

WALKINGPAD Z3-side handrails

WALKINGPAD Z3-side Handrails Treadmill User Manual

Model: Z3-side Handrails (WP400Q42)

1. INTRODUCTION

This manual provides essential instructions for the safe and effective operation, maintenance, and troubleshooting of your WALKINGPAD Z3-side Handrails Treadmill. Please read this manual thoroughly before initial use and retain it for future reference.

The WALKINGPAD Z3-side Handrails Treadmill is designed for both walking and running, offering a versatile exercise experience. Its innovative folding design allows for compact storage, making it suitable for various home environments. Key features include a clear LED display for tracking workout data, a powerful brushless motor for quiet operation, and a multi-layer running belt for enhanced comfort and joint protection.

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.
- Ensure adequate clear space around the treadmill (at least 2 meters behind and 0.6 meters on each side).
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate athletic footwear and clothing.
- Use the safety key at all times. In case of emergency, the safety key will stop the treadmill.
- Do not attempt to service the treadmill yourself. Contact qualified service personnel for repairs.
- Unplug the treadmill from the power outlet when not in use, before cleaning, and before performing maintenance.

3. PACKAGE CONTENTS

Carefully unpack all components and verify that you have received the following items:

- WALKINGPAD Z3-side Handrails Treadmill Unit
- Handles (x2)
- Power Cord (x1)
- Wristband (x1)
- Allen Key (x1)
- Remote Control (x1)
- Safety Key (x1)
- User Manual (this document)

Package List

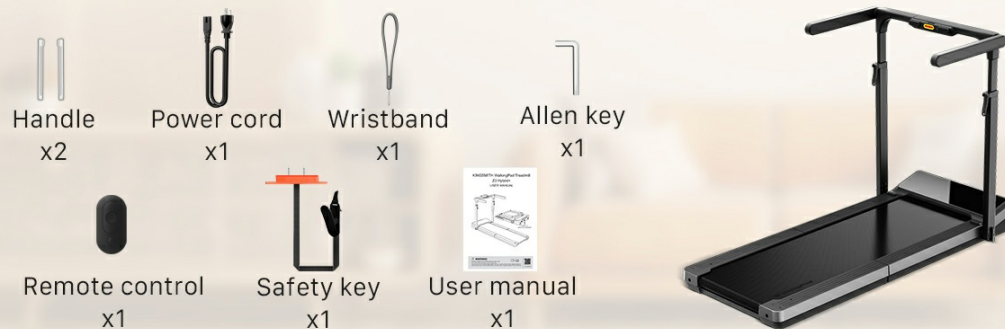


Figure 3.1: Package Contents. This illustration details the items included in the product package: two handles, a power cord, a wristband, an Allen key, a remote control, a safety key, and the user manual, alongside the treadmill itself.

4. SETUP

4.1 Unfolding the Treadmill

1. Place the folded treadmill on a flat, stable surface.
2. Gently lift the rear section of the treadmill deck until it locks into place, forming the full running surface.
3. Raise the handrails to the upright position and secure them using the locking mechanisms.



Figure 4.1: Treadmill in use and folded. This image shows the WALKINGPAD Z3-side Handrails Treadmill in two states: a woman running on it with the handrails extended, and the treadmill folded and being moved for storage.

4.2 Connecting Power

1. Connect the power cord to the treadmill's power input port.
2. Plug the power cord into a grounded electrical outlet.
3. Ensure the power switch (if present) is in the 'ON' position.

5. OPERATING MODES

The WALKINGPAD Z3-side Handrails Treadmill offers two primary operating modes:

5.1 Walking Mode (Handrails Down)

- When the handrails are folded down, the treadmill operates in walking mode.
- The speed range in this mode is typically 1-4 MPH (1.6-6.4 km/h).
- This mode is ideal for light exercise, walking under a desk, or gentle warm-ups.

5.2 Running Mode (Handrails Up)

- When the handrails are raised and secured, the treadmill transitions to running mode.
- The speed range in this mode is typically 1-6.5 MPH (1.6-10.5 km/h).
- This mode is suitable for brisk walking, jogging, and light running.

Walking And Running In One Piece

It's a walking pad when the armrests are down and
a treadmill when the armrests are up



Walking Mode:
1-4.0MPH



Running Mode:
1-6.5MPH

Figure 5.1: Walking and Running Modes. This image demonstrates the treadmill's dual functionality: a man walking on it with the handrails down (walking mode, 1-4 MPH) and a woman running on it with the handrails up (running mode, 1-6.5 MPH).

6. DISPLAY AND CONTROLS

6.1 LED Display

The treadmill features a large LED display, tilted at 15 degrees for optimal viewing, which shows real-time workout data:

- **Time:** Duration of your workout.
- **Calories:** Estimated calories burned.
- **Speed:** Current speed in MPH.
- **Distance:** Total distance covered.
- **Step:** Number of steps taken.

Tilted Display For Easier Use



Figure 6.1: Tilted LED Display. A man is shown running on the treadmill, highlighting the 15-degree tilted LED display which shows real-time data such as time, calories, velocity, distance, and steps for easy viewing during exercise.

6.2 Remote Control

The treadmill is controlled via a wireless remote control. Use the remote to start/stop the treadmill, adjust speed, and switch between modes. Ensure the remote control battery is functional for proper operation.

7. FOLDING AND STORAGE

The WALKINGPAD Z3-side Handrails Treadmill features a patented folding technology for convenient storage.

1. Ensure the treadmill is stopped and unplugged.
2. Lower the handrails by disengaging their locking mechanisms.
3. Fold the treadmill deck in half. The design allows for a compact footprint, reducing space by approximately 90%.
4. Once folded, the treadmill can be easily moved using its integrated transport wheels and stored vertically against a wall or under furniture.

Efficient Use Of Space



Figure 7.1: Efficient Use of Space. A series of three images illustrating the compact folding design of the treadmill. It shows a woman folding the deck, a man lifting the folded unit, and the treadmill being stored upright, emphasizing its space-saving capability.

8. MAINTENANCE

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

8.1 Cleaning

- Always unplug the treadmill before cleaning.
- Wipe down the display and frame with a soft, damp cloth. Avoid abrasive cleaners.
- Periodically vacuum dust from around the motor cover.

8.2 Running Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the specific instructions provided with your treadmill's lubrication kit or contact customer support for guidance on the correct lubricant and application frequency.

8.3 Belt Adjustment

If the running belt becomes misaligned or slips, it may require adjustment. Use the provided Allen key to make small adjustments to the tension bolts at the rear of the treadmill. Adjust gradually and test the belt alignment after each adjustment. Consult the full user manual for detailed belt adjustment procedures.

9. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not connected; power switch off; safety key not in place.	Check power connections; ensure power switch is on; insert safety key.
Running belt slips or stops.	Belt too loose; insufficient lubrication; excessive user weight.	Adjust belt tension; lubricate the belt; ensure user weight is within limits.
Unusual noise during operation.	Loose components; motor issue; belt friction.	Check for loose screws; lubricate belt; if noise persists, contact support.
Remote control not responding.	Battery depleted; remote out of range; pairing issue.	Replace battery; ensure proximity to treadmill; re-pair remote if necessary.

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

10. SPECIFICATIONS

Feature	Detail
Model Number	WP400Q42
Product Dimensions (Unfolded)	147.2 x 76.5 x 103 cm (57.95 x 30.12 x 40.55 inches)
Packed Size (Folded)	39.7 x 30.1 x 7.6 inches

Feature	Detail
Item Weight	38.6 kg (85.1 lbs)
Frame Material	Aluminum
Horsepower	2 Horsepower (Maximum)
Maximum Speed	6.5 Miles per Hour
Display Type	LED
Meter Functions	Calories Burned, Distance, Speed, Step, Time
Power Source	Corded Electric
Special Features	Foldable, 2-in-1 Walking/Running
Running Belt Layers	8-layer high elasticity

Powerful Brushless Motor



Speed Range
1.0-6.5MPH



Low Noise
<65DB



Motor Power
2.0HP

Figure 10.1: Powerful Brushless Motor. An internal view of the treadmill illustrating the powerful brushless motor, emphasizing its quiet operation (under 65dB) and 2.0HP power, designed for smooth and efficient performance.

More Knee & Ankle Protection



Figure 10.2: Knee & Ankle Protection. This image focuses on the treadmill's eight-layer high-elasticity running belt, designed to reduce impact and provide comfort, protecting knees and ankles during exercise. It also indicates a running area of 47.2 x 15.7 inches.

11. WARRANTY AND SUPPORT

11.1 Warranty Information

For detailed warranty information, please refer to the warranty card included with your product or the purchase documentation. The warranty typically covers manufacturing defects under normal use conditions for a specified period from the date of purchase.

11.2 Customer Support

Should you require assistance with setup, operation, maintenance, or troubleshooting that is not covered in this manual, please contact WALKINGPAD customer support. You can typically find contact information on the official WALKINGPAD website or through your retailer.




When contacting support, please have your model number (WP400Q42) and purchase date readily available.



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Related Documents - Z3-side handrails

	<p>WalkingPad WPA1F Pro User Manual: Features, Operation, and Safety</p> <p>Comprehensive user manual for the WalkingPad WPA1F Pro folding treadmill by KING SMITH. This guide covers product features, detailed specifications, operation modes (standby, manual, automatic), remote control functions, initial setup, safety warnings, maintenance procedures, and error code explanations. Learn how to use and care for your WalkingPad for an optimal home fitness experience.</p>
	<p>Fortis T2 Pro WalkingPad Foldable Smart Treadmill User Guide</p> <p>User guide for the Fortis T2 Pro WalkingPad Foldable Smart Treadmill (FSWKPADT2PA). Contains essential safety information, component details, assembly instructions, operation modes (walking, running, manual, automatic), cleaning and maintenance tips, troubleshooting common issues, and technical specifications. Enhance your home fitness experience with this comprehensive guide.</p>
	<p>WalkingPad Foldable Smart Treadmill T2 PRO User Guide</p> <p>Comprehensive user guide for the WalkingPad Foldable Smart Treadmill T2 PRO, covering safety, components, assembly, operation, cleaning, troubleshooting, and specifications.</p>

 The image shows the cover of the WalkingPad WPA1F Pro User Manual. It features the WalkingPad logo at the top, followed by the model name 'WPA1F Pro' and 'USER MANUAL'. Below the text is a line drawing of the treadmill. At the bottom, there is a 'WARNING' section with icons and a QR code.	<p>WalkingPad WPA1F Pro User Manual: Operation, Maintenance, and Safety Guide</p> <p>Comprehensive user manual for the WalkingPad WPA1F Pro treadmill. Learn about setup, operation, maintenance, troubleshooting, and safety precautions for your home fitness equipment.</p>
 The image shows the cover of the WalkingPad WPA1F Pro User Manual. It features the WalkingPad logo at the top, followed by the model name 'WPA1F Pro' and 'USER MANUAL'. Below the text is a line drawing of the treadmill. At the bottom, there is a 'WARNING' section with icons and a QR code.	<p>WalkingPad WPA1F Pro User Manual</p> <p>User manual for the WalkingPad WPA1F Pro, providing instructions on setup, operation, maintenance, safety, and disposal.</p>
 The image shows the cover of the WalkingPad WPS1F User Manual. It features the WalkingPad logo at the top, followed by the model name 'WPS1F' and 'USER MANUAL'. Below the text is a line drawing of the walking device. At the bottom, there is a 'WARNING' section with icons and a QR code.	<p>WalkingPad WPS1F User Manual - Safety, Operation & Maintenance Guide</p> <p>The WalkingPad User Manual provides comprehensive instructions for safe operation, maintenance, and troubleshooting of the WPS1F walking device. Learn about product features, initial setup, control modes, and important safety guidelines to ensure optimal performance and longevity of your WalkingPad.</p>