

[Manuals.plus](#) /

› [THERUN](#) /

› THERUN Walking Pad Treadmill User Manual

THERUN YT05-33

THERUN Walking Pad Treadmill User Manual

Model: YT05-33

Visible Exercise Effect



Calories



Time



Steps



Distance



Speed

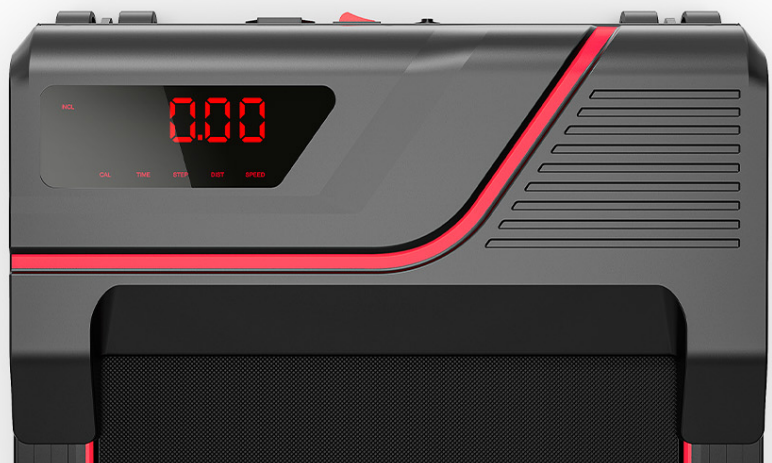


Image: THERUN Under Desk Treadmill with Auto Incline, highlighting 2.5HP Motor and Wide Running Belt.

1. INTRODUCTION

Thank you for choosing the THERUN Walking Pad Treadmill. This compact and versatile treadmill is designed to help you integrate physical activity into your daily routine, whether at home or in the office. Featuring a 6% auto incline and a powerful 2.5 HP motor, it offers a quiet and effective workout experience. Please read this manual thoroughly before operation to ensure safe and proper use.



Image: Overview of the THERUN Walking Pad Treadmill, showing the remote control and the auto incline feature.

2. SAFETY INFORMATION

To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the treadmill. THERUN assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- Always place the treadmill on a level surface.
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it has a damaged cord or plug.
- Wear appropriate athletic footwear.
- Do not use the treadmill in wet or damp conditions.
- Ensure adequate clearance around the treadmill (at least 2 feet on sides, 6 feet at rear).
- Always hold onto the handrails (if applicable) when starting or stopping the treadmill.

- Consult a physician before beginning any exercise program.

3. PACKAGE CONTENTS

Verify that all components are present and undamaged. If anything is missing or damaged, contact customer support.

- THERUN Walking Pad Treadmill (1 unit)
- Remote Control (1 unit)
- Power Cable (1 unit)
- User Manual (1 unit)
- Silicone Oil (1 bottle)
- Wrench (1 unit)

Image: Visual representation of all items included in the THERUN Walking Pad Treadmill package.

4. SETUP

The THERUN Walking Pad Treadmill comes largely pre-assembled. Follow these steps for initial setup:

1. ****Unpack:**** Carefully remove the treadmill and all accessories from the packaging.
2. ****Placement:**** Place the treadmill on a flat, stable surface. Ensure there is sufficient space around the unit for safe operation and ventilation.
3. ****Power Connection:**** Connect the power cable to the treadmill's power input and then plug it into a grounded electrical outlet.
4. ****Initial Check:**** Before first use, ensure the running belt is centered and free of debris.

Simply Tilt and **Roll to Move**

Store under Couch, Bed



Image: Demonstrates the ease of moving and storing the treadmill by tilting and rolling it.

5. OPERATING INSTRUCTIONS

Familiarize yourself with the controls and features for optimal use.

5.1 Powering On/Off

- Locate the power switch on the front of the treadmill. Flip it to the "ON" position.
- The LED display will illuminate.
- To power off, flip the switch to the "OFF" position.

5.2 Using the Remote Control

The remote control allows you to manage speed, start/stop, and incline settings.

Multifunctional LED Display

Tracking Data in Real-time



Calories



Time



Step



Speed



Distance



Image: Close-up of the LED display and remote control, detailing their functions.

- ****Start/Stop/Pause:**** Press the central play/pause button to start or stop the treadmill.
- ****Speed Adjustment:**** Use the '+' and '-' buttons to increase or decrease the speed (range: 0.6-4 MPH).
- ****Incline Adjustment:**** Use the 'INCLINE +' and 'INCLINE -' buttons to adjust the automatic incline (range: 0-6%).

Maximize 6% Incline

Burn Calories Better



Auto Adjustable
Easily to Get Your Suitable inline

vs



Manual Adjustable
Hardly to obtain Required height



**0%
Incline**



**6%
Incline**

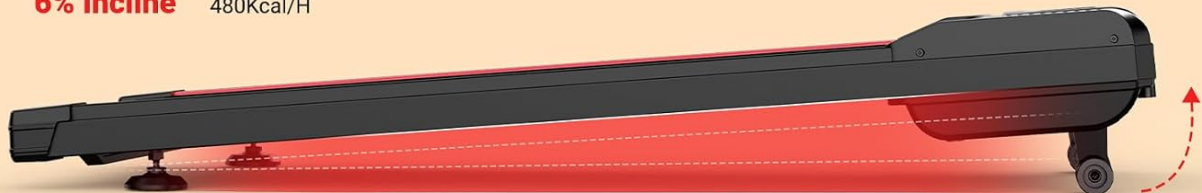


Image: Illustrates the calorie-burning benefits of using the 6% auto incline feature.

Auto 6% Incline Walking Pad

Workout effect can increase 60%



6 Levels 6% Incline

Image: Highlights the convenience of one-touch auto incline adjustment using the remote control.

5.3 LED Display Functions

The integrated LED display provides real-time workout data:

- ****Time:**** Duration of your workout.
- ****Speed:**** Current speed in MPH.
- ****Distance:**** Total distance covered.
- ****Calories:**** Estimated calories burned.
- ****Step:**** Number of steps taken.



Image: Visual representation of the data tracked and displayed on the LED screen.

5.4 Workout Modes

The treadmill supports various activities:

- ****Walking:**** Ideal for light exercise or under-desk use.
- ****Jogging:**** Moderate intensity for cardiovascular benefits.
- ****Running:**** Higher intensity for advanced users.
- ****Incline Training:**** Utilize the 0-6% auto incline to increase workout intensity and target different muscle groups.

Multi-Use Walking Pad **Treadmill**



Image: Depicts various uses of the treadmill, including incline climbing, working while walking, rehabilitation, and general walking.

5.5 Official Product Video

Watch this video for a visual guide on operating the THERUN Walking Pad Treadmill, including its auto incline feature and quiet motor.

Your browser does not support the video tag.

Video: Demonstrates the THERUN Walking Pad Treadmill in use, showcasing its auto incline, quiet operation, and compact design.

6. MAINTENANCE

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

6.1 Cleaning

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

6.2 Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided silicone oil.

1. Unplug the treadmill.
2. Loosen the rear roller bolts to slightly lift the belt.
3. Apply a small amount of silicone oil evenly under the center of the belt.
4. Tighten the bolts and run the treadmill at a low speed for a few minutes to distribute the lubricant.
5. Lubricate every 3-6 months depending on usage.

6.3 Belt Adjustment

If the running belt shifts to one side or slips, it may need adjustment. Refer to the detailed instructions in the included User Manual for precise belt centering and tensioning procedures using the provided wrench.

7. TROUBLESHOOTING

Here are solutions to common issues you might encounter:

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cable not connected; Power switch off; Circuit breaker tripped.	Ensure power cable is securely plugged in; Turn power switch ON; Check household circuit breaker.
Running belt slips.	Belt too loose; Insufficient lubrication.	Adjust belt tension (refer to manual); Lubricate the belt.
Unusual noise during operation.	Loose parts; Belt friction; Motor issue.	Check for loose screws and tighten; Lubricate belt; Contact customer support if noise persists.
Remote control not responding.	Dead batteries; Remote not paired.	Replace remote control batteries; Refer to manual for remote pairing instructions.

8. SPECIFICATIONS

Detailed technical specifications for the THERUN Walking Pad Treadmill.

Feature	Detail
Model Name	YT05-33
Motor Horsepower	2.5 HP
Speed Range	0.6 - 4 MPH
Incline Levels	0-6% Automatic Incline
Running Belt Size	40" L x 16" W
Max. User Weight Capacity	300 lbs (136 kg)
Product Dimensions (L x W x H)	50.94" x 21.65" x 5.51"
Item Weight	57.32 lbs

Feature	Detail
Material	Alloy Steel
Display Type	LED
Special Features	Auto Incline, Lightweight, Portable, Remote Control



Image: Highlights the powerful and quiet 2.5HP motor, speed range, and weight capacity.

Multi-shock Absorption for Joint Protection



2 Shock-Absorbing Cushions



6 Silicone Shock Absorbers



5-Layers Anti-Slip Running Belt



Image: Details the multi-shock absorption system for joint protection, including cushions, silicone absorbers, and the multi-layer belt.

9. WARRANTY AND SUPPORT

The THERUN Walking Pad Treadmill comes with a 1-year warranty. For warranty claims, technical support, or any inquiries, please contact THERUN customer service.

****Customer Support:**** Refer to the contact information provided on the product packaging or the official THERUN website.

****Online Resources:**** Visit the [THERUN Store on Amazon](#) for additional product information and support.

© 2025 THERUN. All rights reserved.

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