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> Sportconic Foldable Walking Pad User Manual

## Sportconic P106FA

# Sportconic Foldable Walking Pad User Manual

Model: P106FA

## INTRODUCTION

Thank you for choosing the Sportconic Foldable Walking Pad. This manual provides essential information for the safe and effective use, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before operation and retain it for future reference.

## SETUP AND ASSEMBLY

Your Sportconic Walking Pad is designed for quick and easy setup. Follow these steps to prepare your device for use:

1. **Unpacking:** Carefully remove the walking pad and all components from the packaging. Ensure all parts listed in the 'Included Components' section are present.
2. **Placement:** Choose a flat, stable surface for the walking pad. Ensure there is adequate clear space around the device for safe operation (at least 2 meters behind and 0.6 meters on each side).
3. **Unfolding the Handrail:** Gently lift the handrail until it locks into its upright position. Ensure it is securely fastened.
4. **Connecting Power:** Plug the power cable into the walking pad and then into a grounded electrical outlet.
5. **Safety Key:** Attach the safety key clip to your clothing and place the magnetic end onto the designated area on the console. The walking pad will not operate without the safety key in place.



**Figure 1: Included Components.** This image displays all items included with your Sportconic Walking Pad: the user manual, an adjustment wrench, a safety clip, a bottle of lubricant, the power cable, and the remote control. These components are essential for setup, operation, and maintenance.



**Figure 2: Compact Storage.** The Sportconic Walking Pad is shown stored under a sofa, demonstrating its low profile of only 13 cm. Integrated transport wheels allow for easy movement and storage, making it ideal for small living spaces.

## OPERATING INSTRUCTIONS

Familiarize yourself with the controls and functions of your Sportconic Walking Pad for an optimal workout experience.

### Power On/Off

- To power on, ensure the safety key is in place and press the power button on the remote control or console.
- To power off, press the power button again. The machine will gradually slow down before stopping.

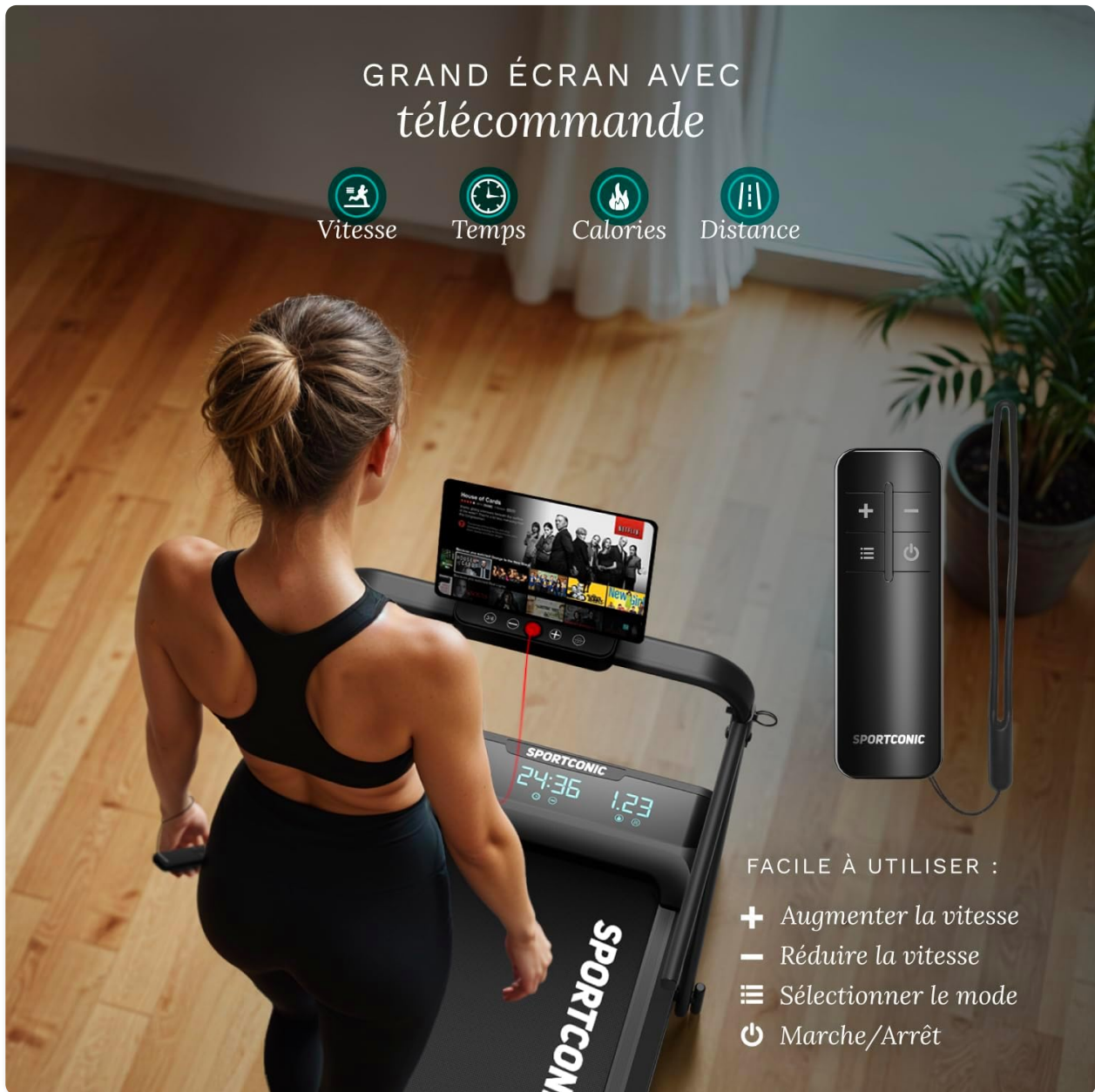
### Speed Adjustment

The walking pad offers a speed range of 1 to 12 km/h, suitable for both walking and light running.

- Use the '+' and '-' buttons on the remote control to increase or decrease the speed.
- For quick adjustments, some models may have preset speed buttons.

## Remote Control and LED Display

The remote control allows convenient operation, especially when the handrail is folded for under-desk use. The LED display provides real-time workout data.



**Figure 3: Remote Control and LED Display.** This image shows a user on the walking pad, with a clear view of the remote control and the LED display. The display provides essential workout metrics such as speed, elapsed time, calories burned, and distance covered, allowing you to monitor your progress effectively.

The LED display shows:

- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Speed:** Current speed in km/h.
- **Calories:** Estimated calories burned.

## Manual Incline

The walking pad features a 6% manual incline to increase workout intensity and calorie burn.



**Figure 4: Manual Incline Adjustment.** This image illustrates the manual incline feature of the walking pad. The mechanism allows you to set a 6% incline, which can make your workout more challenging and contribute to greater calorie expenditure.

To adjust the incline:

- Ensure the walking pad is off and unplugged.
- Locate the incline adjustment points at the rear of the walking pad.
- Manually adjust the supports to achieve the desired incline level. Refer to the specific instructions in the included manual for detailed steps.

### **Tablet Holder**

The integrated tablet holder allows you to enjoy entertainment or work while exercising.

- Place your tablet securely in the designated slot on the handrail.
- Ensure the tablet is stable before starting your workout.



**Figure 5: Under-Desk Use.** This image shows the Sportconic Walking Pad positioned under a standing desk, illustrating its suitability for active work environments. Its compact design allows users to walk while working, promoting movement throughout the day.

## MAINTENANCE

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

### 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.

### Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided lubricant.

- Frequency: Lubricate every 3-6 months, or after approximately 100 hours of use, depending on usage.

- Procedure: Refer to the detailed instructions in your included manual for the exact lubrication process. Generally, you will lift the edge of the belt and apply lubricant to the center of the deck.

## Belt Adjustment

If the running belt slips or drifts to one side, it may need adjustment.

- Use the adjustment wrench provided to tighten or loosen the rear rollers.
- Adjust in small increments (quarter turns) and test the belt after each adjustment until it is centered and taut.

## TROUBLESHOOTING

This section addresses common issues you might encounter with your Sportconic Walking Pad.

Problem	Possible Cause	Solution
Walking pad does not start	Safety key not in place; Power cable not connected; Power switch off; Circuit breaker tripped.	Ensure safety key is correctly placed; Check power cable connection; Turn on power switch; Reset circuit breaker.
Belt slips or hesitates	Belt too loose; Insufficient lubrication.	Adjust belt tension (see Maintenance); Lubricate the running deck (see Maintenance).
Unusual noise during operation	Loose components; Motor issue; Belt misalignment.	Check all bolts and screws for tightness; If noise persists, contact customer support; Adjust belt alignment (see Maintenance).
Remote control not working	Batteries dead; Remote out of range; Interference.	Replace batteries; Ensure you are within range; Remove any potential interference sources.

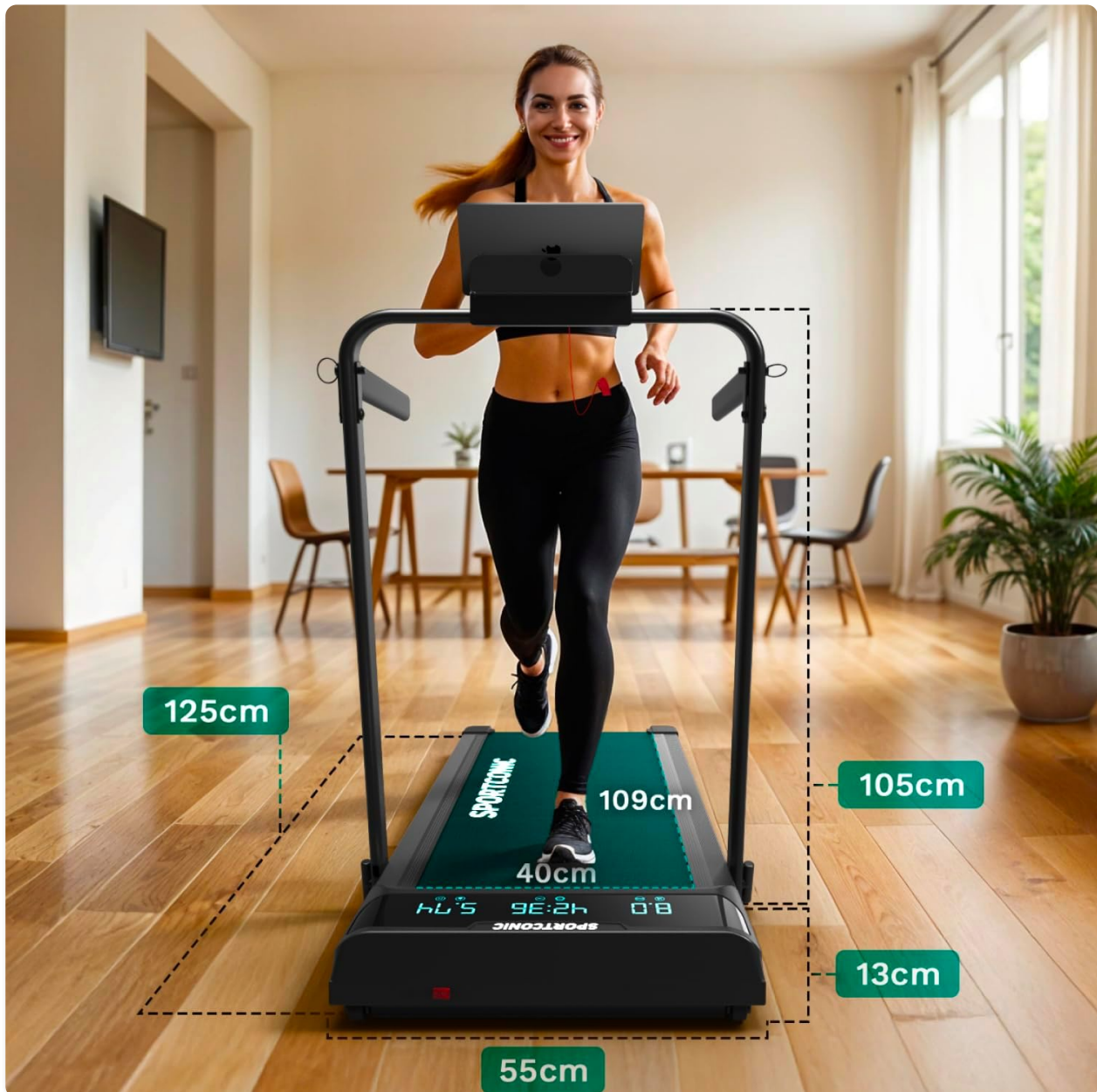
If you encounter a problem not listed here or if the suggested solutions do not resolve the issue, please contact Sportconic customer support for assistance.

## SPECIFICATIONS

Detailed technical specifications for the Sportconic Foldable Walking Pad (Model P106FA).

Feature	Detail
Model Number	P106FA
Speed Range	1 - 12 km/h
Running Surface (L x W)	109 cm x 40 cm
Folded Dimensions (L x W x H)	109 cm x 40 cm x 13 cm

Feature	Detail
Unfolded Dimensions (L x W x H)	125 cm x 55 cm x 105 cm
Product Weight	25 kg
Maximum User Weight	110 kg
Motor Horsepower	2 HP
Display Type	LED
Incline	6% Manual Incline
Special Features	Shock absorption, Integrated wheels, Foldable, Portable
Included Components	Safety key, Lubricant, Remote control



**Figure 6: Product Dimensions.** This diagram provides a clear overview of the Sportconic Walking Pad's dimensions, including its overall length (125cm), width (55cm), height (105cm), running belt dimensions (109cm x 40cm), and its compact folded height (13cm).

## **WARRANTY AND SUPPORT**

Sportconic products are manufactured to high-quality standards. For information regarding your product's warranty, please refer to the warranty card included in your packaging or visit the official Sportconic website.

For technical support, spare parts, or any inquiries not covered in this manual, please contact Sportconic customer service. Contact details can typically be found on the Sportconic website or on your purchase documentation.