

[Manuals.plus](#) /

› [Viamotion](#) /

› Viamotion Walking Pad Treadmill User Manual

Viamotion Walking Pad

Viamotion Walking Pad Treadmill User Manual

Model: Walking Pad

Brand: Viamotion

1. INTRODUCTION

Thank you for choosing the Viamotion 2-in-1 Under Desk Walking Pad Treadmill. This compact and versatile fitness equipment is designed to provide a convenient way to incorporate walking or light jogging into your daily routine, whether at home or under a standing desk. With its powerful motor, quiet operation, and intelligent control features, it offers an effective and comfortable exercise experience.

This manual provides essential information for the safe and efficient operation, maintenance, and troubleshooting of your new walking pad. Please read it thoroughly before first use and keep it for future reference.



Image: The Viamotion Walking Pad Treadmill, illustrating its dual functionality for running and under-desk use.

2. IMPORTANT SAFETY INFORMATION

To ensure your safety and prolong the life of your Viamotion Walking Pad Treadmill, please adhere to the following safety precautions:

- Read all instructions in this manual before using the treadmill.
- Place the treadmill on a flat, stable surface. Ensure there is at least 2 feet (0.6 meters) of clear space behind the treadmill and 1 foot (0.3 meters) on each side.
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear and clothing. Do not use the treadmill barefoot or in loose clothing that could get caught.
- 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, before cleaning, or before performing any maintenance.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- This treadmill is designed for walking and light jogging. It is not intended for high-intensity running.
- The maximum user weight capacity is 265 lbs (120 kg). Do not exceed this limit.

3. PACKAGE CONTENTS

Carefully unpack your Viamotion Walking Pad Treadmill and verify that all items listed below are included and in good condition:

- Viamotion Walking Pad Treadmill (Main Unit)
- Remote Control (x1)
- Backup Battery (for remote, x1)
- Hex Wrench (x1)
- Lubricating Oil (x2 bottles)
- User Manual (this document, x1)



Image: Contents of the Viamotion Walking Pad Treadmill package.

4. ASSEMBLY AND INITIAL SETUP

The Viamotion Walking Pad Treadmill comes largely pre-assembled for your convenience. Follow these steps for quick setup:

1. **Unpack:** Carefully remove the treadmill from its packaging.
2. **Placement:** Place the treadmill on a firm, level surface. Ensure adequate clearance around the unit as described in the Safety Information section.
3. **Power Connection:** Plug the power cord into a grounded electrical outlet.
4. **Remote Control:** Insert the provided backup battery into the remote control.
5. **Power On:** Locate the power switch on the treadmill (usually near the power cord inlet) and turn it to the "ON" position. The LED display should illuminate.
6. **First Use:** Before stepping on, test the remote control to adjust speed and ensure proper function. Start at a low speed.



Image: The Viamotion Walking Pad Treadmill in an office setting, highlighting its suitability for under-desk use.

5. OPERATING INSTRUCTIONS

Your Viamotion Walking Pad Treadmill is controlled primarily by the included remote control. The LED display provides real-time feedback on your workout.

5.1 Remote Control Functions



Image: The remote control and LED display of the Viamotion Walking Pad Treadmill.

- **Power Button:** Turns the treadmill on/off or starts/pauses the workout.
- **Speed Up (+):** Increases the belt speed.
- **Speed Down (-):** Decreases the belt speed.
- **Mode Button:** Cycles through display modes (Speed, Calories, Timing, Distance).

5.2 LED Display

The integrated LED display shows your workout data:

- **Speed:** Current walking/jogging speed (0.6 - 3.8 MPH).

- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.

5.3 Starting a Workout

1. Ensure the treadmill is plugged in and powered on.
2. Stand on the side rails of the treadmill, not on the belt.
3. Press the Power button on the remote control to start the belt. It will typically start at a very low speed.
4. Carefully step onto the moving belt.
5. Use the Speed Up (+) and Speed Down (-) buttons to adjust to your desired pace.

5.4 Stopping a Workout

1. Gradually decrease the speed using the Speed Down (-) button until the belt comes to a complete stop.
2. Alternatively, press the Power button on the remote control to pause or stop the workout immediately.
3. Once the belt has stopped, step off the treadmill.
4. For complete power off, switch the main power switch to "OFF" and unplug the unit.

6. MAINTENANCE AND CARE

Regular maintenance ensures the longevity and optimal performance of your Viamotion Walking Pad Treadmill.

6.1 Cleaning

- Always unplug the treadmill before cleaning.
- Wipe down the display and exterior surfaces with a soft, damp cloth. Avoid using abrasive cleaners or solvents.
- Periodically vacuum under the treadmill to prevent dust and debris buildup.

6.2 Running Belt Lubrication

The running belt requires periodic lubrication to reduce friction and ensure smooth operation. Use the provided lubricating oil.

1. Unplug the treadmill.
2. Loosen the rear roller bolts slightly (if applicable, refer to specific diagrams in the printed manual for your model) to lift the belt slightly.
3. Apply a small amount of silicone lubricant (one bottle) in a Z-pattern under the center of the running belt.
4. Tighten the rear roller bolts (if loosened).
5. Plug in the treadmill and run it at a low speed (e.g., 1 MPH) for 2-3 minutes to distribute the lubricant evenly.
6. Lubricate every 3-6 months, or after approximately 50 hours of use, depending on usage frequency.

6.3 Running Belt Adjustment

If the running belt starts to slip or drift to one side, it may need adjustment. Use the hex wrench provided.

- **Belt Drifting to the Left:** Turn the left rear roller bolt clockwise 1/4 turn. Run the treadmill for 1-2 minutes and check alignment. Repeat if necessary.
- **Belt Drifting to the Right:** Turn the right rear roller bolt clockwise 1/4 turn. Run the treadmill for 1-2 minutes and check alignment. Repeat if necessary.
- **Belt Slipping (too loose):** Turn both left and right rear roller bolts clockwise 1/4 turn simultaneously. Run the treadmill for 1-2 minutes and check tension. Repeat if necessary. Do not overtighten.

7. TROUBLESHOOTING

If you encounter issues with your Viamotion Walking Pad Treadmill, refer to the common problems and solutions below. If the problem persists, contact customer support.

Problem	Possible Cause	Solution
Treadmill does not power on.	Not plugged in; Power switch off; Circuit breaker tripped.	Ensure power cord is securely plugged in. Check if the main power switch is ON. Check household circuit breaker.
Belt does not move.	Treadmill paused; Remote control battery low; Motor issue.	Press the Power button on the remote. Replace remote control battery. If problem persists, contact support.
Unusual noise during operation.	Lack of lubrication; Loose components; Debris under belt.	Lubricate the running belt (see Section 6.2). Check for loose screws and tighten. Inspect under the belt for foreign objects.
Belt slips or hesitates.	Belt too loose; Lack of lubrication.	Adjust belt tension (see Section 6.3). Lubricate the running belt (see Section 6.2).
Display not working or showing incorrect data.	Loose connection; Sensor issue; Electronic malfunction.	Ensure all connections are secure. Power cycle the treadmill (unplug, wait 30 seconds, plug back in). If problem persists, contact support.

8. PRODUCT SPECIFICATIONS

Below are the technical specifications for the Viamotion Walking Pad Treadmill:

Brand: Viamotion

Model Name: Walking Pad

Color: Silver

Material: Alloy Steel

Product Dimensions (LxWxH): 46"D x 20"W x 4.41"H (116.84 cm x 50.8 cm x 11.2 cm)

Maximum Speed: 3.8 Miles per Hour (6.1 km/h)

Motor Horsepower: 2.5 HP

Maximum Weight Recommendation: 265 Pounds (120 kg)

Special Feature: Compact Design

Included Components: Remote Control

UPC: 721545362063

ASIN: B0F43N1564



Image: Internal components of the Viamotion Walking Pad Treadmill.

9. WARRANTY AND CUSTOMER SUPPORT

The Viamotion Walking Pad Treadmill comes with a **1-Year Manufacturer Warranty**. This warranty covers defects in materials and workmanship under normal use.

For warranty claims, technical assistance, or any questions regarding your product, please contact Viamotion customer support. Refer to the contact information provided on the product packaging or the official Viamotion website.

Please have your purchase receipt and product model number (Walking Pad) ready when contacting support.