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› WELLFIT Walking Pad Treadmill User Manual

WELLFIT TM027

WELLFIT Walking Pad Treadmill User Manual

Model: TM027 | Brand: WELLFIT

1. INTRODUCTION

This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your WELLFIT Walking Pad Treadmill. Please read this manual thoroughly before initial use and retain it for future reference. This walking pad is designed for walking and light jogging, offering a convenient way to exercise at home or under a standing desk.

2. SAFETY INFORMATION

To ensure your safety and prolong the life of your treadmill, adhere to the following precautions:

- Always read the entire manual before operating the treadmill.
- Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it (at least 2 feet on all sides).
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear.
- Do not exceed the maximum weight capacity of 265 lbs.
- Always attach the safety key clip to your clothing before starting the treadmill. The treadmill will stop automatically if the safety key is dislodged.
- Do not step on or off the treadmill while the belt is moving.
- If you feel faint, dizzy, or experience pain, stop exercising immediately.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.

3. PACKAGE CONTENTS

Verify that all components are present in the package:

- WELLFIT Walking Pad Treadmill Unit
- Removable Handlebar
- Safety Key
- Power Cord

- Tool Kit (for assembly and maintenance)
- User Manual (this document)

4. SETUP GUIDE

Follow these steps to set up your WELLFIT Walking Pad Treadmill:

1. **Unpacking:** Carefully remove the treadmill and all components from the packaging. Place the treadmill on a flat, stable surface.
2. **Handlebar Installation (Optional):** If your model includes a removable handlebar, insert the handlebar into the designated slots on the treadmill base. Secure it using the provided screws and tools from the tool kit. Ensure it is firmly attached before use.
3. **Power Connection:** Locate the power input port on the treadmill. Connect the power cord securely to the treadmill and then plug the other end into a grounded electrical outlet.
4. **Initial Lubrication:** Before first use, and periodically thereafter, apply the provided lubricant under the running belt. Lift the edge of the belt slightly and apply a small amount of lubricant to the center of the deck. Refer to the Maintenance section for detailed lubrication instructions.
5. **Safety Key Placement:** Attach the safety key to the designated slot on the treadmill's console. The treadmill will not operate without the safety key in place.



Figure 4.1: Illustration of the treadmill's motor and performance specifications.



Figure 4.2: Dimensions and portability features of the WELLFIT Walking Pad Treadmill.

Your browser does not support the video tag.

Video 4.1: Official product video demonstrating the WELLFIT Walking Pad with handlebar and incline features, including setup and operation.

5. OPERATING INSTRUCTIONS

Your WELLFIT Walking Pad Treadmill offers multiple control options for a personalized workout experience.

5.1 Powering On/Off

- To turn on, ensure the power cord is plugged in and the safety key is in place. Press the power button on the treadmill or the remote control. The display will illuminate.
- To turn off, press the stop button on the remote or the treadmill. The treadmill will gradually slow down and stop. Unplug the power cord for complete shutdown.

5.2 Control Modes

The treadmill can be operated via handheld remote, the WELLFIT app, or voice commands.

- **Remote Control:** Use the included remote to start/stop the treadmill and adjust speed. The remote typically has buttons for Start/Stop, Speed Up (+), and Speed Down (-).
- **WELLFIT App Control:** Download the WELLFIT app from your device's app store. Follow the in-app instructions to pair your treadmill via Bluetooth. The app allows you to control speed, track workout data (distance, calories, time, speed), and access guided programs.
- **Voice Control:** Certain models support voice commands. Refer to the app or specific product documentation for supported voice commands and setup.



Figure 5.1: Overview of the treadmill's three control modes.

5.3 Adjusting Speed and Incline

- **Speed Adjustment:** Use the '+' and '-' buttons on the remote or app to increase or decrease the speed. The speed range is 1-5 MPH.
- **Manual Incline:** This treadmill features 3 manual incline settings: 3%, 6%, and 10%. To adjust the incline, you must manually change the incline feet located at the rear of the treadmill. Ensure the treadmill is off and unplugged before adjusting the incline.



Figure 5.2: Manual incline settings for varied workout intensity.

5.4 Display Metrics

The LED display on the treadmill shows real-time workout data, including:

- **Speed:** Current speed in Miles Per Hour (MPH).
- **Time:** Duration of your workout.
- **Distance:** Total distance covered during the workout.
- **Calories:** Estimated calories burned.

6. FEATURES OVERVIEW

The WELLFIT Walking Pad Treadmill is engineered with several features to enhance your exercise experience:

- **Powerful and Quiet Motor:** Equipped with a 2.5HP motor, providing smooth and consistent performance for walking and jogging. Operates at less than 40dB, ensuring a quiet workout environment.
- **Adjustable Incline:** Offers 3 manual incline levels (3%, 6%, 10%) to customize workout intensity and target different muscle groups.
- **Advanced Shock Absorption:** Features a 5-layer anti-slip belt and 8 shock absorbers to minimize impact on joints, providing a comfortable and safe workout.
- **Versatile Control Options:** Seamlessly control your workout using the included remote, the dedicated WELLFIT app, or convenient voice commands.
- **Compact and Portable Design:** Designed for small spaces, featuring a removable handlebar for easy storage under beds or couches. Built-in wheels allow for effortless relocation.



Figure 6.1: Anti-slip and shock-absorbing system for joint safety.

7. MAINTENANCE

Regular maintenance ensures optimal performance and longevity of your treadmill.

7.1 Lubrication

Lubricate the running belt every 3 months or after 50 hours of use, whichever comes first. Use only the silicone lubricant provided or recommended by WELLFIT.

1. Turn off and unplug the treadmill.
2. Loosen the belt tension by turning the rear roller bolts counter-clockwise (usually 2-3 turns).
3. Lift the edge of the running belt and apply a thin line of lubricant down the center of the deck, about 1-2 inches from the edge.
4. Repeat on the other side of the belt.
5. Tighten the belt tension by turning the rear roller bolts clockwise until the belt is snug but not overly tight.
6. Plug in the treadmill and run it at a low speed (e.g., 1 MPH) for 5 minutes to distribute the lubricant evenly.

7.2 Cleaning

- Wipe down the treadmill surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- Periodically vacuum under the treadmill to remove dust and debris that may accumulate.

7.3 Belt Adjustment

If the running belt slips or drifts to one side, it may need adjustment. Refer to the troubleshooting section or contact customer support for detailed instructions.

8. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord unplugged, safety key not in place, power switch off.	Ensure power cord is securely plugged in, safety key is correctly inserted, and power switch is ON.

Problem	Possible Cause	Solution
Running belt slips.	Belt tension too loose, belt needs lubrication.	Adjust belt tension (refer to manual or support). Apply silicone lubricant as per maintenance instructions.
Running belt drifts to one side.	Belt alignment issue.	Adjust the rear roller bolts to center the belt. Turn the bolt on the side the belt is drifting towards clockwise, and the opposite bolt counter-clockwise, in small increments (1/4 turn at a time). Run the treadmill for a minute and re-check.
Unusual noise during operation.	Loose components, lack of lubrication, foreign object.	Check for loose screws and tighten. Lubricate the belt. Inspect under the belt for any foreign objects. If noise persists, contact support.

If the problem persists after attempting these solutions, please contact WELLFIT Customer Support.

9. SPECIFICATIONS

Feature	Specification
Brand	WELLFIT
Model Name	TM027
Motor Horsepower	2.5 HP
Speed Range	1 - 5 MPH
Maximum Incline	10% (3 manual levels: 3%, 6%, 10%)
Noise Level	<40dB
Maximum Weight Capacity	265 Pounds
Recommended User Height	Under 5.9 ft
Product Dimensions (L x W x H)	42.91"D x 18.31"W x 39"H
Folded Size	43 x 18 inches
Item Weight	33 Pounds
Connectivity	Bluetooth (for app control)
Display Type	LED

10. WARRANTY AND SUPPORT

Your WELLFIT Walking Pad Treadmill comes with a 30-day warranty from the date of purchase. This warranty covers manufacturing defects and ensures proper functioning under normal use.

For technical assistance, warranty claims, or any product-related inquiries, please contact WELLFIT Customer Support:

- **Phone:** (713) 589-0078
- **Email:** support@uswellfit.com

Please have your model number (TM027) and purchase date ready when contacting support.

