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› Sunny Health & Fitness Smart Wi-Fi Treadpad User Manual

Sunny Health & Fitness 1. Treadpad

Sunny Health & Fitness Smart Wi-Fi Treadpad User Manual

Model: 1. Treadpad (SF-T724064)

Brand: Sunny Health & Fitness

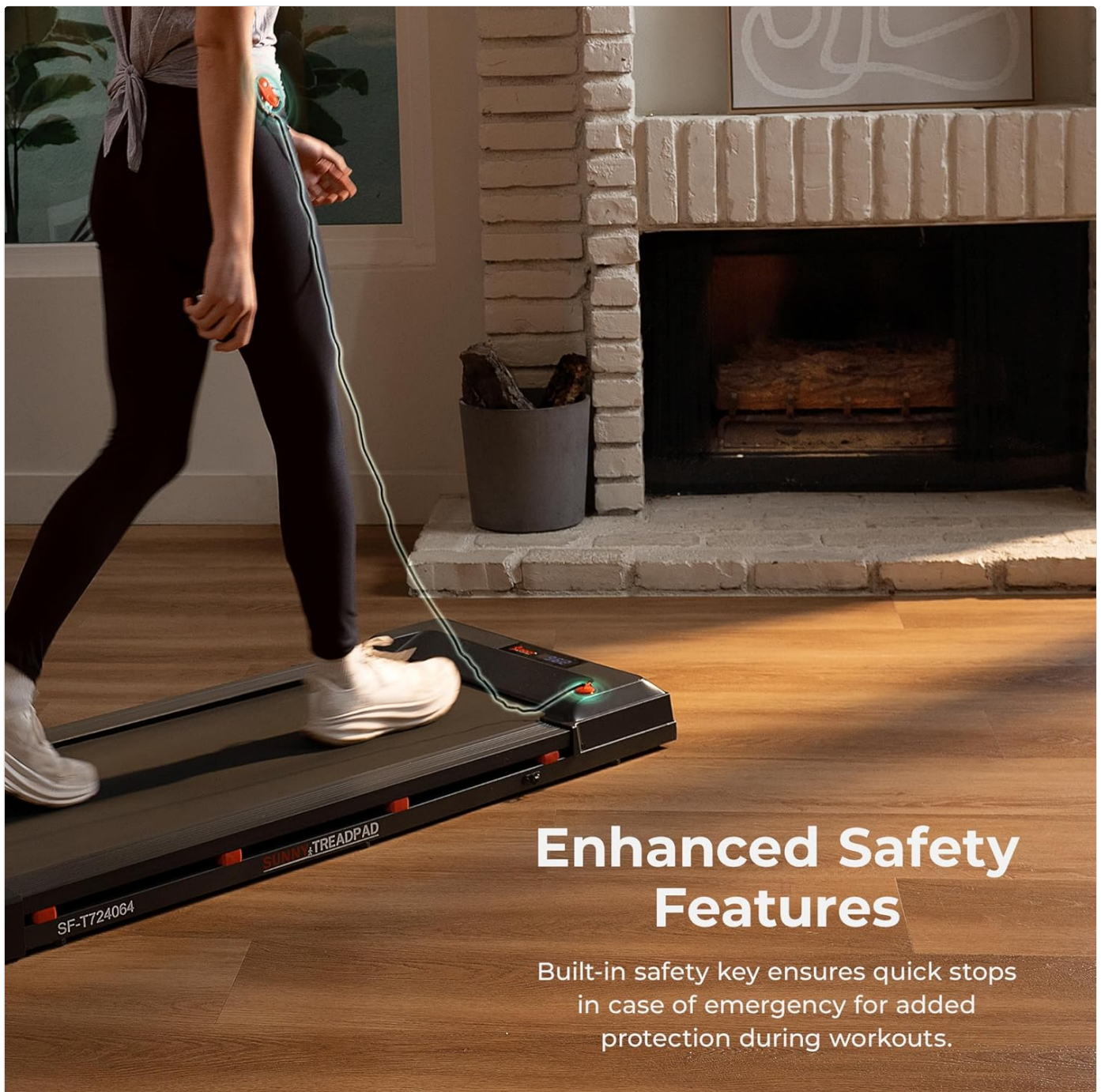
INTRODUCTION

This manual provides essential information for the safe and effective operation, setup, and maintenance of your Sunny Health & Fitness Smart Wi-Fi Treadpad. Please read this manual thoroughly before using the product and retain it for future reference. The Treadpad is designed for walking and light jogging, offering a compact and connected fitness experience for home or office use.

IMPORTANT SAFETY INFORMATION

Always follow basic safety precautions when using electrical appliances to reduce the risk of fire, electric shock, and personal injury. This includes:

- Ensure the treadmill is placed on a flat, stable surface with adequate clear space around it (at least 6 feet behind and 2 feet on each side).
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear and clothing.
- Do not operate the treadmill if it has a damaged cord or plug, or if it has been dropped or damaged.
- Always attach the safety key clip to your clothing before starting your workout. The safety key is designed to immediately stop the treadmill in case of an emergency or if you step off the running belt.
- Do not attempt to lubricate the running belt or perform any maintenance while the treadmill is in operation.
- Consult a physician before starting any exercise program.



Enhanced Safety Features

Built-in safety key ensures quick stops in case of emergency for added protection during workouts.

Enhanced Safety: The built-in safety key ensures quick stops in case of emergency, providing added protection during workouts. Always attach the safety key clip to your clothing before use.

PRODUCT FEATURES

Next-Level Wi-Fi Connectivity

The Treadpad features advanced Wi-Fi integration, allowing seamless connection to your smart TV and the Free SunnyFit App. This enables real-time tracking, personalized adjustments, and optimized goal management, offering greater stability than traditional Bluetooth connections.

Next-Level Wi-Fi Connectivity

Connect to your smart TV and SunnyFit App via Wi-Fi for real-time tracking, and personalized workouts — Offering greater stability than Bluetooth.



Connect your Treadpad to your smart TV via Wi-Fi for an immersive workout experience with real-time data display.

Free Connected Fitness with SunnyFit App

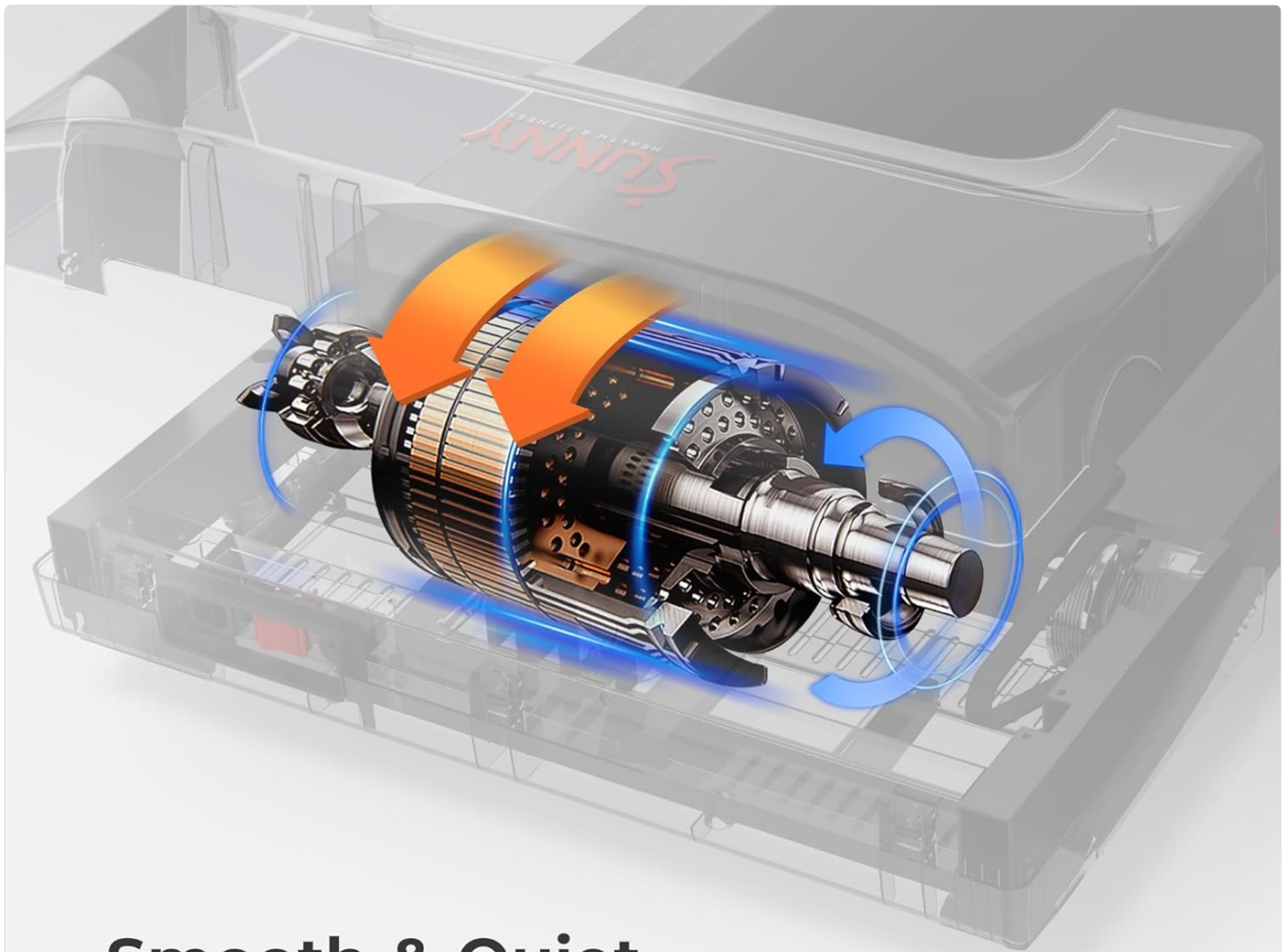
Utilize Bluetooth connectivity through the SunnyFit App to track, adjust, and personalize your workouts. The app provides access to thousands of guided workouts and over 10,000 global routes, keeping your fitness journey engaging and varied.



The SunnyFit App offers a wide range of guided workouts and virtual routes to enhance your exercise routine.

Smooth & Quiet Performance

Powered by a 1HP motor, this treadmill operates quietly, making it suitable for walking and light jogging without causing disruption. It supports users up to 245 lbs.



Smooth & Quiet Performance

Powered by a high-efficiency motor, this treadmill reaches speeds up to 3.7 MPH with whisper-quiet operation

The high-efficiency motor ensures quiet operation, allowing for a peaceful workout environment.

Low-Impact Shock Absorption

Built-in shock absorbers minimize impact on your knees, feet, and joints, providing a smoother, more comfortable workout experience. This feature helps reduce strain and offers enhanced joint protection.

Comfortable Walking Surface

A roomy 16" x 40" deck with shock absorption for a smooth, joint-friendly walk every time.



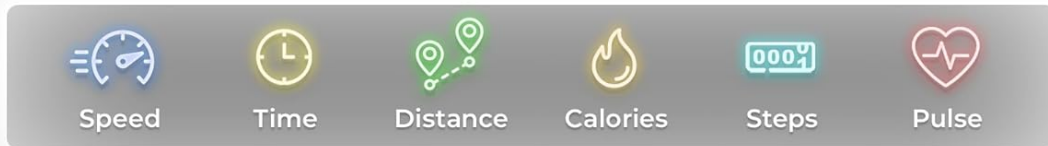
The comfortable walking surface with shock absorption provides a joint-friendly workout.

Real-Time Tracking & Remote Control

Stay motivated with the clear LED display, which provides instant feedback on speed, time, distance, calories burned, steps, and pulse. Enhance your workout with wireless heart rate monitoring (HR200 sold separately). Control your workout seamlessly with the included remote, allowing quick speed adjustments without interruption.

LED Display & Remote Control

Easily track speed, time, distance, calories, steps, and pulse, with optional wireless heart rate monitoring.



The LED display provides essential workout data, and the remote control allows for easy speed adjustments.

Compact, Portable & Spacious Design

This lightweight treadmill features built-in transportation wheels for easy movement and storage. The 41.1" x 16.1" walking deck provides ample room for a comfortable and stable workout, fitting easily into your home or office without clutter.



Compact & Portable Design

Lightweight with transportation wheels, this space-saving treadmill is easy to move and store, perfect for small spaces.

The compact and portable design with transportation wheels makes the Treadpad easy to move and store.

Effortless & Ready-to-Use Design (No Assembly Required)

The Treadpad requires no assembly. Simply unpack, plug in, and begin your exercise for a hassle-free fitness experience.

No Assembly Required

WEIGHT CAPACITY
245 LB



The Treadpad comes fully assembled and ready for immediate use.

SETUP

1. **Unpacking:** Carefully remove the Treadpad from its packaging. Retain packaging for future storage or transport if needed.
2. **Placement:** Place the Treadpad on a firm, level surface. Ensure there is at least 6 feet of clear space behind the unit and 2 feet on each side for safe operation. Avoid placing it on thick carpet, which may impede air circulation.
3. **Power Connection:** Plug the power cord into a grounded electrical outlet.
4. **Safety Key:** Locate the safety key and its clip. Attach the clip to your clothing before stepping onto the treadmill.

OPERATING INSTRUCTIONS

Starting a Workout

1. Ensure the Treadpad is plugged in and the safety key is in place.
2. Step onto the side rails of the treadmill.
3. Press the **START** button on the remote control. The treadmill will begin at a low speed.
4. Gradually increase the speed using the **+/-** button on the remote control to your desired pace. The speed can be adjusted from 0.5 to 3.7 mph.

5. Monitor your progress on the LED display, which shows speed, time, distance, calories burned, and steps.

Using the Remote Control

The remote control allows for convenient adjustment of the treadmill's functions:

- **START/STOP:** Initiates or pauses the treadmill.
- **+/-:** Increases or decreases the speed.
- **MODE:** Cycles through display modes (if applicable).

Connecting to SunnyFit App & Smart TV

1. **SunnyFit App:** Download the SunnyFit App from your device's app store. Enable Bluetooth on your mobile device. Open the app and follow the on-screen instructions to pair with your Treadpad.
2. **Smart TV (Wi-Fi):** Refer to your smart TV's manual for instructions on connecting to external devices via Wi-Fi. The Treadpad can broadcast real-time data to compatible smart TVs.

Ending a Workout

- Press the **STOP** button on the remote control. The treadmill will gradually slow down and stop.
- Alternatively, pull the safety key from its slot to immediately stop the treadmill.
- Once the belt has completely stopped, step off the treadmill.

MAINTENANCE

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

- **Cleaning:** After each use, wipe down the treadmill with a damp cloth to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **Belt Cleaning:** Periodically clean the running belt and the area beneath it to prevent dust and debris buildup. Unplug the treadmill before cleaning the belt.
- **Belt Lubrication:** The running belt may require lubrication over time to reduce friction and extend its lifespan. Refer to the Sunny Health & Fitness website or contact customer support for specific lubrication instructions and recommended lubricants for your model.
- **Storage:** When not in use, store the Treadpad in a cool, dry place. Utilize the built-in transportation wheels for easy movement.

TROUBLESHOOTING

If you encounter issues with your Treadpad, refer to the table below for common problems and solutions.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not securely plugged in; circuit breaker tripped; safety key not in place.	Ensure power cord is fully inserted. Check household circuit breaker. Verify safety key is correctly inserted into the console.
Running belt slips or hesitates.	Belt tension too loose; belt requires lubrication.	Adjust belt tension according to instructions (refer to Sunny Health & Fitness support). Lubricate the running belt as per maintenance guidelines.

Problem	Possible Cause	Solution
Unusual noise during operation.	Loose components; motor issue; belt misalignment.	Check all visible bolts and screws for tightness. If noise persists, discontinue use and contact customer support.
Remote control not responding.	Dead batteries; remote out of range; interference.	Replace remote control batteries. Ensure you are within effective range. Remove any obstructions between remote and treadmill.
Cannot connect to SunnyFit App or Smart TV.	Bluetooth/Wi-Fi off; app not updated; device compatibility.	Ensure Bluetooth/Wi-Fi is enabled on your device. Update the SunnyFit App to the latest version. Check device compatibility requirements.

SPECIFICATIONS

Attribute	Detail
Brand	Sunny Health & Fitness
Model	1. Treadpad (SF-T724064)
Color	Black
Product Dimensions (D x W x H)	49.2"D x 22"W x 4.3"H
Item Weight	45.3 Pounds
Material	Alloy Steel
Maximum Speed	3.7 Miles per Hour
Weight Capacity	245 lbs
Special Feature	Compact Design, Wi-Fi Connectivity, Remote Control
Recommended Use	Walking, Light Jogging

WARRANTY & SUPPORT

Sunny Health & Fitness has over 20 years of expertise in delivering high-quality fitness equipment. We are committed to providing exceptional service and support.

For warranty information, technical assistance, or any questions regarding your Treadpad, please contact our dedicated US support team. You can find contact details on the official Sunny Health & Fitness website or through the SunnyFit App.

Please retain your proof of purchase for warranty claims.