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> MJWW BA04 Walking Pad Treadmill User Manual

## MJWW BA04

# MJWW BA04 Walking Pad Treadmill User Manual

Model: BA04 | Brand: MJWW

## 1. INTRODUCTION

This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your MJWW BA04 Walking Pad Treadmill. Please read this manual thoroughly before initial use and retain it for future reference.

## 2. IMPORTANT SAFETY INSTRUCTIONS

**WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read all instructions before operating the treadmill.**

- Always place the treadmill on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate athletic footwear. Do not use the treadmill barefoot or in socks.
- Do not use the treadmill outdoors or in damp areas.
- Disconnect the power cord after use and before cleaning or maintenance.
- Maximum user weight capacity is 265 lbs (120 kg).

## 3. PACKAGE CONTENTS

Verify that all components are present in the package:

- MJWW BA04 Walking Pad Treadmill
- Remote Control
- Power Cord
- Lubricant
- User Manual (this document)

## 4. SETUP

The MJWW BA04 Walking Pad Treadmill comes pre-assembled. Follow these steps for initial setup:

1. **Unpacking:** Carefully remove the treadmill from its packaging.
2. **Placement:** Place the treadmill on a firm, level surface, ensuring adequate space around it for safe operation.
3. **Power Connection:** Connect the power cord to the treadmill and then plug it into a grounded electrical outlet.
4. **Remote Control:** Ensure the remote control has batteries installed (if not pre-installed, refer to the remote control section for battery installation).



Figure 4.1: MJWW BA04 Walking Pad Treadmill in operation, demonstrating its use both independently and with a standing desk.

## 5. OPERATING INSTRUCTIONS

## 5.1 Power On/Off

- **Power On:** Plug in the treadmill. The LED display will illuminate.
- **Power Off:** Press the power button on the remote control or unplug the treadmill from the power outlet.

## 5.2 Using the Remote Control

The remote control allows you to start, stop, and adjust the speed of the treadmill.

- **Start:** Press the "Start" button to begin operation. The treadmill will typically start at a low speed.
- **Stop:** Press the "Stop" button to halt the treadmill.
- **Speed Adjustment:** Use the "+" and "-" buttons to increase or decrease the speed.

## 5.3 Speed Modes

The treadmill offers various speed ranges to accommodate different activity levels:

- **Working Mode:** 0.6 - 1.6 MPH (suitable for light activity while working)
- **Walking Mode:** 1.6 - 2.6 MPH (suitable for brisk walking)
- **Jogging Mode:** 2.6 - 3.8 MPH (suitable for light jogging)



Figure 5.1: Illustration of recommended speed ranges for various activities.

## 5.4 LED Display

The integrated LED display shows real-time workout data:

- **Speed:** Current speed in Miles Per Hour (MPH).
- **Distance:** Total distance covered during the current session.
- **Time:** Duration of the current workout.
- **Calories:** Estimated calories burned.

## 5.5 Using the "PitPat" App (Optional)

Enhance your experience by connecting the treadmill to the "PitPat" app via Bluetooth. The app provides additional features such as tracking, guided courses, and virtual environments.

1. **Download App:** Search for "PitPat" in your device's app store and install it.
2. **Pairing:** Enable Bluetooth on your device. Open the app and follow the on-screen instructions to pair with your

MJWW BA04 treadmill.

3. **Features:** Explore various training modes, track your progress, and engage with interactive courses.

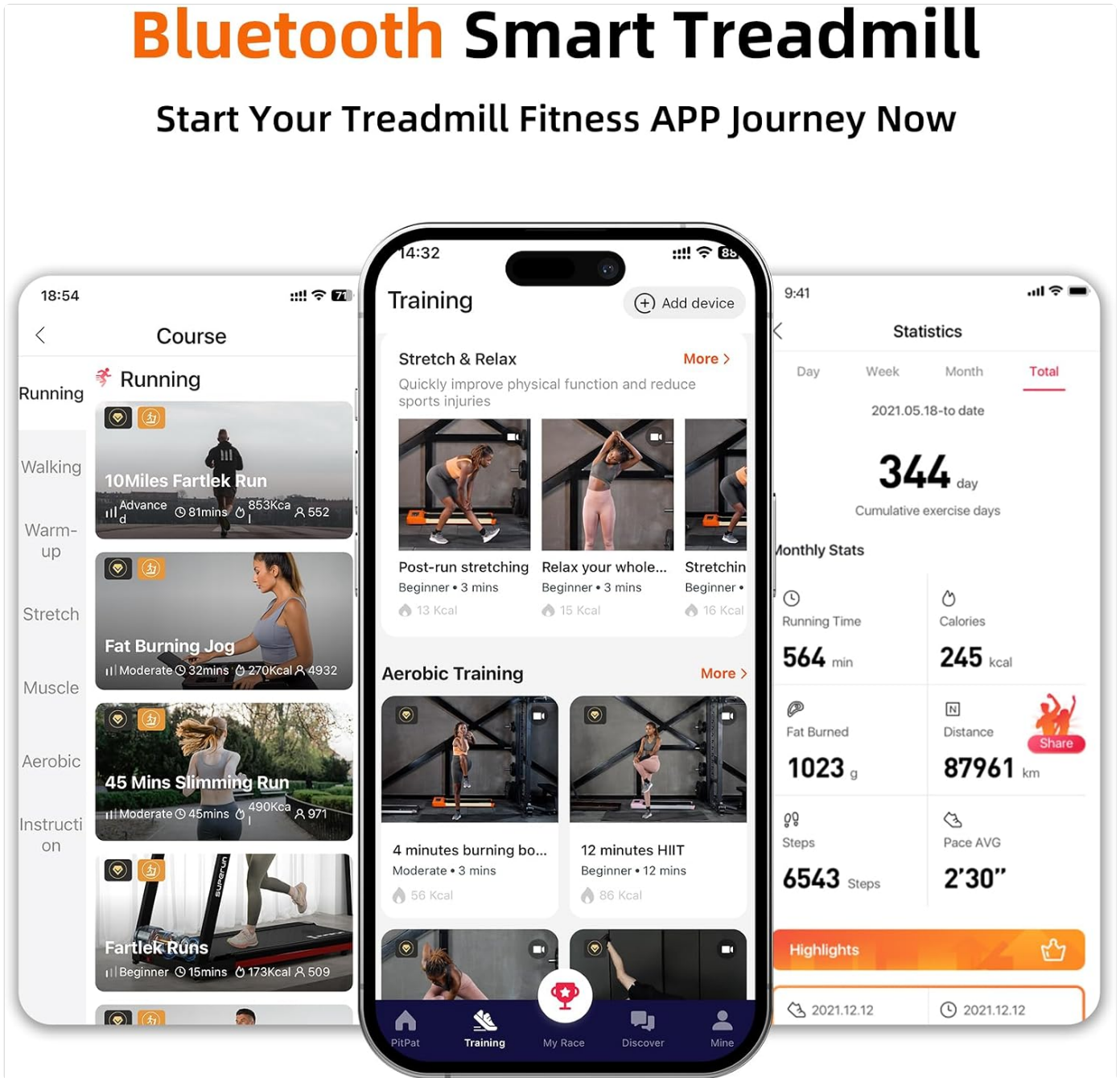


Figure 5.2: "PitPat" app interface showing training options and statistics.

# SMART "PitPat" APP

Enjoy your every sporting moment!

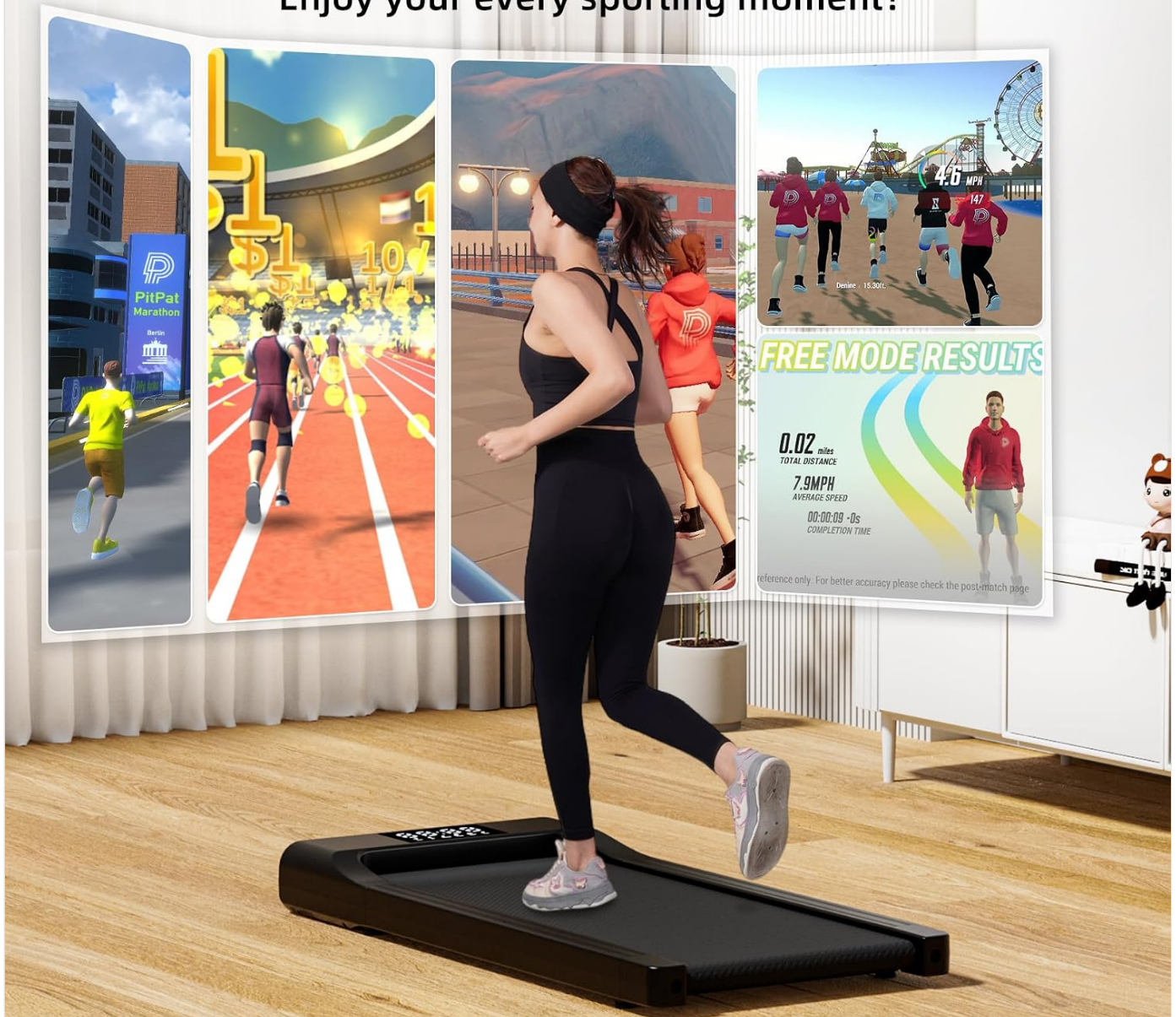


Figure 5.3: Virtual training environments available through the "PitPat" app.

## 6. KEY FEATURES

- **Powerful & Quiet Motor:** Equipped with a 2.5 HP silent motor, operating at less than 45dB, allowing for quiet exercise.
- **Joint Protection:** Features a 5-layer anti-slip belt, 8 silicone shock absorbers, and 2 soft rubber pads for reduced impact on knees and ankles.
- **Compact & Portable Design:** Lightweight and features built-in wheels for easy movement and storage.

# 1.5 HP Powerful & Quiet Motor



**1.5 HP**  
Motor Power



**265LBS**  
Weight Capacity



**0.6-3.8**  
Mph Speed Range



**< 55db**  
Low Noise



Figure 6.1: Overview of motor specifications and noise level.



Figure 6.2: Treadmill portability and compact storage.

## 7. MAINTENANCE

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

### 7.1 Cleaning

- Always unplug the treadmill before cleaning.
- Wipe down the surface with a damp cloth. Do not use abrasive cleaners or solvents.
- Keep the area around the treadmill clean and free of dust and debris.

### 7.2 Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided lubricant or a treadmill-specific silicone lubricant.

1. Unplug the treadmill.

2. Lift the edge of the running belt on one side.
3. Apply a small amount of lubricant evenly under the belt, about 1-2 inches from the edge.
4. Repeat on the other side.
5. Plug in the treadmill and run it at a low speed (e.g., 1 MPH) for 2-3 minutes to distribute the lubricant.
6. Lubricate every 3-6 months, depending on usage.

## 8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not connected; outlet issue.	Ensure power cord is securely plugged into the treadmill and a working outlet. Check circuit breaker.
Remote control not working.	Dead batteries; remote not paired.	Replace remote control batteries. Ensure remote is pointed at the treadmill's receiver.
Running belt slips or hesitates.	Belt needs lubrication; belt tension incorrect.	Lubricate the running belt (refer to Section 7.2). Contact customer support if issue persists after lubrication.
Unusual noise during operation.	Loose components; foreign object; motor issue.	Stop the treadmill immediately. Inspect for loose parts or foreign objects. If noise persists, contact customer support.

If you encounter issues not listed here or if solutions do not resolve the problem, please contact MJWW customer support.

## 9. SPECIFICATIONS

Feature	Detail
Brand	MJWW
Model Name	BA04
Product Dimensions (LxWxH)	44.72" x 19.45" x 4.45"
Folded Size (LxWxH)	22.36" x 19.45" x 4.45"
Item Weight	40 Pounds
Material	Alloy Steel
Maximum Horsepower	2.5 HP
Speed Range	0.6 - 3.8 MPH
Maximum Weight Recommendation	265 Pounds
Noise Level	< 45dB
Display Type	LED
Metrics Measured	Calories Burned, Distance, Speed, Time
Assembly Required	No

Feature	Detail
UPC	717097606007

## 10. WARRANTY AND CUSTOMER SUPPORT

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The MJWW BA04 Walking Pad Treadmill comes with a **1-year manufacturer's warranty**.

For warranty claims, technical assistance, or any questions regarding your product, please contact MJWW customer support through the retailer's platform or the official MJWW website.

Please have your model number (BA04) and proof of purchase ready when contacting support.