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## ACTFLAME B0DSFLPCDY

# ACTFLAME Walking Pad with Incline: User Instruction Manual

Model: B0DSFLPCDY

## 1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using the ACTFLAME Walking Pad. Retain this manual for future reference.

- Ensure the walking pad is placed on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Do not operate the walking pad if it is damaged or malfunctioning.
- Wear appropriate athletic footwear.
- Consult a physician before starting any new exercise program.
- Maximum user weight capacity: 265 lbs (120 kg).
- Always ensure the safety key/clip (if included) is properly attached during use.

## 2. PRODUCT OVERVIEW AND COMPONENTS

The ACTFLAME Walking Pad with Incline is a compact and portable exercise machine designed for walking and light jogging. It features an adjustable incline, a powerful motor, and an LED display for tracking workout data.

### Package Contents:

- ACTFLAME Walking Pad
- Remote Control (with 1 Lithium Metal battery included)
- Lubricating Oil (2 bottles)
- L-shaped Wrench
- Instruction Manual (this document)
- Phone Stand



Image: Contents of the ACTFLAME Walking Pad package, showing the main unit, remote, lubricant, wrench, battery, and phone stand.

## Key Features:

- **2.5HP Motor:** Provides power for walking and light jogging, designed for quiet operation (below 45 dB).
- **Adjustable Incline:** Manual 15° incline for simulating varied terrain.
- **Speed Range:** Adjustable from 0.6 to 6.2 MPH.
- **LED Display:** Tracks essential workout data including speed, distance, time, and calories.
- **5-Layer Running Belt:** Features anti-slip and shock-absorbing layers for user comfort and joint protection.
- **Compact & Foldable Design:** Facilitates easy storage under furniture or against a wall.

## 3. SETUP INSTRUCTIONS

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1. **Unpacking:** Carefully remove the walking pad and all components from the packaging.
2. **Placement:** Place the walking pad on a firm, level surface with adequate clearance around it for safe operation.
3. **Handlebar Setup (if applicable):** If your model includes a foldable handlebar, raise it and ensure it is securely locked into its upright position.
4. **Power Connection:** Connect the power cord to the walking pad's power inlet, then plug it into a grounded electrical outlet.
5. **Remote Control Battery:** Insert the included Lithium Metal battery into the remote control, observing polarity.
6. **Initial Lubrication:** Before first use, apply lubricating oil to the running belt as detailed in the Maintenance section to ensure smooth operation.



**Weight Capacity**  
265LBS

# 2.5HP



**Low Noise**  
<45 DB

**Powerful Motor**  
**Ultra Quite**



**Speed Range**  
0.6-3.8 MPH



Image: The ACTFLAME Walking Pad in its operational state, illustrating its compact form factor.

## 4. OPERATING INSTRUCTIONS

### 4.1 Powering On/Off

- To power on, ensure the walking pad is plugged in and the main power switch (typically located near the power cord inlet) is in the 'ON' position.
- Press the power button on the remote control or the control panel to initiate operation.
- To power off, press the power button on the remote control or control panel, then switch off the main power switch.

### 4.2 Adjusting Speed

- Use the '+' and '-' buttons on the remote control or the integrated armrest buttons to increase or decrease the walking speed.
- The available speed range is 0.6 to 6.2 MPH.



Image: Illustration of the remote control and integrated control panel for adjusting speed and other functions.

### 4.3 Using the Incline Function

- The incline function is manually adjustable. Locate the height adjustment knob or foldable support legs near the rear section of the walking pad.
- Turn the knob or deploy the legs to activate the 15° incline. Ensure the mechanism is securely locked in place before beginning your workout.
- To return the walking pad to a flat position, retract the support legs or adjust the knob accordingly.

# BUILT-IN Shock Absorption System



Image: The manual incline mechanism of the ACTFLAME Walking Pad, demonstrating how to engage the incline for a more challenging workout.

## 4.4 LED Display and Data Tracking

- The integrated LED display provides real-time workout data, including current speed, distance covered, elapsed time, and estimated calories burned.
- You can set target goals for time, distance, or calories. The walking pad is designed to stop automatically once the set goal is achieved.

# Crystal Clear LED Display



Image: Close-up of the clear LED display on the ACTFLAME Walking Pad, showing various workout metrics.

## 4.5 Folding and Storage

- To fold the walking pad, ensure it is powered off and unplugged from the electrical outlet.
- Engage the folding mechanism (typically involves lifting the rear section or releasing a latch) to collapse it into its compact form.
- Utilize the built-in transport wheels to easily move and store the walking pad under a desk, bed, or against a wall.

# Easy Move and Storage



Lightweight & Easy Move



Slim for home use

Image: The ACTFLAME Walking Pad demonstrating its easy folding mechanism and compact storage capabilities.

## 5. MAINTENANCE

### 5.1 Lubrication of the Running Belt

Regular lubrication is essential for the longevity and smooth operation of your walking pad. Use the provided lubricating oil.

1. Turn off and unplug the walking pad.
2. Loosen the belt tension slightly by turning the rear roller bolts counter-clockwise with the L-shaped wrench (refer to your original manual for specific diagram if available).
3. Lift the edge of the running belt and apply a small amount of lubricant evenly onto the center of the deck, underneath the belt.
4. Tighten the belt tension by turning the rear roller bolts clockwise until the belt is snug but not overly tight.
5. Plug in the walking pad and run it at a low speed (e.g., 1 MPH) for 2-3 minutes to distribute the lubricant.
6. Lubricate every 30-50 hours of use, or as needed based on usage frequency and environmental conditions.

## 5.2 Cleaning

- Wipe down the walking pad with a damp cloth after each use to remove sweat and dust.
- Do not use abrasive cleaners or solvents, as these can damage the finish or electronic components.
- Keep the area around the walking pad clean and free of obstructions to ensure proper ventilation and safe operation.

## 6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Walking pad does not power on.	Power cord not connected; main power switch off; power outlet issue.	Check power cord connection; ensure main power switch is ON; test outlet with another device.
Running belt slips or hesitates.	Belt too loose; insufficient lubrication.	Adjust belt tension (refer to Maintenance section); apply lubricating oil (refer to Maintenance section).
Unusual noise during operation.	Loose components; belt misalignment; motor issue.	Check for loose screws and tighten them; adjust belt alignment if necessary; if noise persists, discontinue use and contact customer support.
Remote control not working.	Battery depleted; remote out of range; signal interference.	Replace remote control battery; ensure remote is pointed at the display; remove any potential signal obstructions.

## 7. SPECIFICATIONS

Feature	Detail
Model	B0DSFLPCDY
Brand	ACTFLAME
Motor Horsepower	2.5 HP
Speed Range	0.6 - 6.2 MPH
Weight Capacity	265 lbs (120 kg)
Incline	Manual 15°
Noise Level	Below 45 dB
Product Dimensions (L x W x H)	138 x 65 x 15 cm (54.33 x 25.59 x 5.91 inches)
Item Weight	26.8 kg (59.1 lbs)
Frame Material	Alloy Steel
Display Type	LED
Power Source	Corded Electric

## 8. WARRANTY AND CUSTOMER SUPPORT

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ACTFLAME offers a **1-year manufacturer guarantee** for this walking pad, covering defects in materials and workmanship.

If you encounter any issues or have questions regarding your ACTFLAME Walking Pad, please contact customer support. Refer to your purchase documentation or the ACTFLAME official website for specific contact details.

For further assistance, you may also visit the [ACTFLAME Store on Amazon](#).