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## Yagud BW-SRM16M

# Yagud Walking Pad Treadmill User Manual

Model: BW-SRM16M

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## 1. INTRODUCTION

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Thank you for choosing the Yagud Walking Pad Treadmill. This portable under-desk treadmill is designed to provide a convenient way to incorporate walking and light jogging into your daily routine, whether at home or in the office. Featuring a powerful motor, LED display, and remote control, it offers a quiet and comfortable exercise experience. Please read this manual thoroughly before use to ensure proper operation and safety.

## 2. SAFETY INFORMATION

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To prevent injury and ensure the longevity of your Yagud Walking Pad, please observe the following safety precautions:

- Always place the walking pad on a flat, stable surface.
- Ensure adequate clearance around the treadmill during operation.
- The maximum user weight capacity for this device is **220 pounds (approximately 100 kg)**. Do not exceed this limit.
- Keep children and pets away from the walking pad during operation.
- Wear appropriate athletic footwear when using the treadmill.
- Do not operate the walking pad if it is damaged or malfunctioning.
- Always hold onto the safety handle bar for stability, especially when starting or stopping the machine.
- The running belt features 5 layers of non-slip material and silicone shock absorbers for user protection.
- Unplug the power cord when not in use or before cleaning and maintenance.

# Yagud INCLINE TREADMILL

Walking Pad with Handle Bar



**Image:** The Yagud Walking Pad features a sturdy safety handle bar for enhanced stability during use. The handle bar is solid, strong load-bearing, and designed for long-lasting durability.

## 3. WHAT'S IN THE BOX

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Upon unpacking your Yagud Walking Pad, please ensure all components are present:

- Yagud Walking Pad Treadmill
- Remote Control
- Power Cord
- User Manual (this document)

## 4. SETUP

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The Yagud Walking Pad is designed for minimal assembly and is largely ready to use out of the box. Follow these steps to set up your device:

1. **Unpack:** Carefully remove the walking pad from its packaging.
2. **Placement:** Place the walking pad on a firm, level surface. Ensure there is enough space around the unit for safe operation.
3. **Handle Bar (if applicable):** If your model includes a foldable handle bar, lift it into the upright position and secure it according to the instructions provided on the unit itself.
4. **Power Connection:** Plug the power cord into the walking pad's power input, then into a standard electrical outlet.
5. **Remote Control:** Insert two AAA batteries (not included) into the remote control.
6. **Initial Check:** Before stepping on, power on the unit and test the remote control functions (start, stop, speed adjustment) to ensure everything is working correctly.

## Powerful & QUIET MOTOR



Peak Power **2.5HP**



Noise-Reduction **<25dB**



**Image:** The Yagud Walking Pad features a foldable design for easy movement and storage. It can be easily moved using its transportation wheels and stored under furniture like a sofa or bed.

## 5. OPERATING INSTRUCTIONS

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The Yagud Walking Pad is operated primarily using the included remote control. The LED display provides real-time workout data.

### 5.1 Power On/Off

- To power on, ensure the walking pad is plugged in and press the power button on the unit or the remote control.
- To power off, press the power button on the remote control or unplug the unit.

### 5.2 Using the Remote Control

The remote control allows you to start, stop, and adjust the speed of the walking pad without interrupting your exercise.

- **Start/Stop:** Press the 'Start' or 'Stop' button to begin or end your workout.
- **Speed Adjustment:** Use the '+' button to increase speed and the '-' button to decrease speed. The speed range is 0.6 to 3.8 mph.
- **Mode Selection:** The 'M' button may cycle through different display modes or preset programs, if available.

### 5.3 LED Display

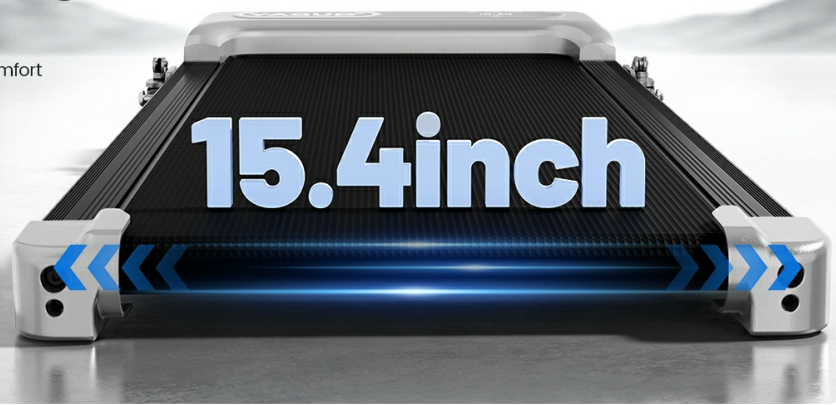
The integrated LED display shows important workout metrics:

- **Time:** Duration of your workout.
- **Speed:** Current speed in miles per hour (mph).
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.

# Large Walking Area for Safer Movement

21.5%  
Wider Belt

30%  
More Comfort



**Image:** The Yagud Walking Pad features an LED display showing Time, Speed, Calories, and Distance. The remote control allows for easy adjustment of settings.

## 5.4 Exercise Modes

The walking pad supports various exercise intensities:

- **Working Mode:** 0.6 – 1.5 MPH (Ideal for light activity while working or reading).
- **Walking Mode:** 1.5 – 3.0 MPH (Suitable for a brisk walk).
- **Running Mode:** 3.0 – 3.8 MPH (For light jogging).



**Image:** The Yagud Walking Pad offers three distinct modes: Working Mode (0.6-1.5 MPH), Walking Mode (1.5-3.0 MPH), and Running Mode (3.0-3.8 MPH).

## 6. MAINTENANCE

Regular maintenance ensures optimal performance and extends the lifespan of your walking pad.

### 6.1 Cleaning

- Always unplug the walking pad before cleaning.
- Wipe down the surface with a damp cloth. Avoid using abrasive cleaners or solvents.
- Keep the area around the motor free of dust and debris.

### 6.2 Belt Lubrication

The running belt requires periodic lubrication to reduce friction and wear. Refer to the specific instructions provided with your lubrication oil for frequency and application method. Typically, this involves applying silicone oil under the belt.

### 6.3 Belt Adjustment

If the running belt starts to shift to one side or feels loose, it may need adjustment. Consult the detailed instructions in the separate quick start guide or contact customer support for guidance. This usually involves using an Allen wrench to adjust tension bolts at the rear of the unit.

## 7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Walking pad does not power on.	Power cord not properly connected; power outlet issue; main power switch off.	Check power cord connection; try a different outlet; ensure main power switch is on.
Remote control not working.	Dead batteries; remote not paired (if applicable); obstruction.	Replace AAA batteries; ensure no obstructions between remote and display; refer to pairing instructions if needed.
Running belt stops unexpectedly or slips.	Loose belt; insufficient lubrication; motor overload.	Adjust belt tension; lubricate the belt; ensure user weight is within limits.
Unusual noise during operation.	Loose components; belt misalignment; motor issue.	Check for loose screws; adjust belt; contact customer support if noise persists.

If the problem persists after attempting these solutions, please contact Yagud customer support for assistance.

## 8. SPECIFICATIONS

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Key technical specifications for the Yagud Walking Pad Treadmill (Model BW-SRM16M):

- **Brand:** Yagud
- **Model Number:** BW-SRM16M
- **Product Dimensions:** 42"D x 19.6"W x 5.5"H
- **Folded Size:** 47.2" x 19.6" x 4.6"
- **Item Weight:** 36.46 Pounds
- **Material:** Alloy Steel
- **Maximum Speed:** 3.8 Miles per Hour
- **Maximum Horsepower:** 2.5 HP
- **Maximum Weight Recommendation:** 220 Pounds (100 kg)
- **Display:** LED
- **Metrics Measured:** Distance, Speed, Time, Calories Burned

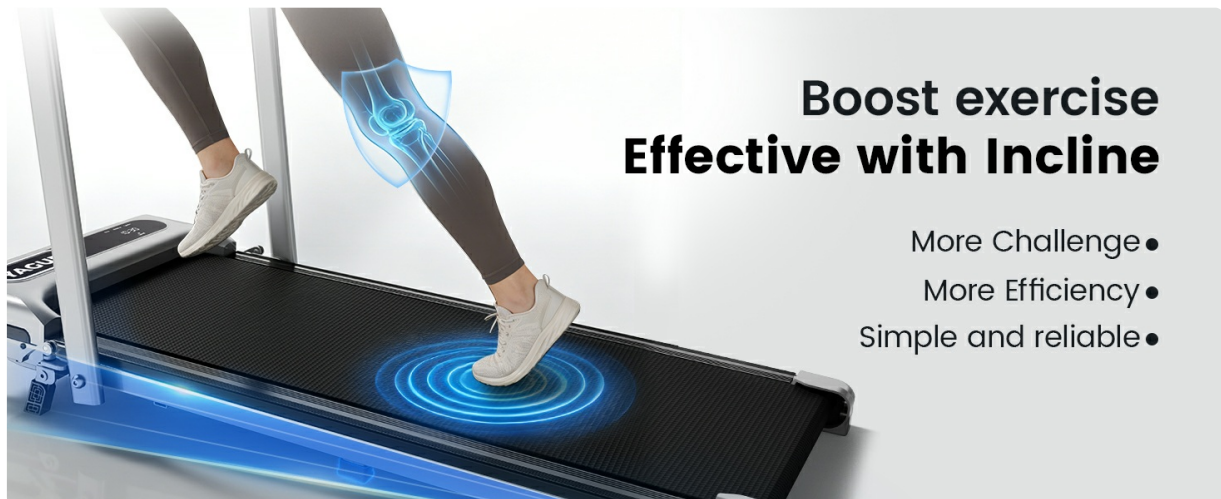
- **Power Source:** Corded Electric
- **Special Feature:** Wheeled for easy movement
- **Assembly Required:** No (minimal setup)



## Safety Handle Bar

- Solid Bar
- Strong Load-Bearing
- Long-Lasting Durability

**Image:** The Yagud Walking Pad is equipped with a 2.5HP high-performance motor, offering a long lifespan of 4000 hours and silent operation below 45dB.



## Boost exercise Effective with Incline

- More Challenge
- More Efficiency
- Simple and reliable

**Image:** The Yagud Walking Pad features a pro-size running belt, 15.4 inches wide, offering 21.5% wider area than ordinary machines and 30% enhanced comfort.

## 9. WARRANTY & SUPPORT

Yagud is committed to providing quality products and customer satisfaction. If you encounter any problems while using your Yagud Walking Pad, please do not hesitate to contact our support team.

- For assistance, troubleshooting, or warranty inquiries, please refer to the contact information provided on the product packaging or the official Yagud website.
- Our team is ready to help you resolve any questions or concerns to ensure you enjoy the convenience and benefits of your walking pad.

