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› WALKINGPAD R1 Pro 2-in-1 Walking Pad Treadmill User Manual

WALKINGPAD R1Pro-6.2 mph

WALKINGPAD R1 Pro 2-in-1 Walking Pad Treadmill User Manual

Model: R1Pro-6.2 mph | Brand: WALKINGPAD

1. INTRODUCTION

This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your WALKINGPAD R1 Pro 2-in-1 Walking Pad Treadmill. Please read it thoroughly before initial use and retain it for future reference.

Important Safety Information

- Ensure the treadmill is placed on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Always use the safety clip during operation.
- Do not operate if the power cord is damaged.
- Maximum weight recommendation: 240 Pounds.

2. PRODUCT OVERVIEW

The WALKINGPAD R1 Pro is a versatile 2-in-1 fitness device designed for both walking and running, offering a compact and foldable solution for home and office environments.

Key Features:

- **2-in-1 Functionality:** Seamlessly switches between walking pad and treadmill modes.
- **Foldable Design:** Folds 180 degrees for significant space-saving and easy storage.
- **Dual Control Options:** Manual control via remote or KS Fit APP, and automatic control via integrated pressure sensor.
- **LED Display:** Provides real-time monitoring of steps, speed, distance, and workout time.
- **Enhanced Comfort & Safety:** Features a 4-layer footboard, child lock, speed limit, and emergency stop cable.

Components and Modes



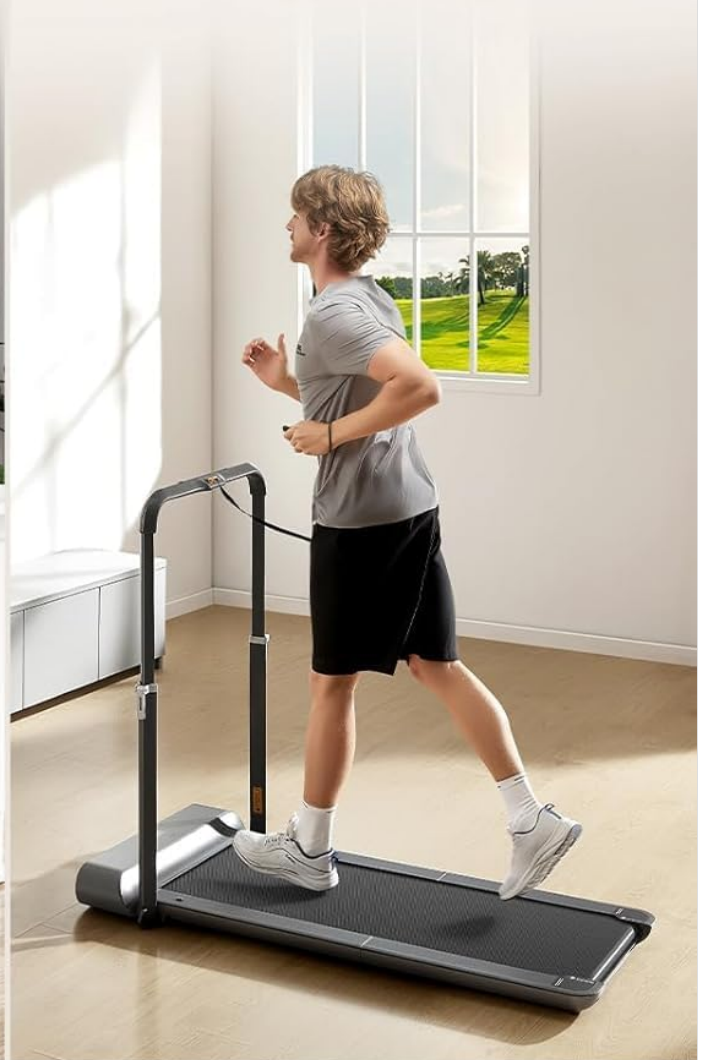
Figure 2.1: WALKINGPAD R1 Pro Treadmill in its fully unfolded, ready-to-use state.

Switch Your Running Style Anytime

Walking pad and treadmill switch freely to meet your daily needs.



Walking Mode:
0.5-3.7MPH



Running Mode:
0.5-6.2MPH

Figure 2.2: Comparison of Walking Mode (handrail folded, 0.5-3.7 mph) and Running Mode (handrail raised, 0.5-6.2 mph).

Folding Design Saves Every Inch Of Space!



Figure 2.3: The R1 Pro's 180-degree folding design for significant space reduction and easy storage.

Brushless Motor Gives You A Quieter Exercise Experience



8-layer running belt
for comfortable footing



One-piece aluminum alloy frame
more beautiful, smaller and safer

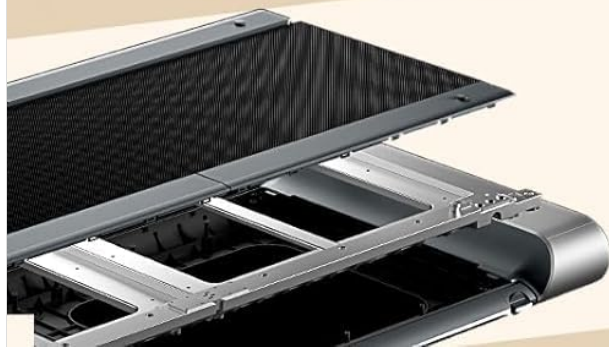


Figure 2.4: Internal components including the brushless motor for quiet operation and the 8-layer running belt for comfort.

Multiple Control Options To Save You Time And Effort!



Foot Control



Remote Control



App Control



Figure 2.5: Control options for the R1 Pro, including foot control (adaptive speed), remote control, and mobile app control.

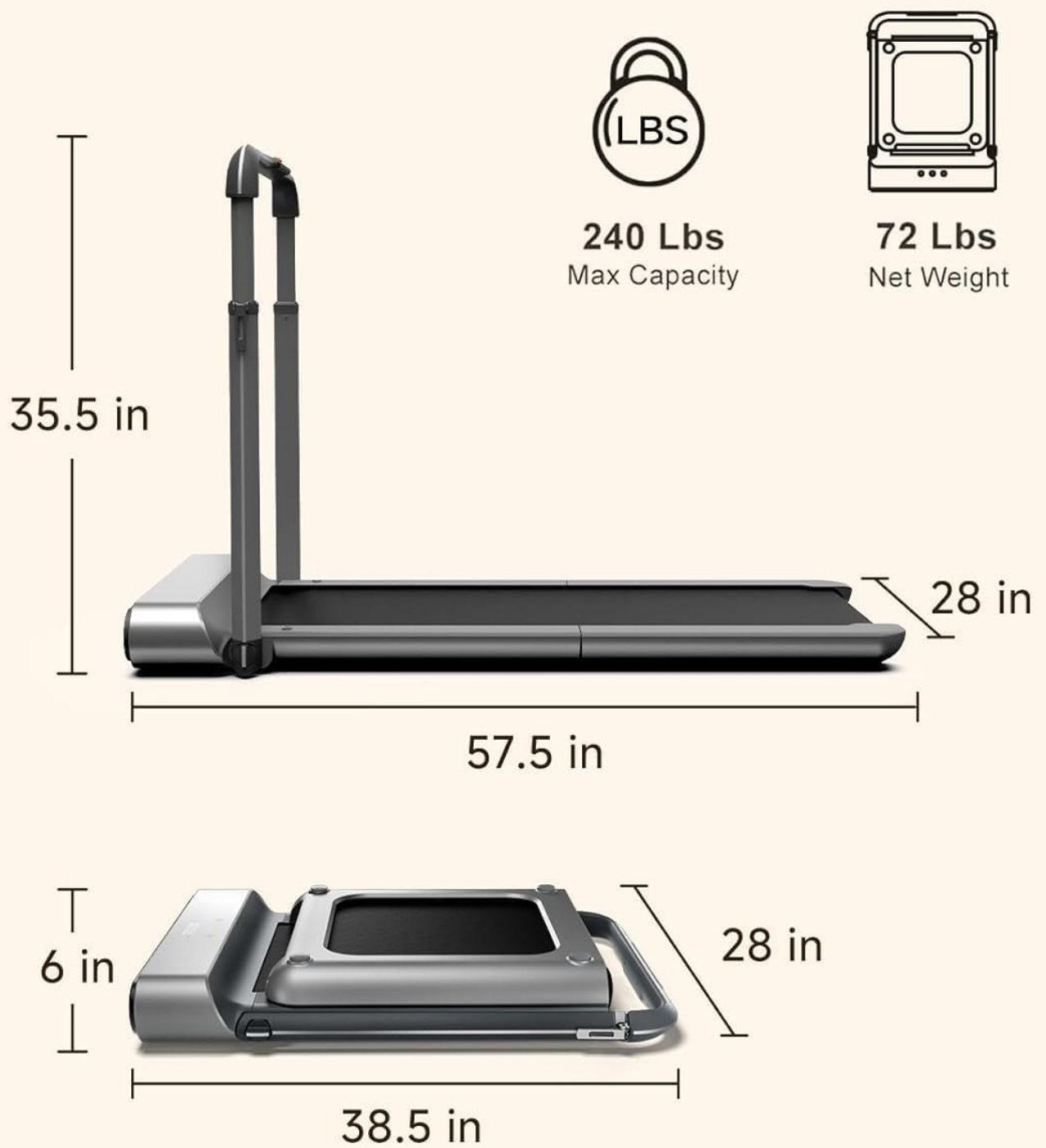


Figure 2.6: Detailed dimensions of the treadmill (57.5"D x 28"W x 35.5"H unfolded, 38.5" x 28" x 6" folded) and weight capacity (240 lbs).

3. SETUP

The WALKINGPAD R1 Pro comes fully assembled, requiring minimal setup before first use.

Initial Placement:

- Unpack the treadmill from its packaging.
- Place the treadmill on a flat, level surface with adequate clearance around it.
- Utilize the two bottom wheels for easy movement and positioning within your living space or office.

Unfolding the Treadmill:

1. Gently unfold the treadmill from its compact storage position.
2. If using in running mode, raise the handrail and secure it firmly.
3. Connect the power cord to a suitable electrical outlet.
4. Turn on the main power switch, usually located near the power cord input.

4. OPERATING MODES

The R1 Pro offers two primary modes of operation and multiple control methods to suit your exercise preferences.

Walking Mode (Handrail Folded):

- Ideal for under-desk use or light walking.
- Speed range: 0.5 - 3.7 mph.
- Control via remote, KS Fit APP, or adaptive foot control.

Running Mode (Handrail Raised):

- Suitable for jogging and running.
- Speed range: 0.5 - 6.2 mph.
- Control primarily via remote or KS Fit APP.

Control Options:

- **Remote Control:** Use the provided remote to adjust speed and start/stop the treadmill.
- **KS Fit APP:** Download the KS Fit APP for comprehensive control, tracking, and personalized workout programs.
- **Adaptive Foot Control (Auto Mode):** In walking mode, the treadmill can adjust speed based on your foot position on the belt, thanks to an integrated pressure sensor.

LED Display:

The integrated LED panel displays key workout metrics:

- Time elapsed
- Speed (mph)
- Distance covered
- Steps taken

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Video 4.1: Official product video demonstrating the WalkingPad R1 Pro's 2-in-1 functionality and ease of use.

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Video 4.2: Official product video showcasing the space-saving foldable design of the WalkingPad R1.

5. MAINTENANCE

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

Cleaning:

- Wipe down the treadmill surface with a damp cloth after each use.
- Avoid using abrasive cleaners or solvents.

Belt Lubrication:

- The running belt requires periodic lubrication to reduce friction and wear. Refer to the included Tool Kit for specific lubricant and instructions.
- Frequency of lubrication depends on usage; typically every 3-6 months for moderate use.

Belt Adjustment:

- If the running belt shifts to one side or slips, it may need adjustment. Use the hex wrench from the Tool Kit to make minor adjustments as per the detailed instructions in the full manual (not provided here).

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your treadmill.

Common Issues and Solutions:

- **Treadmill not starting:** Ensure the power cord is securely plugged in, the main power switch is on, and the safety clip is correctly attached.
- **Belt slipping:** The running belt may need tensioning or lubrication. Refer to the Maintenance section.
- **Unusual noise:** Check for loose parts, ensure the treadmill is on a level surface, and verify belt lubrication.
- **Display not working:** Check power connections. If the issue persists, contact customer support.

For more detailed troubleshooting steps, please refer to the comprehensive manual or contact customer support.

7. SPECIFICATIONS

Attribute	Value
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Brand	WALKINGPAD
Model Name	TRR1F Pro (R1Pro-6.2 mph)
Product Dimensions (Unfolded)	57.5"D x 28"W x 35.5"H
Folded Size	38.5" x 28" x 6"
Item Weight	72 Pounds
Maximum Weight Recommendation	240 Pounds
Maximum Speed	6.2 Miles per Hour
Minimum Speed	0.5 Miles per Hour
Material	Aluminum
Display Type	LED
Power Source	Corded Electric
Included Components	Tool Kit

8. WARRANTY AND SUPPORT

Warranty Information:

The WALKINGPAD R1 Pro Treadmill comes with a **1-year manufacturer warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal use.

Customer Support:

For any questions, technical assistance, or warranty claims, please contact WALKINGPAD customer support. You can find contact information on the official WALKINGPAD website or through your purchase platform.

Look for the "Customer Support" link or contact details provided by KINGSMITH WALKINGPAD, the seller.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question