

[Manuals.plus](#) /

› [WELLFIT](#) /

› WELLFIT Incline Walking Pad Treadmill User Manual

WELLFIT treadmill for home

WELLFIT Incline Walking Pad Treadmill User Manual

Model: treadmill for home

1. IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using this walking pad treadmill. Keep this manual for future reference.

- **Placement:** Place the treadmill on a flat, stable surface. Ensure adequate clearance around the unit (at least 2 feet on all sides).
- **Power:** Connect the treadmill to a grounded electrical outlet. Do not use extension cords or adapters.
- **User Weight:** Do not exceed the maximum user weight capacity of 300 lbs (136 kg).
- **Children and Pets:** Keep children and pets away from the treadmill during operation.
- **Footwear:** Always wear appropriate athletic footwear when using the treadmill.
- **Emergency Stop:** Familiarize yourself with the emergency stop procedure.
- **Maintenance:** Perform regular maintenance as described in this manual to ensure safe operation.
- **Medical Conditions:** Consult a physician before starting any exercise program, especially if you have pre-existing medical conditions.

2. PACKAGE CONTENTS

Verify that all components are present in the package:

- WELLFIT Incline Walking Pad Treadmill
- User Manual
- Power Cord (x1)
- Remote Control (x1)
- Lubrication Oil (x2)
- Foot Pads (x10)
- Tool Pack (x1)



Figure 2.1: Included components with the WELLFIT Incline Walking Pad Treadmill.

3. SETUP GUIDE

3.1 Unpacking and Placement

1. Carefully remove the treadmill and all components from the packaging.
2. Choose a flat, stable surface for the treadmill. Ensure there is enough space for safe operation, especially behind the unit.
3. Unfold the treadmill if it is in a folded position.



Figure 3.1: The WELLFIT Walking Pad Treadmill is lightweight and portable, designed for easy placement and storage in various home or office settings.

3.2 Power Connection

1. Plug the power cord into the treadmill's power input port.
2. Plug the other end of the power cord into a standard, grounded electrical outlet.
3. Turn on the main power switch, usually located near the power cord input.

4. OPERATING INSTRUCTIONS

4.1 Basic Operation

The WELLFIT Walking Pad Treadmill offers multiple control methods for convenience.

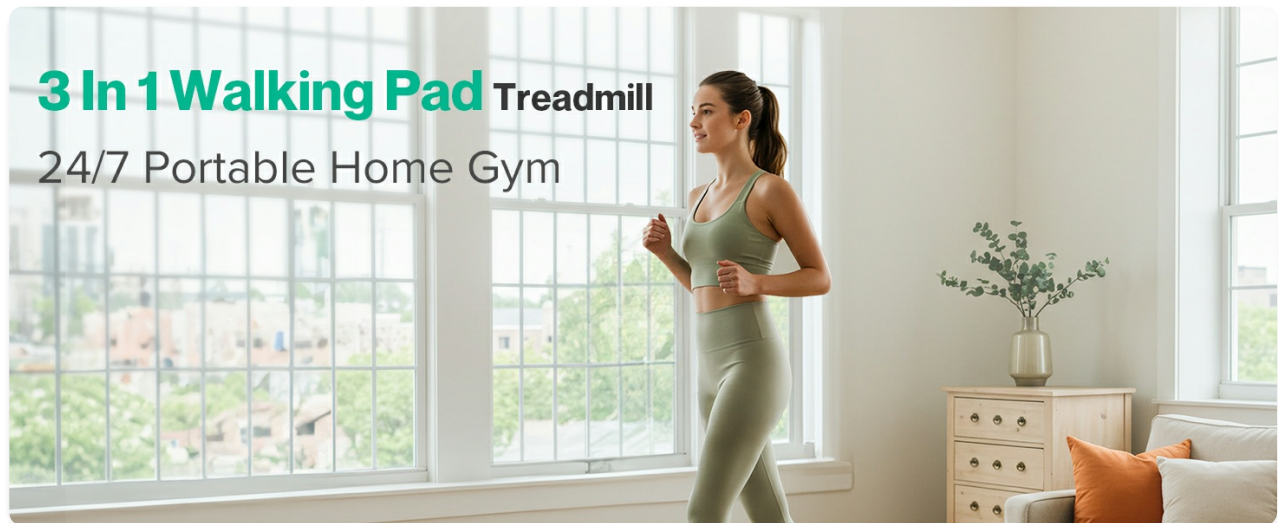


Figure 4.1: The treadmill can be controlled via remote, voice commands, or a smartphone app.

4.1.1 Remote Control

- **Start/Stop:** Press the power button on the remote to start or stop the treadmill.
- **Adjust Speed:** Use the '+' and '-' buttons to increase or decrease the speed.
- **Mute Buzzer:** Press the mute button to silence the treadmill's beeping sounds.
- **Mode:** Use the 'MODE' button to switch between different display modes (Speed, Time, Distance, Calories).

4.1.2 Voice Control (AI Fitness)

When connected to the WELLFIT App, you can use voice commands for hands-free control. Examples include: "Hello, increase the speed," "Run 2 miles today," or "Start running."

4.1.3 App Control

Download the WELLFIT app to control the treadmill, track progress, and access additional features.

4.2 Workout Modes and Speed Ranges

The treadmill supports three primary modes:

- **Walking Mode:** 1.0 – 2.0 MPH
- **Jogging Mode:** 2.0 – 3.0 MPH
- **Running Mode:** 3.0 – 4.0 MPH

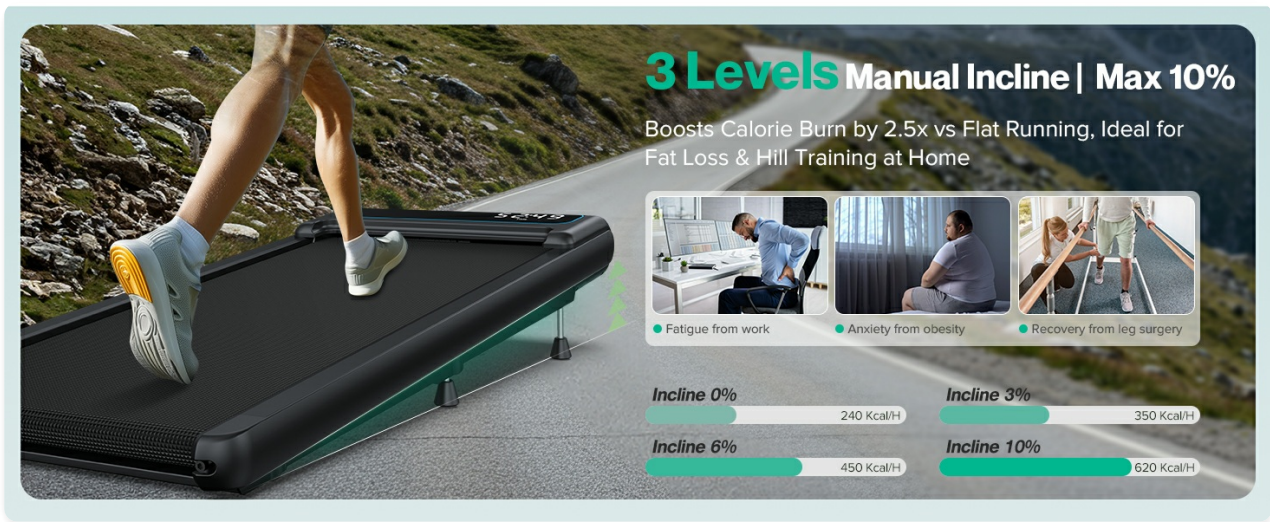


Figure 4.2: The treadmill supports walking, jogging, and light running modes with adjustable speeds.

4.3 Incline Adjustment

The treadmill features a 3-level manual incline system, allowing you to adjust the workout intensity. The available incline levels are 3%, 6%, and 10%.

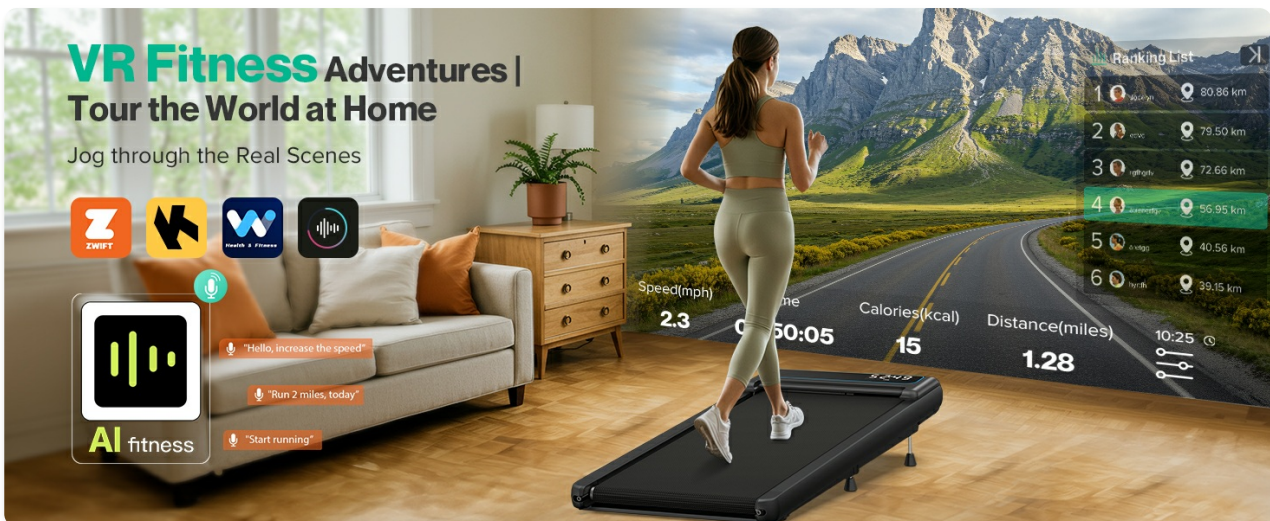


Figure 4.3: Manual incline adjustment allows for varied workout intensity, up to 10% incline.

4.4 App Connectivity

The WELLFIT Walking Pad Treadmill can sync with various fitness applications for an enhanced experience:

- **WELLFIT App:** For personalized workout plans, real-time data tracking, and voice control.
- **Kinomap:** Connect for immersive virtual reality scenery during your workouts.
- **Apple Health:** Sync your workout data to Apple Health for comprehensive fitness tracking.



Strat a Healthier Life With Your Family

Turn Your Living Room into a Family Fitness Studio



Figure 4.4: Connect to the WELLFIT app, Kinomap, and Apple Health for interactive workouts and data tracking.

4.5 Motor and Shock Absorption

The treadmill is equipped with a 2.5HP ultra-quiet motor, operating at less than 45 dB, suitable for home or office use without causing disturbance. The 5-layer non-slip running belt and 8 shock absorbers provide joint protection during exercise.

Figure 4.5: The 2.5HP quiet motor ensures a low-noise workout experience.

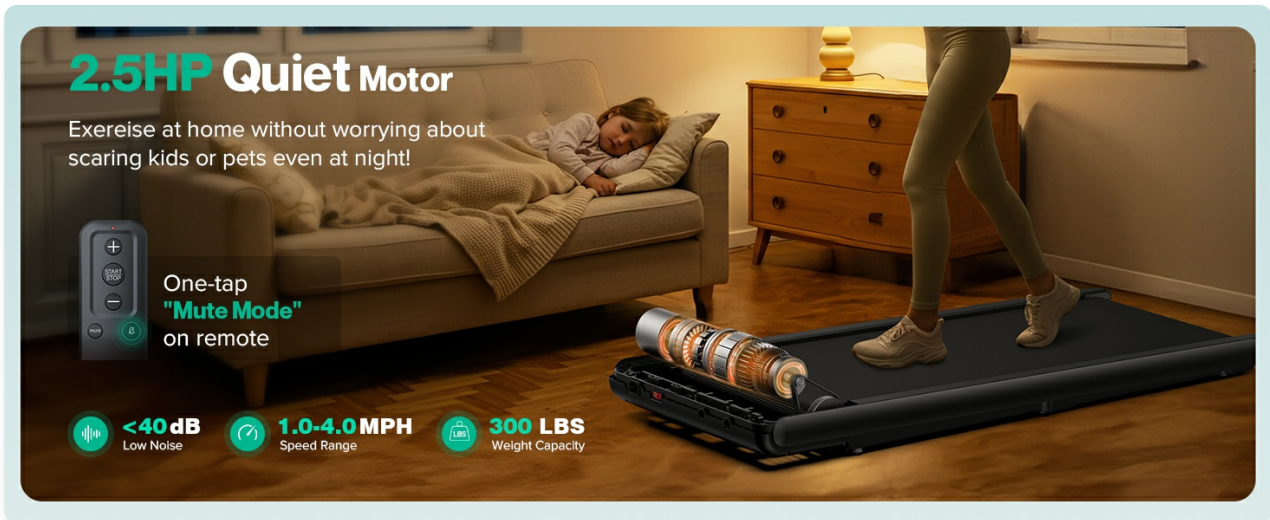


Figure 4.6: The shock absorption system protects joints during use.

4.6 LED Display

The integrated LED display shows real-time workout data, including speed, time, distance, and calories burned.

Shock Absorption System

More Safer & Durable
Minimizes Knee/Ankle Strain by 35% for Safer
Daily Exercise & Recovery



5 Layer Tough
Running Belt



Knee & Ankles
Protection



Silicone
Shock-Absorbers



38.2*18 In (970*45 cm)
Running Area



Figure 4.7: The LED display provides real-time workout metrics.

4.7 Product Video Overview

Watch this video for a visual guide on the WELLFIT Walking Pad Treadmill's features and operation.

Your browser does not support the video tag.

Video 4.1: Overview of the WELLFIT Walking Pad Treadmill, demonstrating its minimalist design, remote control, and ease of use for walking and jogging.

5. MAINTENANCE

5.1 Lubrication

Regular lubrication of the running belt is crucial for optimal performance and longevity. Refer to the specific instructions in the included user manual for the correct lubrication frequency and method using the provided lubrication oil.

5.2 Cleaning

Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.

6. TROUBLESHOOTING

- **Treadmill not starting:** Ensure the power cord is securely plugged in and the main power switch is on. Check if the safety key is correctly placed.
- **Belt slipping:** The running belt may need tension adjustment or lubrication. Refer to the detailed instructions in the full user manual.
- **Unusual noises:** Stop the treadmill immediately. Check for any foreign objects under the belt or loose components. Contact customer support if the issue persists.
- **Remote control not working:** Check the battery in the remote control. Ensure there are no obstructions between the remote and the treadmill's receiver.

7. SPECIFICATIONS

Feature	Specification
Product Dimensions	110 x 9 x 45 cm (43.3 x 3.5 x 17.7 inches)
Item Weight	12 kg (26.4 lbs)
Maximum User Weight Capacity	300 lbs (136 kg)
Horsepower	2.5 HP
Maximum Speed	4.0 MPH
Maximum Incline Percentage	10% (Manual 3-level adjustment)
Noise Level	<45 dB
Running Area	36.2" x 14.76" (92 x 37.5 cm)
Material	Carbon Steel
Display Type	LED
Control Methods	Remote Control, Voice Control, App Control
App Compatibility	WELLFIT, Kinomap, Apple Health

8. WARRANTY AND SUPPORT

For warranty information, technical support, or service inquiries, please refer to the contact details provided in your product packaging or visit the official WELLFIT website. Keep your purchase receipt as proof of purchase.