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› Sportconic Walking Pad 1-6km/h: User Manual

Sportconic P106FA

Sportconic Walking Pad P106FA User Manual

Model: P106FA

1. INTRODUCTION

The Sportconic Walking Pad P106FA is a compact and versatile fitness device designed for daily walking exercises at home or in an office environment. Its low-profile design allows for convenient use under standing desks, promoting an active lifestyle. This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your walking pad.



Figure 1: Sportconic Walking Pad P106FA in typical usage scenarios.

2. SAFETY INFORMATION

Please read all safety instructions carefully before using the Sportconic Walking Pad.

- Ensure the walking pad is placed on a flat, stable surface.
- Keep children and pets away from the device during operation.
- Do not use the walking pad if you weigh more than 110 kg (242 lbs).
- Always wear appropriate athletic footwear.
- Stop exercising immediately if you feel dizzy, nauseous, or experience any pain.
- Unplug the power cord when not in use or before cleaning/maintenance.
- Do not place the walking pad near water or in damp environments.
- Be aware of your surroundings, especially when using the pad under a desk.
- The product is designed for walking; avoid running at high speeds.

- The 6% incline is manual. Ensure it is properly set before starting your workout.

3. INCLUDED COMPONENTS

Upon unboxing, verify that all the following components are present:

- Sportconic Walking Pad P106FA Unit
- Remote Control
- Power Cord (1.5m)
- Lubricant
- Tool Kit (for minor adjustments)
- User Manual (this document)

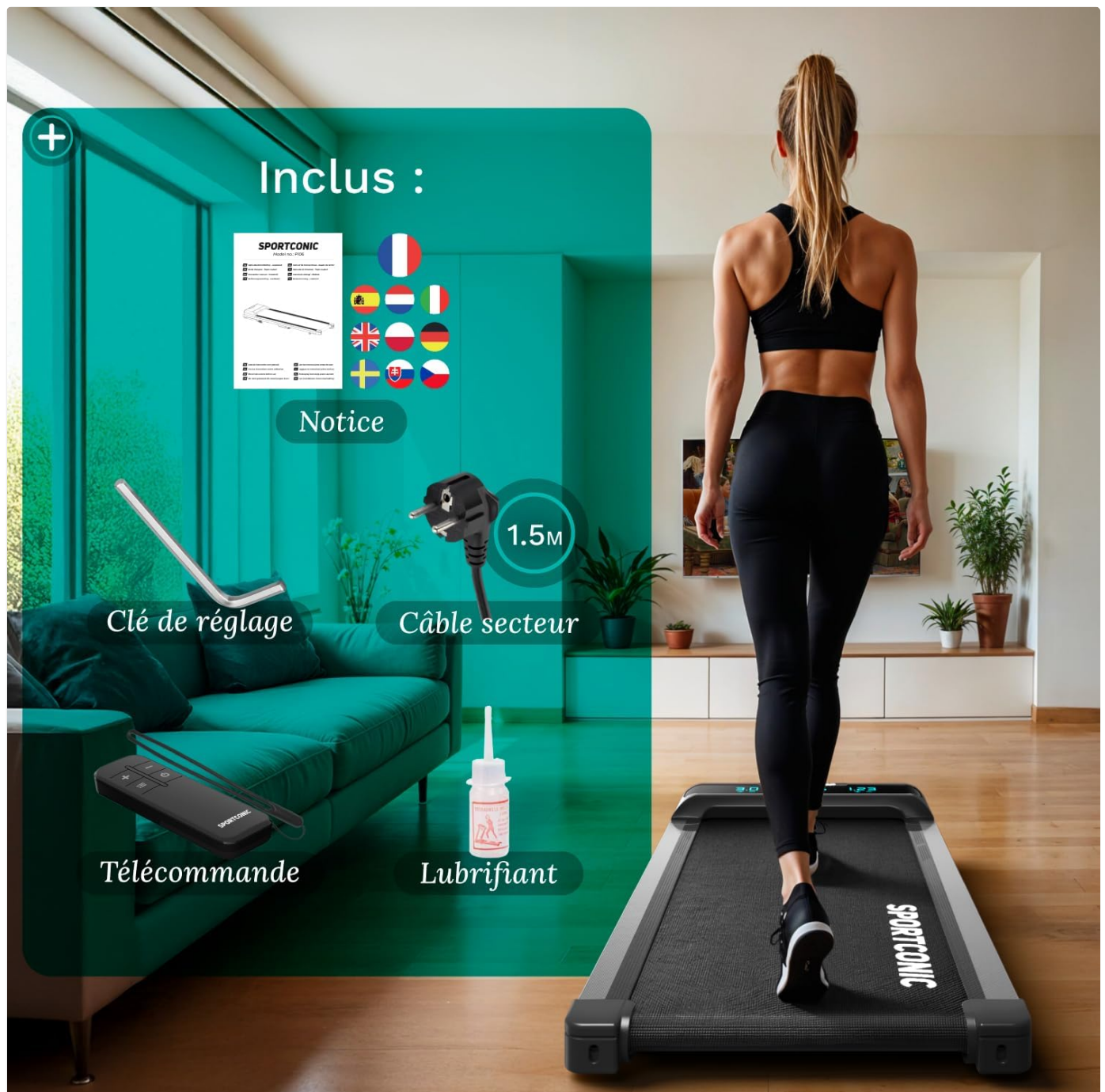


Figure 2: All components included with the Sportconic Walking Pad P106FA.

4. SETUP

The Sportconic Walking Pad P106FA requires no complex installation. It is designed for immediate use out of the box.

1. **Unpack:** Carefully remove the walking pad and all accessories from its packaging.
2. **Placement:** Place the walking pad on a firm, level surface. Ensure there is adequate clear space around the device for safe operation. Its compact design (109 cm L x 40 cm W walking surface) makes it suitable for various spaces, including under standing desks.
3. **Power Connection:** Connect the power cord to the walking pad's power input and then plug it into a standard electrical outlet.
4. **Remote Control:** Ensure the remote control has batteries installed (if not pre-installed) and is ready for use.



Mouvement productif

Travaillez et marchez sous votre bureau

Figure 3: Optimal placement of the walking pad under a desk.

5. OPERATING INSTRUCTIONS

5.1 Powering On/Off

- To power on, press the power button on the remote control. The LED display will illuminate.
- To power off, press the power button on the remote control again.

5.2 Using the Remote Control and LED Display

The remote control allows for easy adjustment of speed and control of the walking pad. The integrated LED display provides real-time workout data.



Figure 4: LED display and remote control.

- **Speed Adjustment:** Use the '+' and '-' buttons on the remote to increase or decrease the walking speed. The speed range is 1 to 6 km/h.
- **LED Display:** The clear LED screen shows the following metrics:
 - **Distance:** Total distance walked.
 - **Time:** Duration of your workout.

- **Speed:** Current walking speed.
- **Calories:** Estimated calories burned.

5.3 Manual Incline Adjustment

The walking pad features a manual incline of 6% to intensify your workout.

1. **Locate Adjustment Points:** Identify the manual incline adjustment points at the rear of the walking pad.
2. **Adjust Incline:** Lift the rear of the walking pad slightly and adjust the support mechanism to engage the 6% incline. Ensure both sides are securely set before use.



Figure 5: Manual incline adjustment mechanism.

6. MAINTENANCE

6.1 Lubrication

Regular lubrication of the walking belt is crucial for optimal performance and longevity.

- Apply the provided lubricant under the walking belt every 3-6 months, depending on usage frequency.
- Refer to the specific instructions on the lubricant bottle for precise application.

6.2 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.
- Ensure the device is unplugged before cleaning.

6.3 Storage

The Sportconic Walking Pad is designed for easy storage due to its compact size and integrated transport wheels.

- After use, power off and unplug the device.
- Utilize the integrated wheels to easily move the walking pad.
- Its low height of 13 cm allows it to be stored under a sofa or bed.



Figure 6: Compact storage under furniture.

7. TROUBLESHOOTING

If you encounter any issues with your Sportconic Walking Pad, please refer to the following common troubleshooting steps:

Problem	Possible Cause	Solution
Walking pad does not power on.	Power cord not properly connected; no power from outlet.	Ensure power cord is securely plugged into the unit and a working electrical outlet. Check circuit breaker.
Remote control not responding.	Low or dead batteries; remote not paired.	Replace batteries in the remote control. Refer to the manual for remote pairing instructions if applicable.

Problem	Possible Cause	Solution
Unusual noise during operation.	Lack of lubrication; loose components.	Apply lubricant to the walking belt. Check for any loose screws or parts and tighten them.
Walking belt slips or hesitates.	Belt tension too loose; lack of lubrication.	Adjust belt tension using the provided tool kit (refer to specific instructions for belt adjustment). Apply lubricant.

If the problem persists after attempting these solutions, please contact Sportconic customer support.

8. SPECIFICATIONS

Feature	Detail
Model Number	P106FA
Brand	Sportconic
Color	Black
Speed Range	1 - 6 km/h
Incline	6% (Manual)
Walking Surface Dimensions (L x W)	109 cm x 40 cm
Product Dimensions (L x W x H)	109 cm x 40 cm x 105 cm (unfolded)
Folded Dimensions (L x W x H)	109 cm x 41 cm x 13 cm
Item Weight	20.5 kg (45.2 lbs)
Maximum User Weight	110 kg (242 lbs)
Motor Horsepower	2 HP
Display Type	LED (Distance, Time, Speed, Calories)
Material	Plastic (Frame & Main Material)
Special Features	Shock absorber, Integrated wheels, Compact design, Portable
Power Source	Electric Cable
Recommended Use	Walking, Home Fitness, Under-desk use



Figure 7: Product dimensions.

9. WARRANTY AND SUPPORT

Warranty Information: Sportconic products are manufactured to high-quality standards. For specific warranty details, including coverage period and terms, please refer to the warranty card included with your product or visit the official Sportconic website. Keep your proof of purchase for warranty claims.

Customer Support: If you have any questions, require technical assistance, or need to report an issue, please contact Sportconic customer support. Contact information can typically be found on the product packaging, the official Sportconic website, or through your retailer.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question