remote control battery needs replacement.
- **Unusual noises:** Inspect the running belt for debris. Ensure the treadmill is on a level surface. Lubricate the belt if necessary.
- **Error Code E07:** This error code has been reported by some users. If you encounter E07, it typically indicates a motor or sensor issue. Please contact customer support for assistance.
- **Belt slipping or drifting:** Perform belt adjustment as described in Section 7.3.

For issues not covered here, please contact JAGJOG customer support.

9. SPECIFICATIONS

Feature	Specification
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Product Dimensions	106 x 48.5 x 10.6 cm
Item Weight	17 kg
Colour	Black With Incline
Display Type	LED
Frame Material	Carbon Steel
Running Belt Material	Alloy Steel (Base), Multi-layer (Belt)
Horsepower	2.5 HP
Meter Displays	Calories Burned, Distance, Speed, Time
Power Source	Corded Electric
Special Features	Lightweight, Manual 15° Incline, Under desk design, Portable, Shock Absorbent, Running Belt Automatic Correction
Maximum Speed	6.12 Kilometers per Hour (approx. 3.8 MPH)
Maximum Incline Percentage	15°
Assembly Required	No

10. WARRANTY AND SUPPORT

JAGJOG products are manufactured to high-quality standards. For warranty information, technical support, or any questions regarding your Walking Pad, please refer to the contact details provided in the included warranty card or visit the official JAGJOG website. Please retain your proof of purchase for warranty claims.