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› Sportconic S7 Foldable Incline Walking Pad Treadmill User Manual

Sportconic S7

Sportconic S7 Foldable Incline Walking Pad Treadmill User Manual

1. IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using the Sportconic S7 Walking Pad Treadmill. Retain this manual for future reference. Failure to follow these instructions may result in injury or damage to the product.

- Always place the walking pad on a stable, flat surface.
- Keep children and pets away from the equipment during operation.
- Ensure the power cord is not pinched or damaged. Unplug the unit when not in use or before cleaning.
- Do not operate the walking pad if it has been damaged or submerged in water.
- Consult a physician before beginning any exercise program, especially if you have pre-existing health conditions.
- The walking pad is designed for walking and light jogging. Do not attempt to run at high speeds.
- Always attach the safety clip to your clothing before starting your workout. If the safety clip detaches, the walking pad will automatically stop.
- Do not exceed the maximum user weight (not specified, but generally around 100-120 kg for similar devices).

2. PRODUCT OVERVIEW

The Sportconic S7 is a compact and quiet walking pad designed for home and office use. It features a durable running surface, an integrated LED display, and a remote control for easy operation.

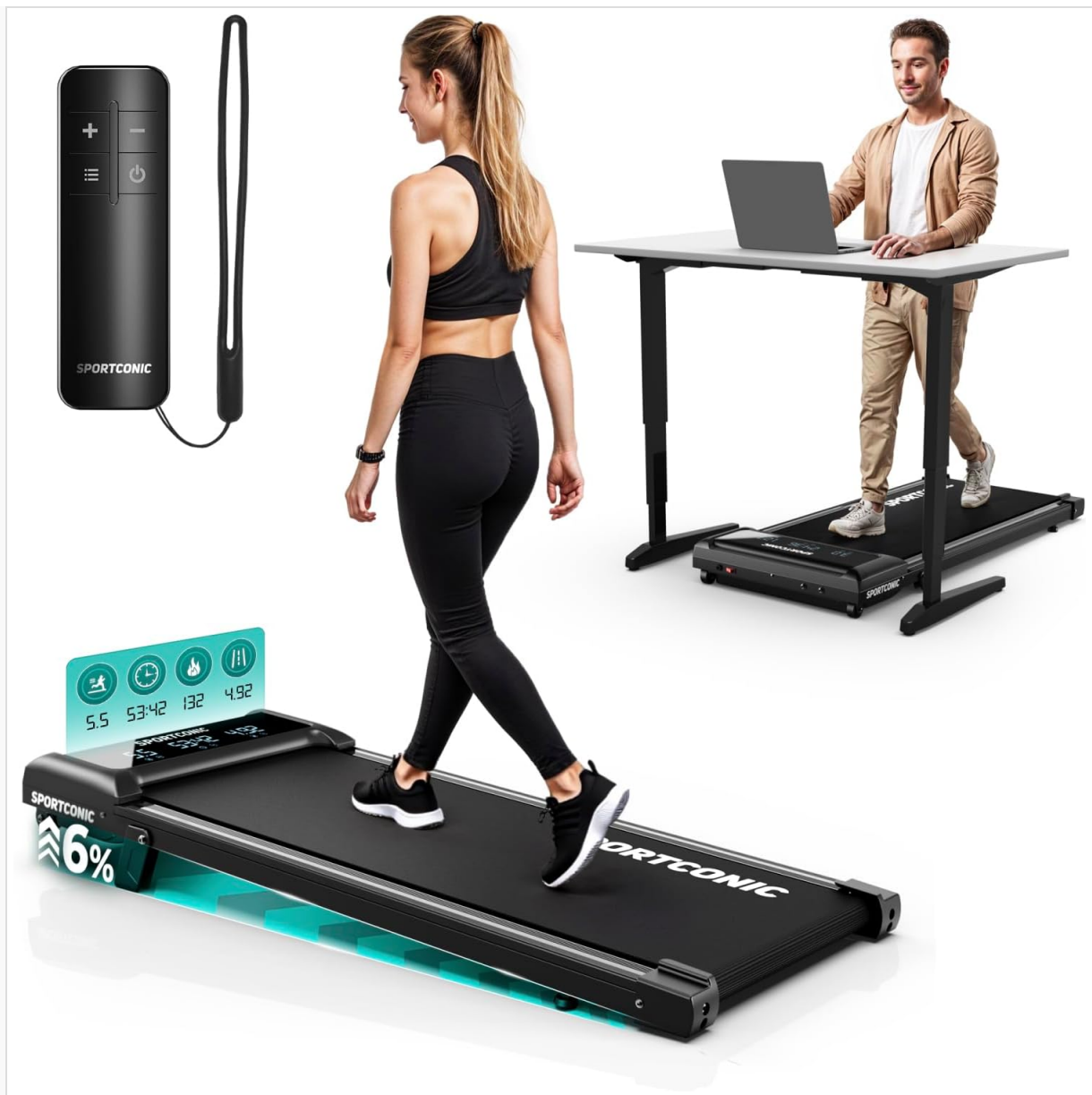


Image: Sportconic S7 Walking Pad Treadmill with its remote control, shown in a home office setting with a user walking on it.

Components:

- Sportconic S7 Walking Pad
- Remote Control
- Safety Clip
- Lubricant (for maintenance)
- User Manual



Image: Diagram illustrating the multi-layer shock absorption system of the walking pad, designed for quiet operation and user comfort.

3. SETUP

Unpacking and Placement:

1. Carefully remove the walking pad from its packaging.
2. Place the walking pad on a firm, level surface, ensuring there is adequate space around it for safe operation.
3. Ensure the power cable is easily accessible and not obstructed.

Connecting Power:

- Plug the power cord into a grounded electrical outlet.
- Ensure the power switch (if present, usually near the power cord inlet) is in the 'ON' position.



Image: The Sportconic S7 Walking Pad Treadmill shown stored neatly under a sofa, highlighting its compact and space-saving design.

4. OPERATING INSTRUCTIONS

Remote Control Functions:

SILENCIEUX À L'UTILISATION GRÂCE AU système d'amortissement à 5 couches



Image: A user holding the remote control for the Sportconic walking pad, with clear buttons for speed adjustment, mode selection, and power.

- **Power Button:** Press to turn the walking pad ON or OFF.
- **Speed Up (+):** Increases the walking speed.
- **Speed Down (-):** Decreases the walking speed.
- **Mode Button:** Cycles through different display modes (e.g., time, distance, calories).

Starting Your Workout:

1. Stand on the side rails of the walking pad.
2. Attach the safety clip securely to your clothing.
3. Press the Power button on the remote control to start the walking pad. It will typically start at a low speed.
4. Use the Speed Up (+) and Speed Down (-) buttons to adjust to your desired walking speed (1-6 km/h).
5. Step onto the running belt and begin your workout.

LED Display:

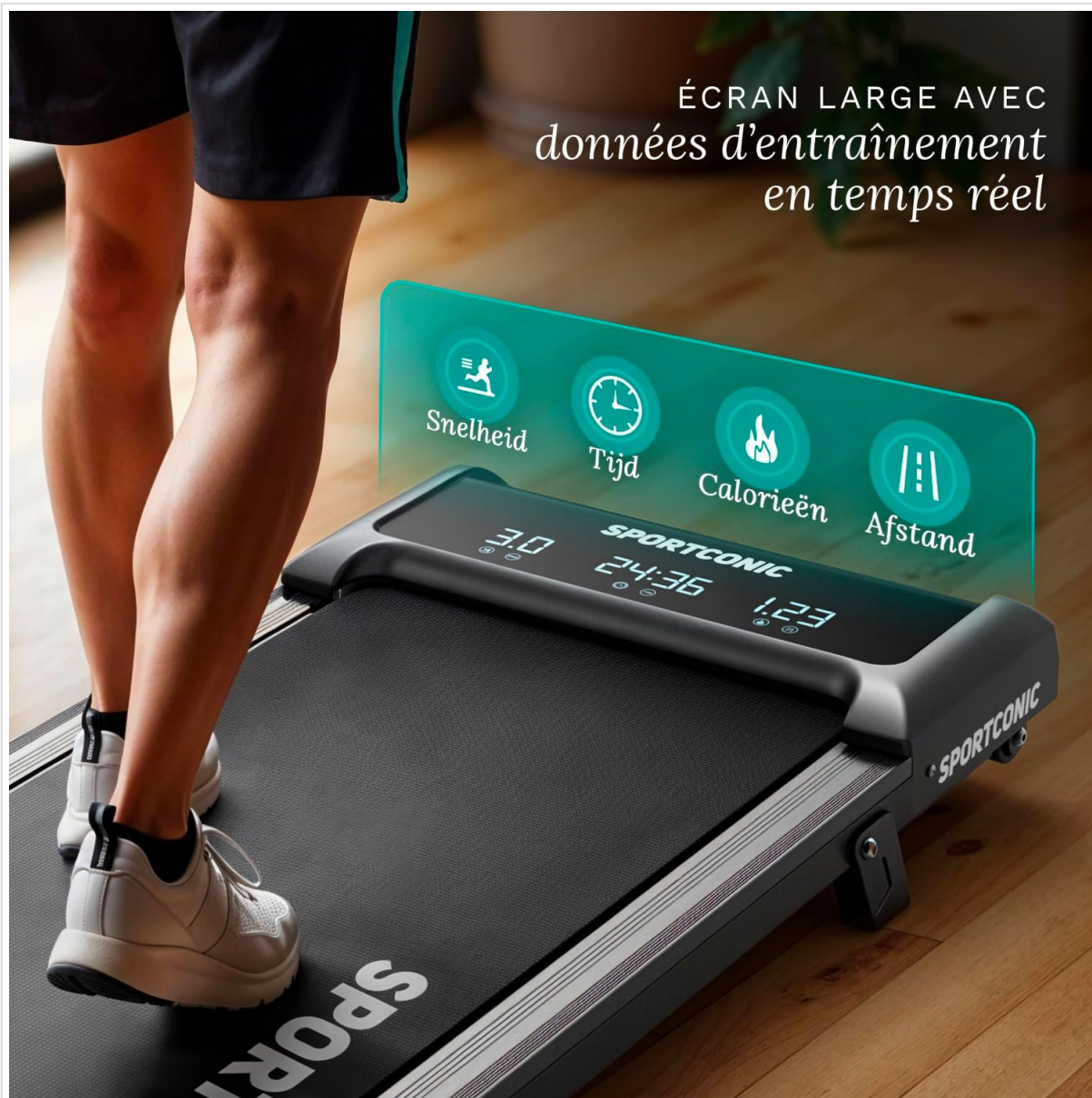


Image: A detailed view of the Sportconic S7 Walking Pad's LED display, providing real-time feedback on workout metrics such as speed, time, calories burned, and distance covered.

The integrated LED display shows real-time workout data:

- **Speed:** Current walking speed in km/h.
- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.

Adjusting Incline:

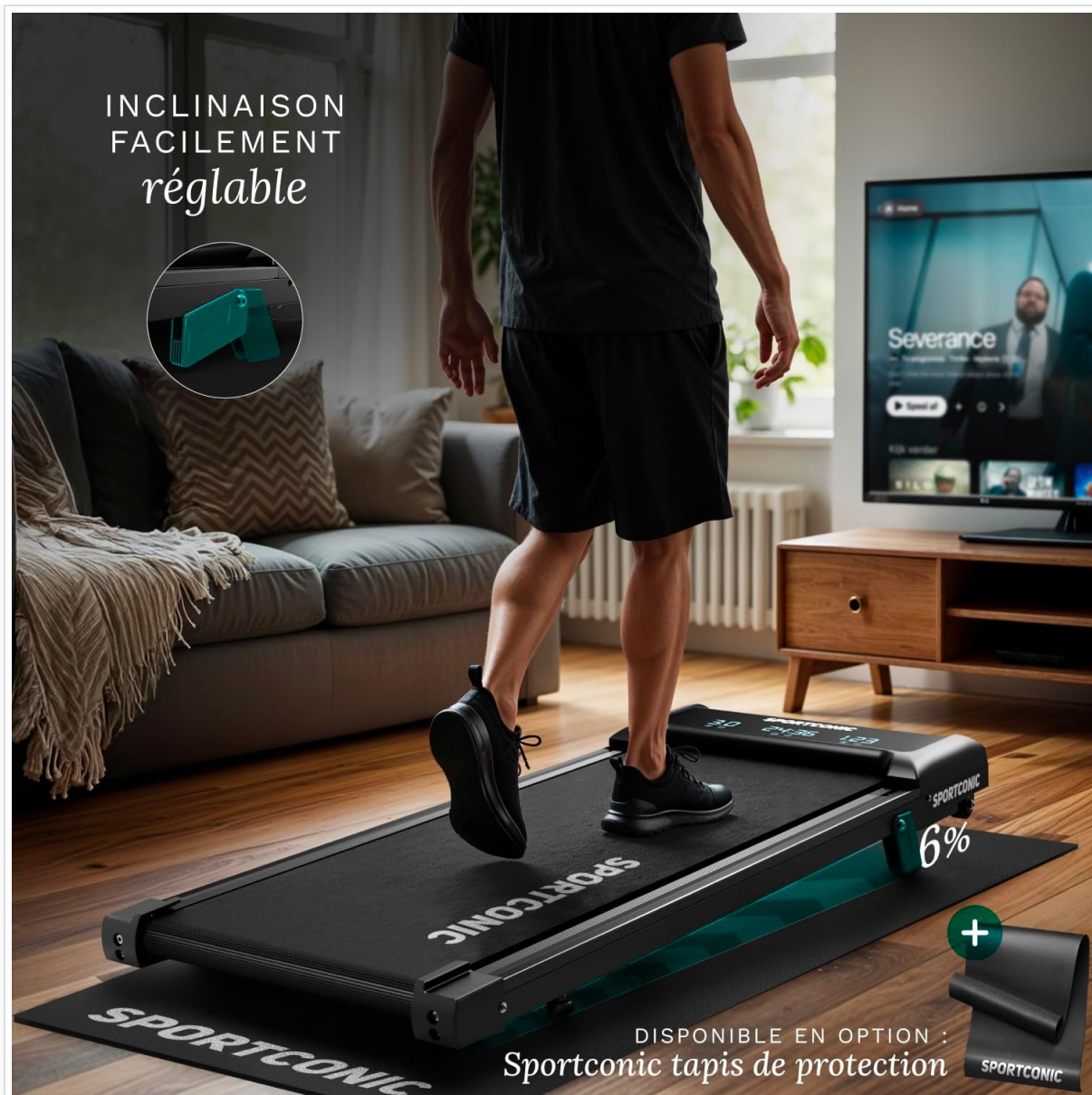


Image: A user exercising on the walking pad, with a visual cue indicating the manual adjustment of the 9% incline by positioning the support feet.

The Sportconic S7 offers a 9% incline for a more challenging workout. This incline is adjusted manually by positioning the support feet at the rear of the walking pad. It is not an automatic adjustment.

5. MAINTENANCE

Lubrication:

Regular lubrication of the running belt is crucial for optimal performance and longevity of your walking pad. Refer to the included lubricant instructions for frequency and application method. Generally, apply lubricant every 3-6 months depending on usage.

Cleaning:

- Always unplug the walking pad before cleaning.
- Wipe down the surface with a damp cloth. Do not use abrasive cleaners or solvents.
- Keep the area around the motor clean and free of dust.

Storage:

The Sportconic S7 is designed for compact storage. With a height of only 13 cm, it can be easily slid under a sofa or bed. Integrated transport wheels allow for convenient movement.



Image: A close-up view of the integrated transport wheels on the Sportconic walking pad, illustrating how they facilitate easy relocation and storage.

6. TROUBLESHOOTING

If you encounter any issues, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Walking pad does not power on.	Power cord unplugged, power switch off, circuit breaker tripped.	Check power connection, ensure switch is ON, reset circuit breaker.
Running belt stops unexpectedly.	Safety clip detached.	Re-attach the safety clip securely to your clothing.
Unusual noise during operation.	Lack of lubrication, loose components.	Lubricate the running belt (refer to Section 5). Check for and tighten any loose screws.
Remote control not responding.	Dead batteries, remote out of range.	Replace remote control batteries. Ensure you are within effective range of the walking pad.

If the problem persists, please contact Sportconic customer support.

7. SPECIFICATIONS

Feature	Specification
Model	S7
Speed Range	1-6 km/h
Running Surface (L x W)	109 cm x 40 cm
Incline	9% (Manual Adjustment)
Folded Dimensions (L x W x H)	109 cm x 41 cm x 13 cm
Horsepower	2.5 HP

Feature	Specification
Display Type	LED
Metrics Displayed	Speed, Time, Distance, Calories
Main Material	Plastic (ABS)
Color	Black
Special Features	Shock absorber, Transport wheels, Compact design, Portable
Included Components	Lubricant, User manual, Remote control
Product Weight	23.5 kg

8. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the documentation included with your purchase or contact Sportconic customer service directly. Keep your proof of purchase for any warranty claims.

Contact information for Sportconic support can typically be found on the official Sportconic website or on the product packaging.