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› Sportconic Foldable Inclinable Walking Pad User Manual

Sportconic P106FA

Sportconic Foldable Inclinable Walking Pad User Manual

Model: P106FA

1. PRODUCT OVERVIEW

The Sportconic Walking Pad is a compact and foldable treadmill designed for home and office use, allowing for walking and light jogging. Its quiet operation and space-saving design make it ideal for maintaining an active lifestyle indoors. This model supports speeds from 1 to 6 km/h and features a manual incline for varied workouts.



Image: The Sportconic Walking Pad in a home setting, demonstrating its compact design and the included remote control. A user is shown walking on the pad, highlighting its suitability for active use.

2. SAFETY INSTRUCTIONS

- Always read the entire manual before operating the walking pad.
- Place the walking pad on a flat, stable surface. Ensure adequate clear space around the unit (at least 0.6 meters on all sides).
- Keep children and pets away from the walking pad during operation.
- Do not operate the walking pad if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate athletic footwear when using the walking pad.
- Do not step on or off the walking pad while the belt is moving.
- Use the safety key at all times. Attach the clip to your clothing. In case of an emergency, pulling the safety key will immediately stop the machine.

- Maximum user weight capacity: 110 kg (242 lbs). Do not exceed this limit.
- Unplug the walking pad from the power outlet when not in use or before cleaning and maintenance.

3. PACKAGE CONTENTS

Please check the package contents to ensure all items are present and undamaged:

- Sportconic Walking Pad Unit
- Remote Control
- Safety Key
- Lubricant
- Power Cable
- Adjustment Wrench
- User Manual (this document)

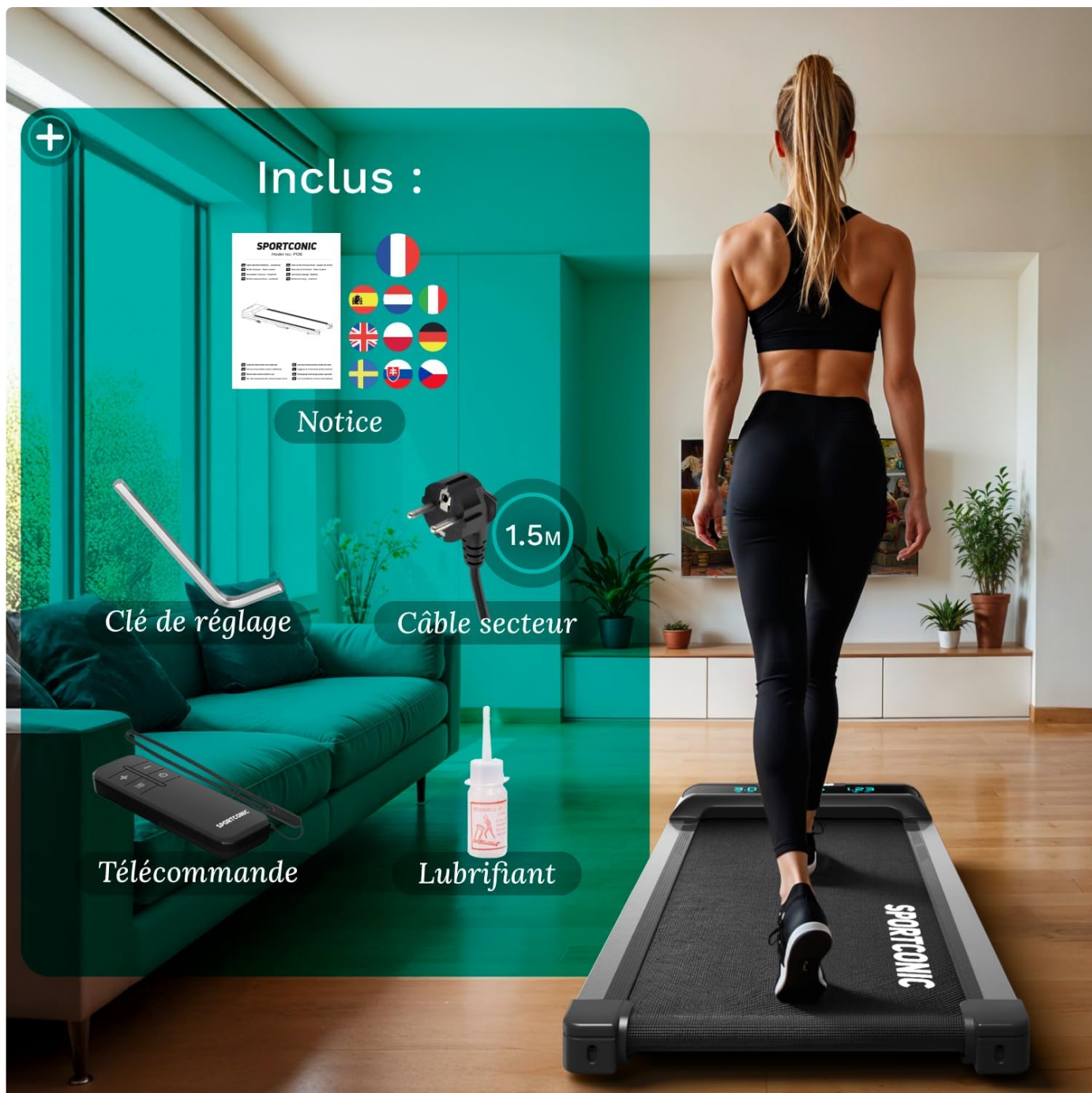


Image: An illustration of all components included in the Sportconic Walking Pad package, such as the remote control, safety key, lubricant, power cable, and adjustment wrench.

4. SETUP

The Sportconic Walking Pad is designed for immediate use with minimal setup required.

1. **Unpack:** Carefully remove the walking pad and all accessories from the packaging.
2. **Placement:** Place the walking pad on a firm, level surface. Ensure there is sufficient space around the unit for safe operation.
3. **Power Connection:** Connect the power cable to the walking pad and then to a grounded electrical outlet.
4. **Safety Key:** Attach the safety key to the designated slot on the walking pad's console. Clip the other end of the safety key to your clothing before starting your workout. The walking pad will not operate without the safety key in place.

ANGLE D'INCLINAISON DE 9%

Rendez votre entraînement plus intense et plus stimulant grâce à l'angle d'inclinaison réglable manuellement



Image: A user walking on the Sportconic Walking Pad positioned under a standing desk, illustrating its compact design and ease of integration into various environments without complex assembly.

5. OPERATING INSTRUCTIONS

5.1 Starting and Stopping

- Ensure the safety key is properly attached.
- Press the Power button on the remote control to turn on the walking pad. The LED display will illuminate.
- To start the belt, press the Start/Stop button on the remote control. The belt will begin moving at a low speed.
- To stop the belt, press the Start/Stop button again. The belt will gradually slow down and stop.
- In case of emergency, pull the safety key to immediately stop the walking pad.

5.2 Adjusting Speed

- Use the '+' button on the remote control to increase the speed.
- Use the '-' button on the remote control to decrease the speed.
- The speed range for this model is 1 to 6 km/h.

5.3 LED Display

The integrated LED display provides real-time workout data:

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



Image: A detailed view of the Sportconic Walking Pad's LED display, clearly showing metrics such as speed, time, calories, and distance, alongside the remote control for easy adjustments.

5.4 Manual Incline Adjustment

The walking pad features a manual incline of approximately 9% to increase workout intensity.

1. Ensure the walking pad is turned off and unplugged.
2. Locate the incline adjustment mechanism at the rear of the walking pad (refer to image).
3. Manually adjust the support legs to the desired incline position. Ensure both sides are set equally and securely.
4. Verify stability before resuming use.

Entraînement intensif

*Inclinaison manuelle
réglable à 9 %*



Optionnel :
Tapis de protection Sportconic

Image: A close-up showing the manual incline adjustment feature of the Sportconic Walking Pad, allowing users to increase the workout difficulty by elevating the walking surface.

5.5 Folding and Storage

The walking pad is designed for easy folding and compact storage.

- Turn off and unplug the walking pad.
- The unit can be easily slid under furniture like a sofa or bed due to its low profile (13 cm height).
- Integrated transport wheels allow for effortless movement and relocation.



Silencieux

**Amortissement optimal,
charge max. 110 kg**

Image: The Sportconic Walking Pad neatly stored under a sofa, demonstrating its ultra-compact design and the convenience of its integrated transport wheels for easy storage and mobility.

6. MAINTENANCE

6.1 Lubrication

Regular lubrication of the running belt is crucial for optimal performance and longevity. Use the provided lubricant.

- Turn off and unplug the walking pad.
- Lift the edge of the running belt on one side.
- Apply a small amount of lubricant in a Z-pattern directly onto the deck under the belt.
- Repeat on the other side.
- Plug in the walking pad and run it at a low speed (e.g., 1 km/h) for 2-3 minutes to distribute the lubricant evenly.
- Lubricate every 3-6 months depending on usage.

6.2 Cleaning

- Turn off and unplug the walking pad before cleaning.
- Wipe down the walking pad's surfaces with a damp cloth. Do not use abrasive cleaners or solvents.
- Regularly vacuum under the walking pad to prevent dust and debris buildup.

6.3 Belt Adjustment

If the running belt is off-center or slipping, it may need adjustment. Use the adjustment wrench provided.

- **Centering the Belt:** If the belt drifts to one side, turn the corresponding rear roller bolt a quarter turn clockwise. If it drifts to the other side, turn the opposite bolt a quarter turn clockwise. Run the walking pad at a low speed and observe. Repeat until centered.
- **Tightening the Belt:** If the belt slips during use, turn both rear roller bolts a quarter turn clockwise. Do not overtighten.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Walking pad does not power on.	Not plugged in; power switch off; safety key not inserted.	Ensure power cable is securely plugged in. Check power switch. Insert safety key fully.
Belt does not move.	Safety key not inserted; emergency stop activated; motor overload.	Ensure safety key is in place. Reset by removing and reinserting safety key. Reduce load if overloaded.
Belt slips during use.	Belt too loose; insufficient lubrication.	Tighten the running belt (refer to Maintenance section). Apply lubricant if needed.
Belt is off-center.	Belt alignment issue.	Adjust the running belt (refer to Maintenance section).
Unusual noise.	Lack of lubrication; loose components; foreign object.	Lubricate the belt. Check for loose screws. Inspect for foreign objects under the belt.

8. SPECIFICATIONS

Feature	Detail
Brand	Sportconic
Model Number	P106FA
Color	Black
Material	Plastic
Speed Range	1 - 6 km/h
Running Surface Dimensions (L x W)	109 cm x 40 cm (42.9 x 15.7 inches)

Feature	Detail
Product Dimensions (L x W x H)	109 x 40 x 105 cm (42.9 x 15.7 x 41.3 inches)
Folded Height	13 cm (5.1 inches)
Item Weight	20.5 kg (45.2 lbs)
Max User Weight	110 kg (242 lbs)
Incline	Manual, approx. 9%
Display Type	LED
Display Metrics	Calories burned, Distance, Time, Speed
Power Source	Corded Electric
Special Features	Shock absorber, Transport wheels, Manual incline, Foldable, Portable



Image: Visual representation of the Sportconic Walking Pad's key dimensions, including length, width, and height, for better understanding of its footprint.

9. WARRANTY AND SUPPORT

For any questions, technical assistance, or warranty claims, please contact Sportconic customer support. Refer to your purchase documentation for specific warranty terms and contact information.

While this product is designed for durability, proper maintenance as outlined in this manual will ensure its long-term performance.

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Details

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

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