



Manuals.plus /

› WELLFIT /

› WELLFIT Treadmill User Manual

WELLFIT WP023

WELLFIT Treadmill User Manual

Model: WP023

Brand: WELLFIT

1. INTRODUCTION

This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your WELLFIT Walking Pad. The WELLFIT Treadmill is a compact and versatile fitness equipment designed for home and office use, offering a convenient way to incorporate walking and light jogging into your daily routine. Its lightweight design and incline options make it suitable for various fitness levels and small spaces.



Figure 1: WELLFIT Walking Pad in a home setting, demonstrating its compact size and suitability for under-desk use.

2. PRODUCT FEATURES

The WELLFIT Walking Pad is equipped with several features designed to enhance your workout experience:

- **Adjustable Incline:** Manually adjust the incline to 0%, 3%, 6%, or 10% to increase workout intensity and target different muscle groups.
- **Quiet and Powerful Motor:** Features a 2.5HP quiet motor with noise levels below 40dB, allowing for undisturbed use.
- **Variable Speed Range:** Speeds from 1.0 to 4.0 MPH, suitable for walking and light jogging.
- **Smart App Connectivity:** Compatible with WELLFIT, KINOMAP, and Apple Health for tracking progress and accessing guided workouts.
- **Compact and Portable:** Weighs only 29 lbs and has a slim design (42.91"D x 18.31"W x 4.13"H), making it easy to store under desks, beds, or in small spaces.
- **Joint-Friendly Design:** Incorporates a 5-layer anti-slip belt and 8-point shock absorption system to reduce impact on joints.

- **High Weight Capacity:** Supports users up to 265 lbs.

Effortless Fitness with WELLFIT

Compatible with Smart APP









10% Incline Optional



On-time Data Track



Load Capacity: 265 LBS





2.5 HP

Powerful Motor



Speed Range:
1.0-4.0 MPH



Low Noise:
<40 dB

Advanced Shock-absorbing Layers



Figure 2: Overview of the WELLFIT Walking Pad's core features, highlighting its motor, shock absorption, and app integration.

3. SETUP

The WELLFIT Walking Pad requires minimal assembly. Follow these steps to set up your device:

1. **Unpack Components:** Carefully remove the walking pad and all included accessories from the packaging. Ensure you have the following:
 - 1 x WELLFIT Walking Pad

- 1 x Remote Control
- 1 x Safety Key
- 1 x Power Cord
- 1 x User Manual (this document)
- 1 x Tool Kit
- 2 x Lubricant bottles
- 10 x Incline Foot Pads (for 6% and 10% incline)

2. **Placement:** Place the walking pad on a flat, stable surface. Ensure there is adequate clear space around the unit for safe operation.
3. **Connect Power:** Plug the power cord into the walking pad and then into a standard electrical outlet.
4. **Install Incline Feet (Optional):** If you desire an incline, locate the designated attachment points on the underside of the walking pad. Insert the appropriate incline foot pads (longer feet for 6% or 10% incline) into these points. The walking pad comes with standard feet for 0% and 3% incline.

Manually Adjustable *Incline Levels*

Burn 63% More Fat with Every Step



Figure 3: Visual representation of manually adjustable incline levels and their impact on calorie expenditure.

5. **Remote Control:** Ensure the remote control has batteries installed and is paired with the walking pad according to the instructions in the remote's specific guide.

4. OPERATING INSTRUCTIONS

Operating your WELLFIT Walking Pad is straightforward. Always ensure the safety key is in place before starting your workout.

1. **Power On:** Press the power button on the remote control. The LED display will illuminate.
2. **Start Workout:** Press the Start/Pause button on the remote. The belt will begin to move slowly, gradually increasing to the default speed.
3. **Adjust Speed:** Use the '+' and '-' buttons on the remote control to increase or decrease the walking

speed (1.0 - 4.0 MPH).

4. **Stop/Pause:** Press the Start/Pause button to temporarily stop the belt. Press it again to resume. To fully stop the treadmill, press and hold the Stop button or remove the safety key.
5. **Safety Key:** The safety key is a crucial safety feature. Attach the clip to your clothing. If the safety key is dislodged, the treadmill will immediately stop.
6. **App Control:** Download the WELLFIT app (or KINOMAP/Apple Health) from your device's app store. Follow the in-app instructions to connect your walking pad via Bluetooth. The app allows for advanced tracking, workout programs, and voice control.

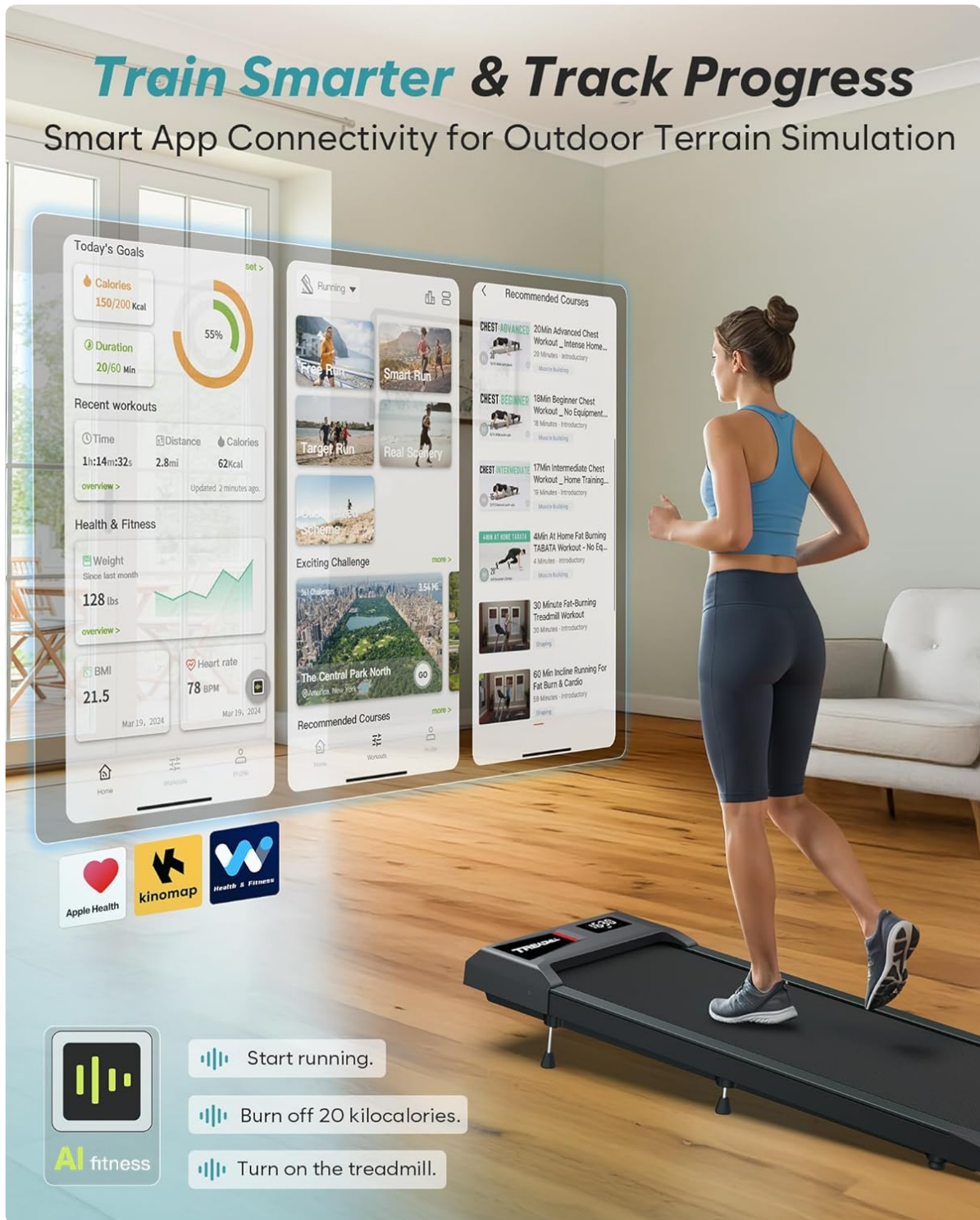


Figure 4: The WELLFIT app provides smart connectivity for tracking progress and simulating outdoor terrains.



Figure 5: The remote control offers convenient speed adjustment and start/stop functions, ideal for use with a standing desk.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your WELLFIT Walking Pad.

- **Cleaning:** Wipe down the walking pad with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners.
- **Lubrication:** The running belt requires periodic lubrication to reduce friction and extend its lifespan. Apply a small amount of the provided lubricant under the belt every 3-6 months, or as indicated by usage. Refer to the detailed lubrication instructions in the full user manual for precise application.
- **Belt Alignment:** The unique frame design helps prevent belt offset. However, if you notice the belt

shifting to one side, refer to the full user manual for instructions on how to adjust the belt tension and alignment.

- **Storage:** Due to its lightweight and compact design, the walking pad can be easily stored upright against a wall or flat under furniture.



Figure 6: The WELLFIT Walking Pad is super lightweight and portable, making storage effortless.

6. TROUBLESHOOTING

If you encounter issues with your WELLFIT Walking Pad, try the following common troubleshooting steps:

- **Treadmill Not Starting:**
 - Ensure the power cord is securely plugged into both the treadmill and the wall outlet.

- Verify the safety key is correctly placed on the console.
- Check if the main power switch (if present) is in the "ON" position.
- **Belt Slipping or Hesitating:**
 - The belt may require lubrication. Refer to the Maintenance section.
 - The belt tension might need adjustment. Consult the full user manual for detailed instructions.
- **Unusual Noises:**
 - Ensure the walking pad is on a flat, stable surface.
 - Check for any loose parts or foreign objects under the belt.
 - If the noise persists, contact customer support.
- **Remote Control Not Responding:**
 - Replace the batteries in the remote control.
 - Ensure there are no obstructions between the remote and the treadmill's receiver.

For more complex issues or issues not covered here, please refer to the comprehensive troubleshooting guide in the full user manual or contact WELLFIT customer support.

7. SPECIFICATIONS

| Feature | Detail |
|-------------------------------|--|
| Brand | WELLFIT |
| Model Name | WP023 |
| Color | Black |
| Product Dimensions (LxWxH) | 42.91"D x 18.31"W x 4.13"H |
| Item Weight | 29 Pounds |
| Maximum Speed | 4 Miles per Hour |
| Minimum Speed | 1 Miles per Hour |
| Maximum Horsepower | 2.5 Horsepower |
| Maximum Incline Percentage | 10.0% (Manually Adjustable: 0%, 3%, 6%, 10%) |
| Maximum Weight Recommendation | 265 Pounds |
| Deck Length | 35.83 Inches |
| Deck Width | 14.17 Inches |
| Material | Alloy Steel, Acrylonitrile Butadiene Styrene (ABS) |
| Display Type | LED |
| Connectivity Technology | Bluetooth |
| Metrics Measured | Speed, Calories Burned, Time, Distance |
| Included Components | 1x Safety Key, 1 x Power Cord, 1 x User Manual, 1 x Tool Kit, 2 x Lubricant, 1 x WELLFIT Walking Pad, 1 x Remote Control |



Figure 7: The walking pad features joint-friendly shock absorption and a durable running belt.

8. WARRANTY AND SUPPORT

WELLFIT is committed to providing excellent customer service and product support.

- **Warranty:**

- 365 Days Satisfaction Support
- 30 Days No-hassle Return
- Lifetime Technical Support
- Lifetime Parts Replacement

- **Customer Support:**

- **Email:** support@uswellfit.com
- **Phone:** (713) 589-0078
- **Amazon Support:** You can also contact WELLFIT through your Amazon account. Navigate to "Your Orders," find your WELLFIT Walking Pad purchase, and select "Ask Product Question" or "Contact Seller."