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EVKRUN EVKRUN Walking Pad Treadmill

EVKRUN 2-in-1 Walking Pad Treadmill User Manual

Model: EVKRUN Walking Pad Treadmill

1. Introduction

Thank you for choosing the EVKRUN 2-in-1 Walking Pad Treadmill. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read this manual thoroughly before operating the treadmill and retain it for future reference.

2. Important Safety Instructions

To reduce the risk of serious injury, read all instructions before using this treadmill. The manufacturer assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- Always place the treadmill on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Ensure adequate clear space around the treadmill (at least 2 feet on sides and front, 6 feet at the rear).
- Wear appropriate athletic footwear. Do not use the treadmill barefoot or in socks.
- Do not use the treadmill if you are unwell or under the influence of medication.
- Disconnect the power cord when not in use or before cleaning/maintenance.
- Do not attempt to service the treadmill yourself. Contact qualified service personnel.
- The maximum user weight capacity for this treadmill is 300 lbs (136 kg).

3. Product Overview

The EVKRUN Walking Pad Treadmill is designed for versatile use, functioning as both a walking pad and an under-desk treadmill. It features a compact design, adjustable incline, and smart app connectivity.



Figure 3.1: EVKRUN Walking Pad Treadmill in its 2-in-1 configuration, demonstrating use as a walking pad and under a standing desk, with the companion smart app interface shown on a smartphone.



Figure 3.2: Illustration of the treadmill's motor specifications, including 2.5HP peak power, a speed range of 0.6-4.0 MPH, and a low operational noise level of less than 45 dB.

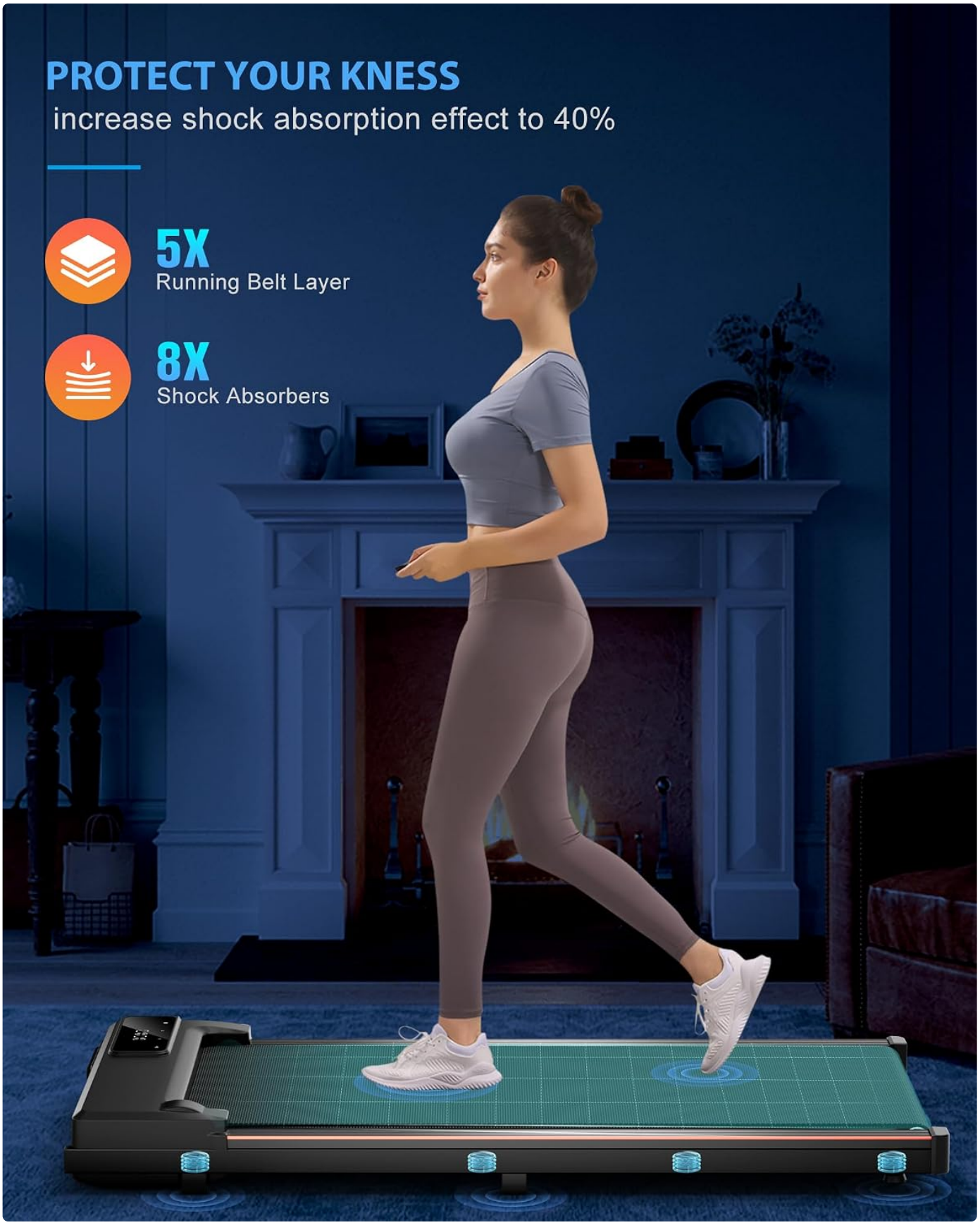


Figure 3.3: The treadmill features a multi-layer running belt and multiple shock absorbers designed to reduce impact and protect knee joints during exercise.



Figure 3.4: The treadmill's lightweight design, weighing approximately 35 lbs, allows for easy transport and storage.



Figure 3.5: The compact design allows for convenient storage in small spaces, with dimensions of 18.5 inches by 40.94 inches when stored vertically.

4. Setup

4.1 Unpacking

1. Carefully remove the treadmill from its packaging.

2. Check all components against the packing list to ensure everything is present.
3. Remove all protective materials.

4.2 Placement

- Place the treadmill on a firm, level surface.
- Ensure there is at least 2 feet of clear space on either side and in front, and 6 feet behind the treadmill for safety.
- Plug the power cord into a grounded electrical outlet.

5. Operating Instructions

5.1 Basic Operation

1. Connect the power cord and turn on the main power switch (if applicable).
2. Step onto the treadmill belt.
3. Use the remote control to start and adjust speed.
4. The treadmill offers a speed range of 0.6 to 4.0 MPH for walking and up to 6.5 MPH when the handrail is raised (if applicable to your model).
5. To stop, press the stop button on the remote control.

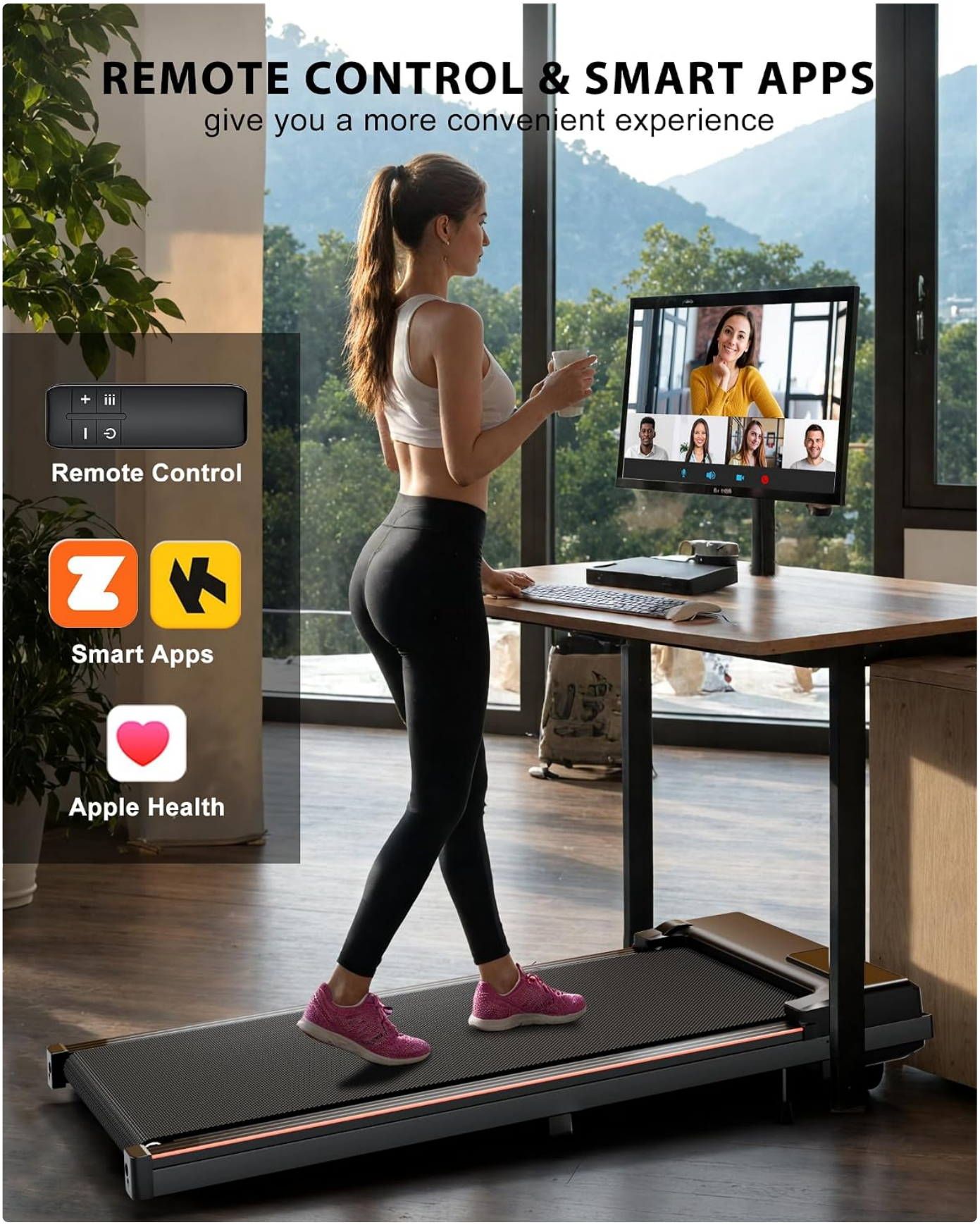


Figure 5.1: The treadmill can be controlled via a remote and connected to smart fitness applications.

5.2 Smart App Connectivity

Enhance your workout experience by connecting your treadmill to compatible smart fitness applications.

1. Download the recommended smart fitness app (e.g., Kinomap, Zwift) from your device's app store.
2. Enable Bluetooth on your smartphone or tablet.

3. Open the app and follow the on-screen instructions to pair with your EVKRUN treadmill.
4. The app allows for customized personal goals, outdoor VR scenes, fitness courses, and data sharing (e.g., to Apple Health).

Figure 5.2: The treadmill supports integration with popular fitness apps like Kinomap and Zwift, and can share data with Apple Health.

5.3 Preset Modes

The treadmill includes upgraded countdown preset modes for diverse fitness plans, usable without the smart app.



Figure 5.3: The treadmill offers three upgraded countdown preset modes for varied workouts, accessible directly without the need for a smart app.

5.4 Incline Feature

This model features a 12% incline capability to add intensity to your workouts. Refer to the product display or app for incline adjustment options.

6. Maintenance

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

6.1 Cleaning

- Wipe down the treadmill surface with a damp cloth after each use.
- Do not use abrasive cleaners or solvents.
- Keep the area around the treadmill clean and free of dust.

6.2 Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the specific instructions provided with your lubrication kit or contact customer support for guidance on frequency and procedure.

6.3 Belt Adjustment

If the running belt becomes misaligned or slips, it may require adjustment. Consult the detailed instructions in the full product manual or contact customer support for assistance.

7. Troubleshooting

If you encounter issues with your treadmill, refer to the following common problems and solutions:

- **Treadmill does not power on:** Ensure the power cord is securely plugged into a grounded outlet and the main power switch is on. Check the circuit breaker.
- **Belt stops or slips:** The running belt may need lubrication or adjustment. Refer to Section 6.2 and 6.3.
- **Unusual noise:** Check for loose parts or foreign objects under the belt. If the noise persists, discontinue use and contact customer support.
- **Remote control not working:** Replace the remote control batteries. Ensure there are no obstructions between the remote and the treadmill's receiver.
- **App connectivity issues:** Ensure Bluetooth is enabled on your device and the treadmill. Restart both the app and the treadmill.

For issues not listed here, please contact EVKRUN customer support.

8. Specifications

Feature	Specification
Brand	EVKRUN
Model	Walking Pad Treadmill
Maximum Weight Recommendation	300 Pounds (136 kg)
Power Source	Corded Electric
Connectivity Technology	Smart Fitness Apps, Remote Controller
Item Dimensions (LxWxH)	40.94 x 4 x 18.5 inches (104 x 10.16 x 46.99 cm)
Package Weight	18.39 Kilograms (40.54 lbs)
Speed Range	0.6 - 4.0 MPH (walking mode), up to 6.5 MPH (with handrail, if applicable)
Incline	12% (adjustable)

9. Warranty and Support

EVKRUN products are manufactured to high-quality standards. For specific warranty information, please refer to the warranty card included with your product or visit the official EVKRUN website. For technical support, parts, or service inquiries, please contact EVKRUN customer service through the contact information provided on the product packaging or the official website.

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