

WALKINGPAD R1

WALKINGPAD R Series Folding Treadmill R1 6.2 mph User Manual

Model: R1 6.2 mph

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your WALKINGPAD R Series Folding Treadmill, Model R1 6.2 mph. Please read all instructions carefully before operating the device and retain this manual for future reference.

1.1 Safety Information

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it.
- Keep children and pets away from the treadmill during operation.
- Do not use the treadmill if it is damaged or malfunctioning.
- Wear appropriate athletic footwear during use.
- The emergency stop safety key must be attached to your clothing during operation.
- Maximum user weight capacity: 240 lbs (108 kg).

2. PRODUCT OVERVIEW

The WALKINGPAD R1 is a versatile 2-in-1 folding treadmill designed for both walking and light running, suitable for home and office environments. Its compact, foldable design allows for easy storage, while smart controls provide a user-friendly experience.



Image: WALKINGPAD R1 Folding Treadmill with handrail raised.

2.1 Key Components

- **Running Belt:** The main surface for walking or running.
- **Handrail:** Provides support and houses the display in running mode.
- **LED Display:** Shows time, speed, distance, and calories burned.
- **Remote Control:** For adjusting speed and modes.
- **Safety Key:** Magnetic key for emergency stop.
- **Folding Mechanism:** Allows the treadmill to fold for storage.

3. SETUP

3.1 Unpacking

1. Carefully remove the treadmill from its packaging.
2. Remove all packing materials and protective films.
3. Verify that all included components (power cord, remote control, safety key, tool kit, user manual) are present.

3.2 Unfolding the Treadmill

1. Place the treadmill on a flat, level surface.
2. Gently lift the rear section of the treadmill until it locks into place, forming the full running deck.
3. If using running mode, raise the handrail until it clicks securely into its upright position. Ensure the locking mechanisms on both sides are engaged.

Folding Design Saves Every Inch Of Space!



Image: Steps for unfolding and storing the WALKINGPAD R1 treadmill.

3.3 Power Connection

Connect the power cord to the treadmill's power input port and then plug it into a standard electrical outlet. Ensure the power switch is in the 'ON' position.

4. OPERATING INSTRUCTIONS

4.1 Modes of Operation

- **Walking Mode:** With the handrail folded down, the treadmill operates in walking mode (0.5-3.7 mph). This mode is ideal for under-desk use or light exercise.
- **Running Mode:** With the handrail raised, the treadmill operates in running mode (0.5-6.2 mph). This mode allows for more intensive workouts.

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

Image: Demonstration of walking mode (handrail down) and running mode (handrail up).

4.2 Controls

The WALKINGPAD R1 offers multiple control options:

- **Remote Control:** Use the included remote to start/stop the treadmill and adjust speed.
- **KS Fit App:** Download the KS Fit app to your smartphone for advanced control, tracking, and personalized

workout programs. The app connects via Bluetooth.

- **Foot Control (Adaptive Speed Control):** In walking mode, the treadmill can automatically adjust speed based on your foot position on the belt. Stepping towards the front increases speed, while stepping towards the rear decreases it.

Multiple Control Options To Save You Time And Effort!



Foot Control



Remote Control



App Control



Image: Overview of control options including foot control, remote, and app.

4.3 Starting and Stopping

1. Attach the safety key to your clothing and place the magnetic end on the designated area on the treadmill.
2. Press the start button on the remote control or within the KS Fit app. The treadmill will begin at a low speed.
3. Adjust the speed to your desired pace using the remote, app, or foot control (in walking mode).
4. To stop, press the stop button on the remote/app, or pull the safety key.

5. MAINTENANCE

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

5.1 Cleaning

- Wipe down the treadmill surface with a damp cloth after each use. Avoid abrasive cleaners.
- Periodically vacuum around and under the treadmill to prevent dust buildup.

5.2 Belt Lubrication

The running belt requires periodic lubrication to reduce friction and wear. Refer to the detailed instructions in the full user manual for the specific lubrication schedule and procedure. Typically, this involves applying silicone oil under the belt.

5.3 Belt Adjustment

If the running belt begins to drift to one side or feels loose, it may require adjustment. Use the provided hex wrench to make small, incremental turns to the tension bolts at the rear of the treadmill until the belt is centered and properly tensioned. Consult the full user manual for precise instructions.

6. TROUBLESHOOTING

If you encounter issues with your WALKINGPAD R1, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not power on	Power cord not connected, power switch off, safety key not in place.	Check power connections, ensure power switch is ON, place safety key correctly.
Running belt drifts to one side	Belt tension uneven or misaligned.	Adjust belt tension using the hex wrench as described in Section 5.3.
Unusual noise during operation	Lack of lubrication, loose components.	Lubricate the belt (Section 5.2). Check for any loose screws or parts.
App not connecting	Bluetooth off, app not updated, treadmill not discoverable.	Ensure Bluetooth is enabled on your device, update the KS Fit app, restart the treadmill.

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

7. SPECIFICATIONS

Key technical specifications for the WALKINGPAD R1 6.2 mph Treadmill:

Brushless Motor Gives You A Quieter Exercise Experience



Image: Dimensions and weight specifications of the WALKINGPAD R1.

Feature	Specification
Brand	WALKINGPAD
Model	R1

Feature	Specification
Maximum Speed	6.2 Miles per Hour (10 km/h)
Minimum Speed	0.5 Miles per Hour (0.8 km/h)
Maximum Weight Recommendation	240 Pounds (108 kg)
Item Weight	72 Pounds (32.6 kg)
Product Dimensions (Unfolded)	57.5"D x 28"W x 35.5"H (146cm x 71cm x 90cm)
Folded Size	38.5" x 28" x 6" (98cm x 71cm x 15cm)
Deck Length	47 Inches (119cm)
Deck Width	17 Inches (43cm)
Material	Aluminum Frame
Display Type	LED
Power Source	Corded Electric
Included Components	Power Cord, Remote Control, Safety Key, Tool Kit, User Manual

8. WARRANTY AND SUPPORT

8.1 Warranty Information

The WALKINGPAD R1 Treadmill comes with a **1-year manufacturer's warranty**. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims.

8.2 Customer Support

For technical assistance, warranty claims, or any questions regarding your WALKINGPAD R1 Treadmill, please refer to the contact information provided in your original purchase documentation or visit the official WALKINGPAD website for support resources.

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