

WALKINGPAD X214

WALKINGPAD X214 Double-Fold Smart Treadmill User Manual

Model: X214

1. INTRODUCTION

Thank you for choosing the WALKINGPAD X214 Double-Fold Smart Treadmill. This manual provides essential information for the safe and efficient operation, maintenance, and troubleshooting of your new fitness equipment. The X214 is designed for home and office use, featuring a unique double-fold mechanism for compact storage, smart speed control, and an integrated LED display to track your workout progress.

Please read this manual thoroughly before using the treadmill and keep it for future reference.

2. IMPORTANT SAFETY INFORMATION

To ensure your safety and prolong the life of your treadmill, please adhere to the following precautions:

- Read all instructions in this manual before using the treadmill.
- Place the treadmill on a flat, stable surface with adequate clear space around it (at least 2 meters behind and 0.6 meters on each side).
- Wear appropriate athletic footwear and clothing during use.
- Always use the safety key. Attach it to your clothing before starting your workout. In case of an emergency, the safety key will detach, stopping the treadmill.
- Keep children and pets away from the treadmill during operation.
- Do not exceed the maximum weight recommendation of 109.77 kg (242 lbs).
- Ensure the power cord is not pinched or damaged and is plugged into a grounded outlet.
- Do not use the treadmill if it is damaged or malfunctioning. Contact customer support immediately.
- Consult a physician before starting any new exercise program.

3. PACKAGE CONTENTS

Carefully unpack your WALKINGPAD X214 treadmill and verify that all components are present:

- WALKINGPAD X214 Treadmill
- Allen key
- Mobile phone holder
- Power Cord
- Safety lock
- User Manual



Figure 3.1: Included components with the WALKINGPAD X214 treadmill.

4. SETUP AND UNFOLDING

The WALKINGPAD X214 features a one-piece folding design, requiring no additional assembly. Simply unpack and unfold to begin your workout.

4.1 Unfolding the Treadmill

1. Place the folded treadmill on a flat, stable surface.
2. Gently lift the handle section until it locks into the upright position.
3. Carefully lower the running deck until it lies flat on the floor. Ensure it is fully extended and stable before use.



Figure 4.1: Unfolding the treadmill for immediate use.

Vertical Fold to Free Up More Room



Figure 4.2: The treadmill in its vertically folded position, designed to save space.

4.2 Device Holder Installation

Attach the mobile phone holder to the designated slot on the treadmill's handle for convenient access to your device during workouts.

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Video 4.1: This video demonstrates the easy unfolding process of the WALKINGPAD X214 treadmill, highlighting its compact storage and quick setup. It also shows the use of the SpeedDial for adjusting speed and the device holder for tablets, concluding with the simple folding mechanism for storage.

5. OPERATING INSTRUCTIONS

5.1 Powering On/Off

- Plug the power cord into a grounded electrical outlet.
- Press the power button located on the base of the treadmill to turn it on.
- To power off, press the power button again or remove the safety key.

5.2 Speed Control (SpeedDial)

The WALKINGPAD X214 features a SpeedDial for precise speed adjustments, ranging from 1 MPH (walking) to 8.5 MPH (running).

- **To Increase Speed:** Rotate the SpeedDial clockwise.
- **To Decrease Speed:** Rotate the SpeedDial counter-clockwise.
- **Speed Ranges:**
 - Walking: 1-3 MPH
 - Jogging: 3-5 MPH
 - Running: 5-8.5 MPH

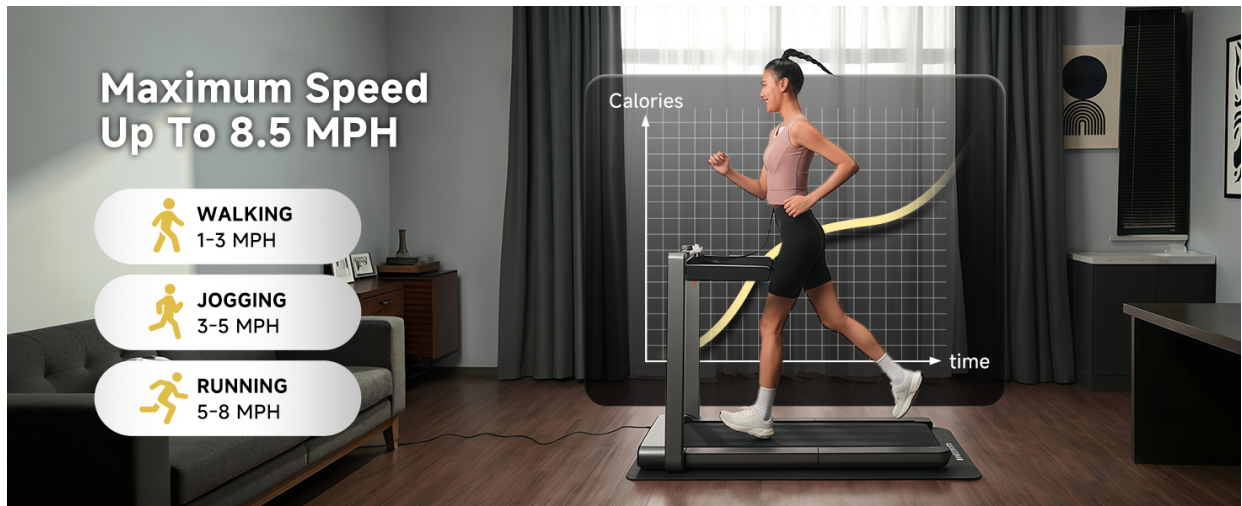


Figure 5.1: Speed ranges for various workout intensities.

5.3 LED Display

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.
- **Heart Rate:** (If applicable, requires compatible sensor)

Stay Informed at a Glance

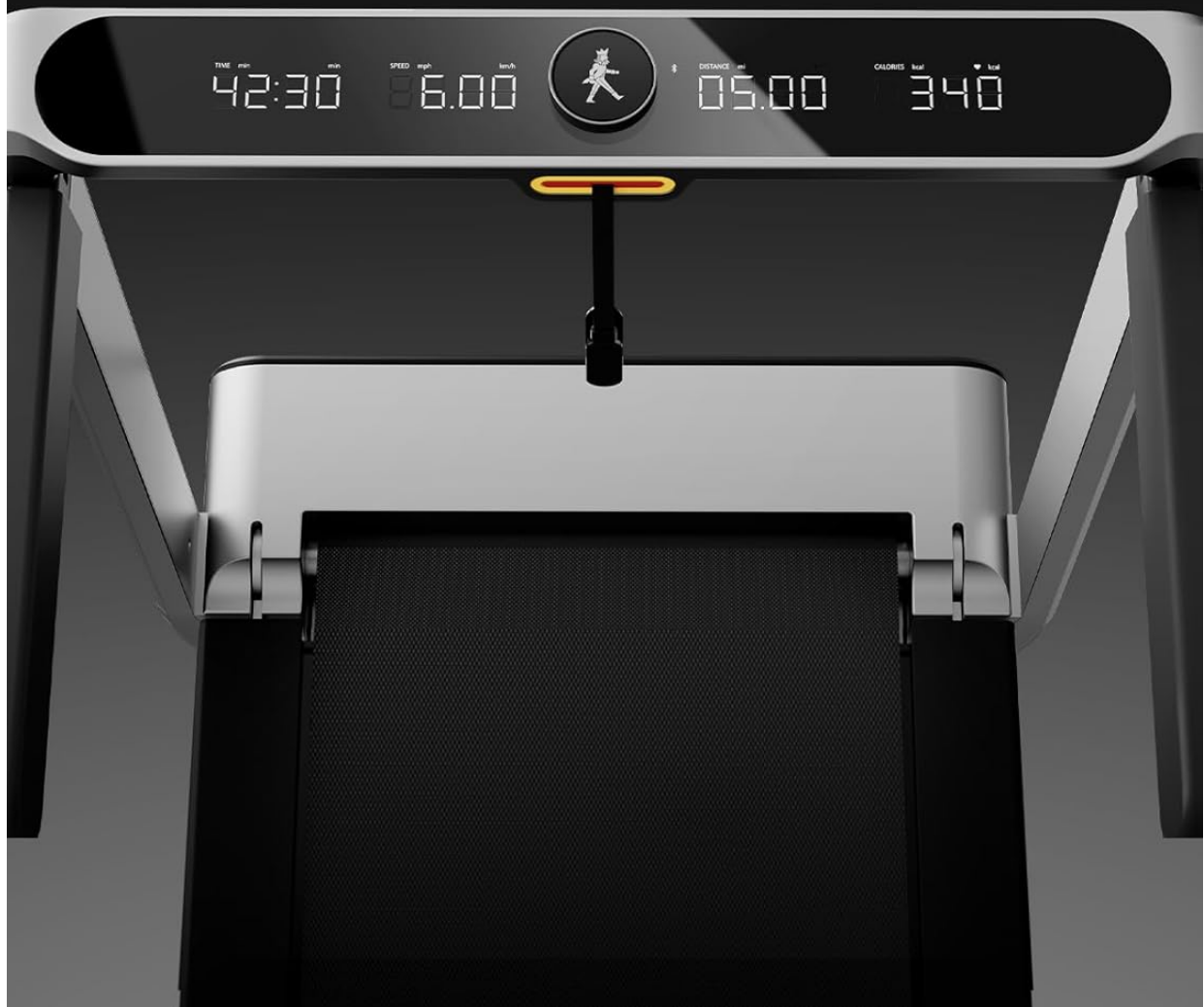


Figure 5.2: The LED display showing various workout statistics.



Figure 5.3: Detailed view of the treadmill's display and controls.

5.4 Side Armrests

The treadmill is equipped with stowable side armrests that provide additional balance and control, particularly useful for beginners or during higher speed training.

Built for Faster Runs



Speed Upgraded
to 8.5 mph



Safer with
Side Support



Figure 5.4: Treadmill in use, showing side support for enhanced stability.

5.5 Running Belt Features

The WALKINGPAD X214 features a spacious running belt (18.1 inches wide, 47.6 inches long) with an 8-layer non-slip design for comfort and safety.



Figure 5.5: Running belt dimensions for comfortable strides.

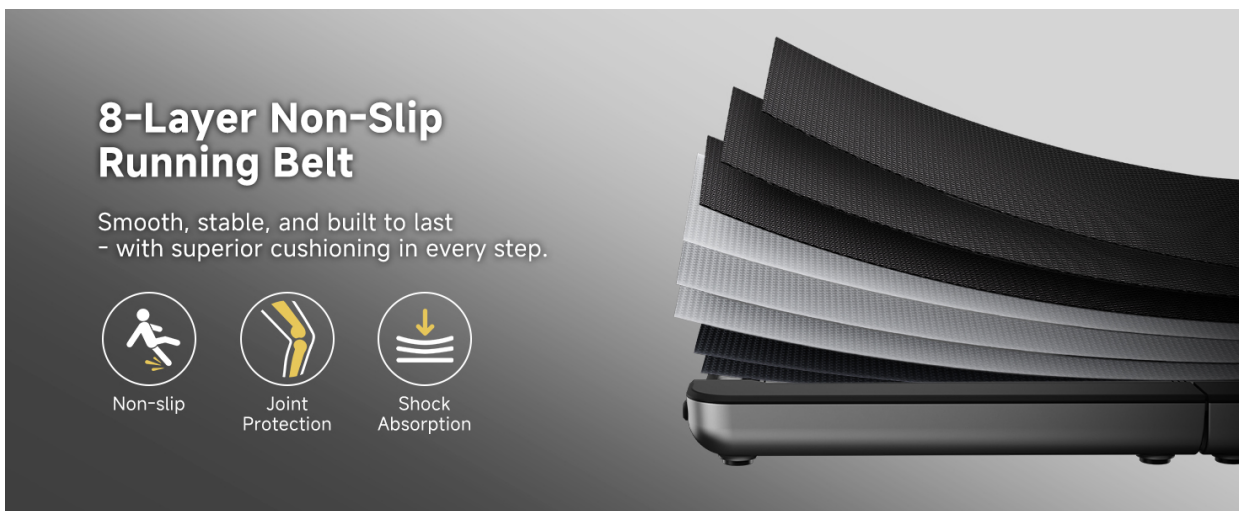


Figure 5.6: The 8-layer running belt provides non-slip, joint protection, and shock absorption.

6. MAINTENANCE

Regular maintenance ensures optimal performance and longevity of your treadmill.

6.1 Lubrication

The running belt requires periodic lubrication to reduce friction and wear. Use the provided silicone oil every 3 months or after approximately 100 hours of use. Refer to the detailed instructions in the included user manual for the correct lubrication procedure.

6.2 Cleaning

- Always unplug the treadmill before cleaning.
- Wipe down the treadmill's surfaces with a soft, damp cloth. Avoid abrasive cleaners or solvents.
- Regularly vacuum dust from around the motor cover to prevent overheating.

6.3 Belt Adjustment

If the running belt becomes misaligned or slips, it may require adjustment. Refer to the detailed instructions in the included user manual for belt centering and tension adjustment procedures using the Allen key.

7. TROUBLESHOOTING

If you encounter any issues with your WALKINGPAD X214, please refer to the following common troubleshooting tips:

- **Treadmill does not power on:** Ensure the power cord is securely plugged into a working outlet and the power switch is in the 'ON' position. Check the circuit breaker.
- **Running belt stops or slips:** The safety key may be dislodged, or the belt may require tension adjustment or lubrication.
- **Unusual noises:** Check for loose parts or foreign objects under the belt. Lubrication may be needed. If the noise persists, discontinue use and contact customer support.
- **Display not working:** Ensure all connections are secure. If the issue persists, contact customer support.

For issues not covered here or if troubleshooting steps do not resolve the problem, please contact WALKINGPAD customer support.

8. SPECIFICATIONS

Feature	Specification
Model Number	X214
Product Dimensions (D x W x H)	141.9D x 71.1W x 101.7H Centimetres
Folded Size	10.1 x 30.4 x 40.3 inches
Item Weight	43.09 kg (95 Pounds)
Material	Metal
Maximum Speed	8.5 Miles per Hour
Minimum Speed	1 Miles per Hour
Maximum Horsepower	2 Horsepower
Maximum Weight Recommendation	109.77 kg (242 lbs)
Display	LED
Power Source	Corded Electric
Metrics Measured	Speed, Time, Heart Rate, Calories Burned

9. WARRANTY AND SUPPORT

9.1 Warranty Information

The WALKINGPAD X214 treadmill comes with a **1 Year Manufacturer Warranty**. Please retain your proof of purchase for warranty claims.

9.2 Customer Support

For technical assistance, warranty claims, or any questions regarding your WALKINGPAD X214 treadmill, please contact WALKINGPAD customer support. Refer to the contact information provided with your purchase or visit the official WALKINGPAD website for support details.