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› ANCHEER Walking Pad Treadmill User Manual

ANCHEER TR5570_B

ANCHEER Walking Pad Treadmill User Manual

MODEL: TR5570_B

1. INTRODUCTION

Thank you for choosing the ANCHEER Walking Pad Treadmill. This 3-in-1 portable and foldable treadmill is designed for home and small office use, offering a versatile fitness solution with a handle bar, incline feature, and a powerful yet quiet motor. This manual provides essential information for safe operation, assembly, maintenance, and troubleshooting to ensure you get the most out of your new fitness equipment.



The ANCHEER Walking Pad Treadmill offers both traditional running and under-desk walking modes.

2. SAFETY INFORMATION

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

- **General Safety:** Ensure the treadmill is placed on a flat, stable surface. Keep children and pets away from the treadmill during operation. Do not exceed the maximum weight capacity of 300 lbs (136 kg).
- **Electrical Safety:** Use a grounded outlet. Do not use extension cords. Unplug the treadmill when not in use or before cleaning/maintenance.
- **Emergency Stop:** The treadmill is equipped with a safety key. Attach the safety key clip to your clothing before starting your workout. In case of an emergency, pulling the safety key will immediately stop the treadmill.
- **Proper Use:** Always wear appropriate athletic footwear. Start at a slow speed and gradually increase. Do not step on or off the running belt while it is in motion.

3. PACKAGE CONTENTS

Carefully unpack all components and verify that all items listed below are present and undamaged. If any items are missing or damaged, please contact customer support.

- Electric Treadmill (x1)
- Mobile Support (x1)
- Remote Control (x1)
- Coin Battery (x1) - *Note: May be pre-installed or require separate insertion.*
- Lubricating Oil (x1)
- Safety Key (x1)
- Wrench (x1)
- Phillips Screwdriver (x1)
- User Manual (x1)



All components included in the ANCHEER Walking Pad Treadmill package.

4. SETUP AND ASSEMBLY

The ANCHEER Walking Pad Treadmill requires minimal assembly. Follow these steps to set up your treadmill:

1. **Unpacking:** Remove the treadmill and all components from the packaging.
2. **Placement:** Place the treadmill on a firm, level surface with adequate clearance around it for safe operation.
3. **Handlebar Adjustment:** The adjustable handrails can be set to an upright position for running or folded down for under-desk walking. To adjust, loosen the locking mechanisms, position the handlebars as desired, and securely tighten the locks.
4. **Power Connection:** Plug the power cord into a grounded electrical outlet.

ADJUSTABLE HANDRAIL TREADMILL

experience the perfect blend of support and freedom



Free Your Motion



Convenient Walking

The adjustable handrails provide flexibility for different workout styles.

5. OPERATING INSTRUCTIONS

Familiarize yourself with the treadmill's controls and features before beginning your workout.

5.1 Powering On/Off

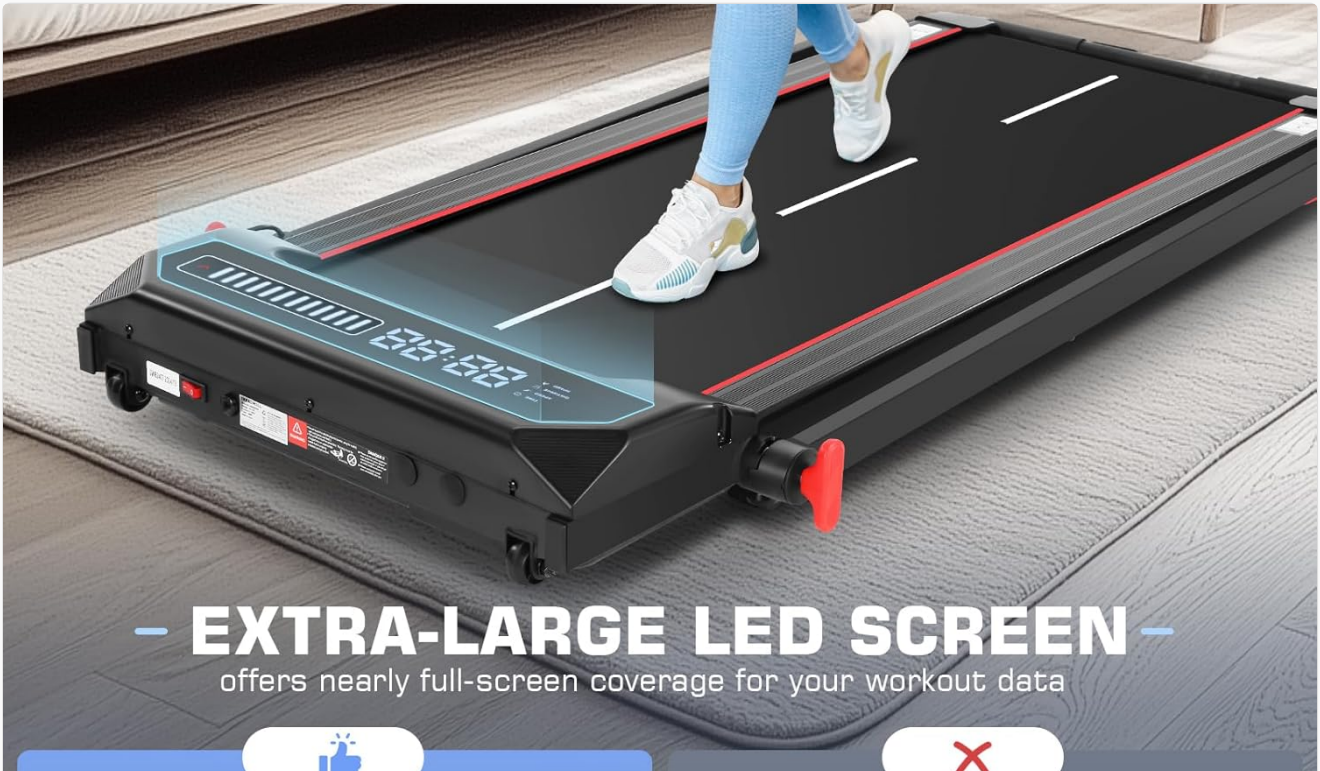
- Ensure the safety key is properly attached to the treadmill's console.
- Press the power button to turn on the treadmill. The LED display will illuminate.
- To turn off, press the power button again or remove the safety key.

5.2 LED Display and Controls

The HD LED smart display provides real-time workout data:

- **Time:** Duration of your workout.
- **Speed:** Current speed in MPH (miles per hour).
- **Distance:** Total distance covered.

- **Calories:** Estimated calories burned.
- **Incline:** Indicates the 7% fixed incline.
- **Progress Bar:** Dynamic bar to track your daily goals.



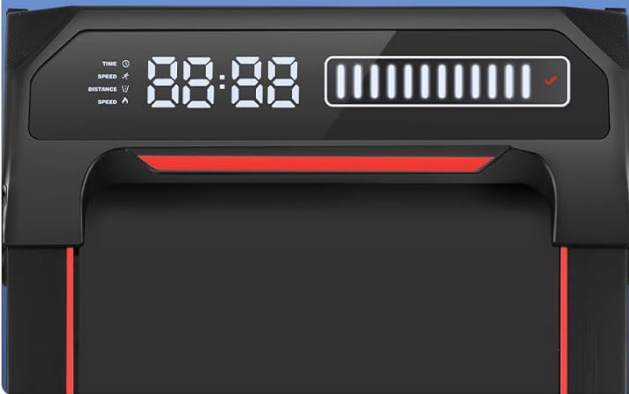
— EXTRA-LARGE LED SCREEN —

offers nearly full-screen coverage for your workout data

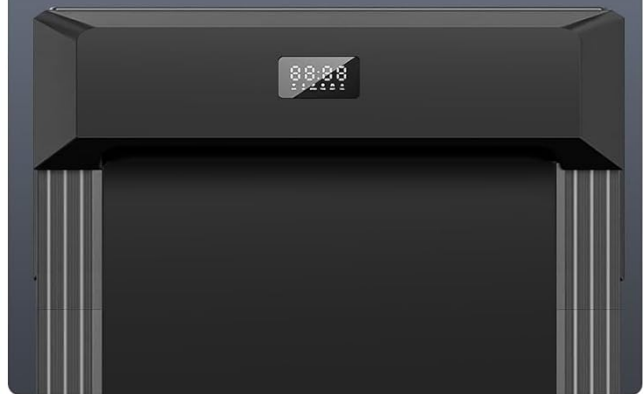


OUR TREADMILL

view more detailed workout metrics



OTHER TREADMILL



The LED display provides comprehensive workout metrics.

LED TARGET PROGRESS BAR



DAILY GOAL ↔ ALMOST THERE ↔↔ YOU DID IT! **

8-99 Minutes

1-99 Miles

20-990 Kcal

DEFAULT TARGET:

30 Minutes / 1 Mile / 50 Kcal

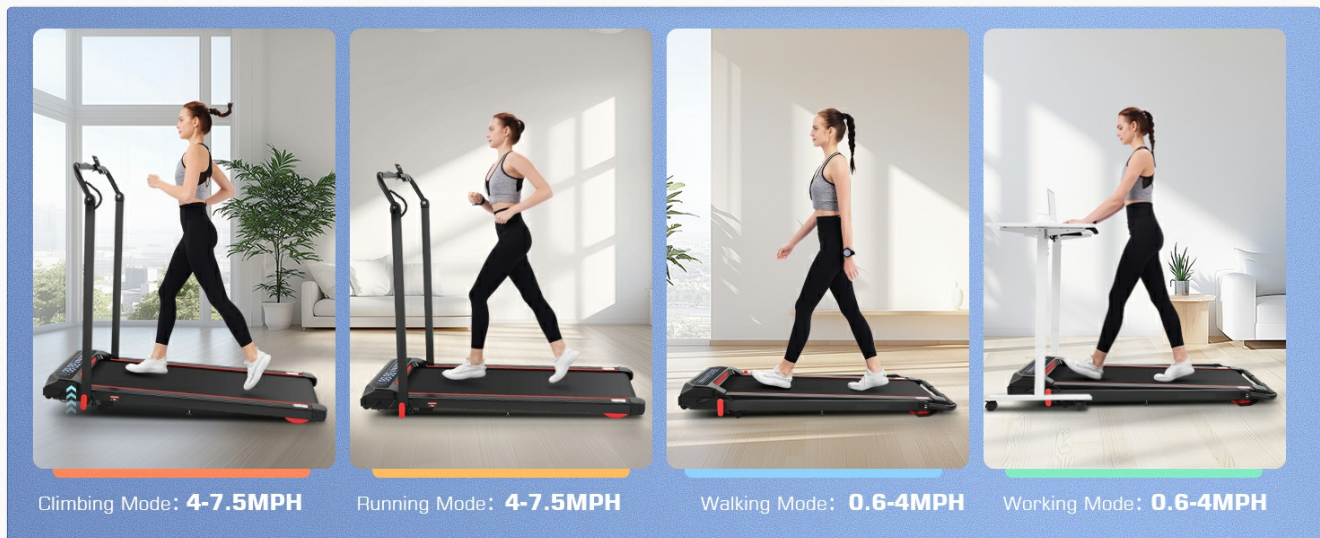


The large LED screen, integrated phone holder, and watch remote enhance the user experience.

5.3 Speed Adjustment and Modes

The treadmill offers a speed range from 0.6 to 7.5 MPH (1-12 km/h) with 16 levels of precise adjustment.

- **Walking Mode (0.6 - 4 MPH):** Ideal for casual walking or under-desk use.
- **Running Mode (4 - 7.5 MPH):** Suitable for jogging and running workouts.
- **Watch-Style Remote Control:** Use the innovative remote control to easily adjust speed and perform emergency stops.



The treadmill supports various modes from walking to running and climbing.

5.4 Incline Feature

The treadmill features a unique 7% fixed incline, simulating uphill running to help burn more calories and strengthen core muscles. This incline is constant and cannot be adjusted during operation.

INCLINE WALKING PAD TREADMILL

Burns More Calories



The 7% incline helps to increase calorie expenditure during workouts.

5.5 Pre-set Programs

The treadmill includes 12 professional training programs designed for diverse fitness needs. Consult the display or remote control for program selection and details.

6. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill surfaces with a damp cloth after each use. Avoid using abrasive cleaners.
- **Lubrication:** Periodically lubricate the running belt with the provided silicone oil to reduce friction and wear. Refer to the specific instructions in the included user manual for frequency and application method.
- **Belt Adjustment:** If the running belt becomes misaligned or slips, refer to the detailed instructions in the main user manual for proper adjustment procedures using the included wrench.
- **Storage:** The treadmill's foldable design allows for easy storage. It can be stored upright or slid under furniture like a bed or sofa, requiring minimal space.

PACKAGE CONTENT:



Electric Treadmill X1



The foldable design allows for easy storage in various home environments.

7. TROUBLESHOOTING

If you encounter issues with your ANCHEER Walking Pad Treadmill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; Safety key not attached; Power switch off.	Ensure power cord is securely plugged in. Attach the safety key. Check the main power switch.
Running belt slips or hesitates.	Belt too loose; Insufficient lubrication.	Adjust belt tension according to manual. Apply silicone lubricant to the running deck.
Unusual noise during operation.	Loose parts; Motor issue; Belt friction.	Check for any loose screws and tighten. Ensure proper lubrication. If noise persists, contact support.
Remote control not working.	Battery low or dead; Remote not paired.	Replace the coin battery. Refer to the manual for remote pairing instructions.

For issues not listed here or if solutions do not resolve the problem, please contact ANCHEER customer support.

8. SPECIFICATIONS

Key technical specifications for the ANCHEER Walking Pad Treadmill:

Feature	Specification
Brand	ANCHEER
Model Name	TR5570_B
Product Dimensions (LxWxH)	54.33"D x 28.35"W x 44.6"H
Item Weight	67 Pounds

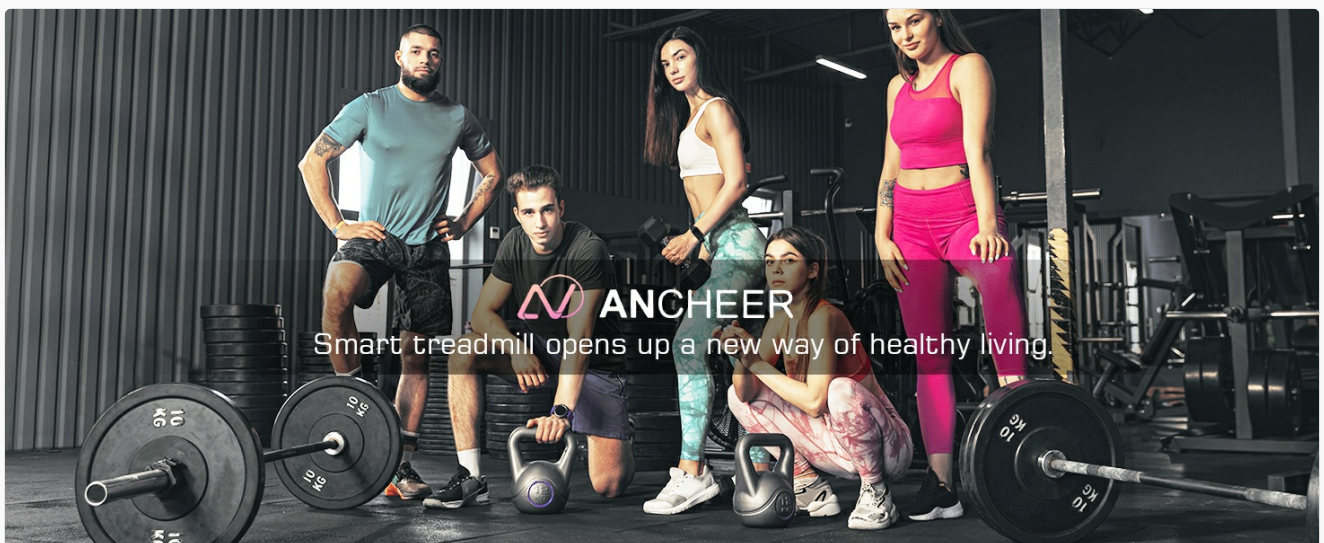
Feature	Specification
Material	Alloy Steel
Maximum Horsepower	2.5 HP
Speed Range	0.6 - 7.5 MPH (1-12 km/h)
Maximum Incline Percentage	7% (fixed)
Maximum Weight Recommendation	300 Pounds (136 kg)
Running Belt Layers	7 Layers
Shock Absorption System	Multi-point (6 PCS Shock Absorbers)
Display Type	LED
Number of Programs	12
Folded Size (approx.)	28.35"L x 54.33"W x 5.51"H



YOUR PERFECT RUNNING PARTNER:
Spacious, Strong, and Steady



The treadmill features a powerful 2.5HP motor and a durable 7-layer running belt.



Designed for stability and comfort with robust features.

9. WARRANTY AND SUPPORT

ANCHEER provides a **1-year manufacturer warranty** for this product. This warranty covers defects in materials and workmanship under normal use.

For technical support, warranty claims, or any questions regarding your treadmill, please refer to the contact information provided with your purchase documentation or visit the official ANCHEER website. Our professional technical support team is available to assist you.