

Trisomy B0FP52LW7V

Trisomy 4-in-1 Walking Pad Treadmill (Model B0FP52LW7V) Instruction Manual

Your guide to safe and effective use of your Trisomy Walking Pad Treadmill.

1. INTRODUCTION

Thank you for choosing the Trisomy 4-in-1 Walking Pad Treadmill. This versatile fitness equipment is designed to support various exercise modes, including walking, running, climbing, and under-desk workouts. With its adjustable handlebar, manual incline settings, powerful motor, and compact design, it offers a convenient solution for staying active at home or in the office. Please read this manual thoroughly before operation to ensure safe and optimal use.

2. SAFETY INFORMATION

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

- Always ensure the safety clip is attached to your clothing during operation. If the clip detaches, the treadmill will stop automatically.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a level, stable surface. Ensure adequate clearance around the unit.
- Do not operate the treadmill if it has been damaged or submerged in water.
- Wear appropriate athletic footwear.
- Do not exceed the maximum user weight capacity of 350 lbs.
- Always hold onto the handlebars for stability, especially when adjusting speed or incline.
- Disconnect the power cord when not in use or before cleaning/maintenance.

Emergency Stop: In case of an emergency, pull the safety clip from the console to immediately stop the treadmill.

3. PACKAGE CONTENTS

Verify that all components are present in the box:

- Trisomy Walking Pad Treadmill x1
- Quick Installation Guide x1
- User Manual x1
- Remote Control x1
- Tablet Holder x1
- Safe Lock (Safety Clip) x1
- L-shaped Wrench x1
- Handlebar Fixing Nut x2
- Tablet Holder Nut x2
- Lubricant x1

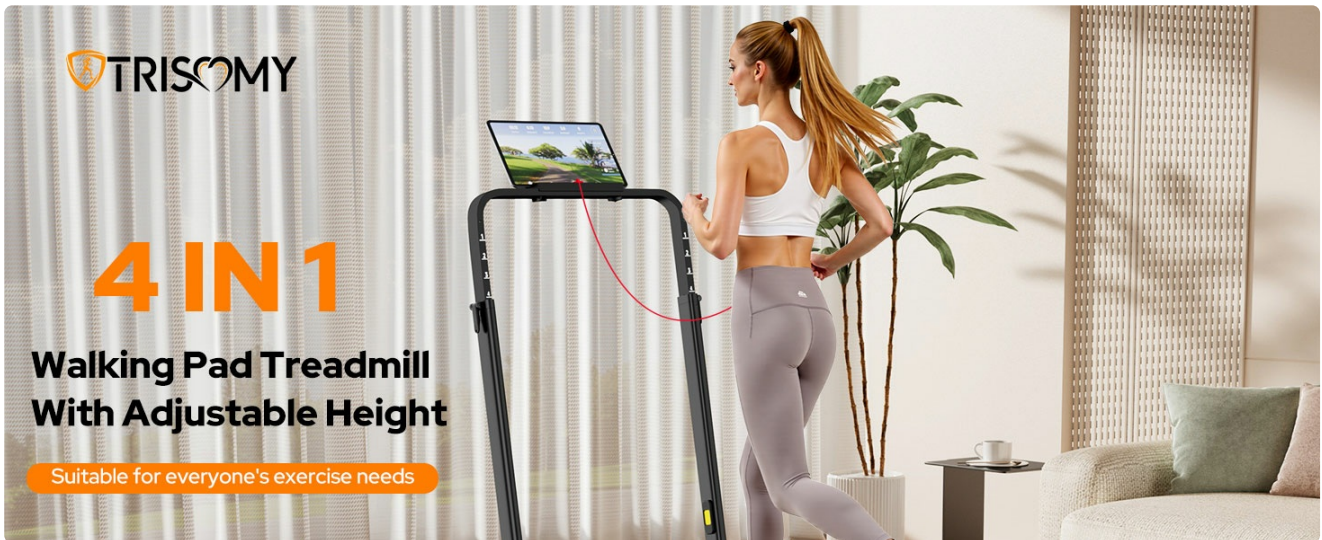


Image: All components included in the Trisomy Walking Pad Treadmill package.

4. SETUP

The Trisomy Walking Pad Treadmill requires tool-free assembly and is designed for quick setup.

1. Carefully remove the treadmill and all components from the packaging.
2. Unfold the handlebar to its upright position.
3. Secure the handlebar using the provided handlebar fixing nuts. These are hand-adjustable.
4. Attach the tablet holder to the handlebar using the tablet holder screws. These are also hand-adjustable.
5. Place the treadmill on a flat, stable surface.
6. Plug the power cord into a grounded electrical outlet.
7. Ensure the safety clip is properly inserted into the console before starting.

Quick Folding & Space Saving

No installation required and easy to store



Image: Quick folding and tool-free assembly, highlighting the tablet holder screw and handlebar fixing screw.

5. FEATURES OVERVIEW

- **Adjustable Handlebar Height:** The handlebar can be adjusted to 6 different levels, from 35" to 47", accommodating users of various heights for comfortable and safe workouts.
- **Manual Incline Settings:** Features 3 manual incline settings (0-12%) to simulate climbing and increase calorie burn.
- **4-in-1 Versatility:**

- **Working Mode:** Handlebar folded, for light walking under a desk (0.6-1.5 mph).
 - **Walking Mode:** Handlebar folded, for walking (0.6-4.0 mph).
 - **Running Mode:** Handlebar raised, for running (4.0-6.0 mph).
 - **Climbing Mode:** Handlebar raised with incline, for intense workouts.
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- **Powerful & Quiet Motor:** Equipped with a 3.5HP motor, supporting up to 350 lbs with low noise operation (below 40dB).
 - **Advanced Shock Absorption:** Features a 7-layer anti-slip belt, 10 silicone shock-absorbers, and adjustable middle cushioning to reduce joint stress by up to 50%.
 - **LED Display:** A clear LED display tracks time, speed, distance, and calories.
 - **Remote Control:** Adjust speed and other settings without interrupting your workout.
 - **APP Connectivity:** Connects to the "FITSHOW" APP for customized exercise journeys and tracking.



**High Height
up to 46.9"**

Perfect for tall adults; ample arm room for running or intense cardio.

**Low Height
up to 35.2"**

Ideal for kids or petite users; stable posture for walking or light jogging.

Image: Adjustable handlebar height for various users.

12% Manual Incline For 150% More Fat Burning

Easy access to the incline function without the use of any tools



Image: Manual incline settings for enhanced calorie burn.

Clear Display, Smarter Multi-Control

Show your running data clearly, keep workouts effective



Image: LED display and remote control for easy workout management.

Advanced Shock Absorption System

Larger Running Area for Greater Comfort & Safety



10 Silicone shock-absorbers



Adjustable middle cushioning



Knee Ankles Protection



7-layer Anti-slip Running Belt



Heavy Duty Meta frame



Image: Advanced shock absorption system for joint protection.

6. OPERATING INSTRUCTIONS

1. **Power On:** Plug the treadmill into a grounded outlet and flip the power switch located at the front of the unit. The LED display will light up.
2. **Attach Safety Clip:** Securely attach the safety clip to your clothing. The treadmill will not operate without the safety clip in place.
3. **Start Workout:** Use the remote control or the console buttons to start the treadmill. It will typically start at a low speed after a 3-second countdown.

4. **Adjust Speed:** Use the '+' and '-' buttons on the remote or console to increase or decrease the speed.
5. **Adjust Incline:** For manual incline, adjust the incline adjustment screws at the base of the treadmill to one of the 3 available levels (0-12%). Ensure both sides are adjusted evenly.
6. **Monitor Progress:** The LED display will cycle through speed, time, distance, and calories burned.
7. **APP Connection:** Download the "FITSHOW" app on your smartphone or tablet. Connect the app to your treadmill via Bluetooth for additional workout programs and tracking.
8. **End Workout:** Press the 'Stop' button on the remote or console. The treadmill will gradually slow down and stop. Remove the safety clip.

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Video: Demonstration of the Trisomy Walking Pad Treadmill with incline and handlebar, showcasing its features and operation.

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Video: Overview of the Trisomy walking pad with handlebar, highlighting its ease of use and features.

7. STORAGE

The treadmill is designed for easy storage due to its foldable and compact nature.

1. Ensure the treadmill is completely stopped and unplugged from the power outlet.
2. Unscrew the handlebar fixing nuts and gently lower the handlebar until it rests flat against the running deck.
3. The built-in wheels at the front allow for easy movement. Tilt the treadmill and roll it to your desired storage location.
4. It can be stored flat under a sofa, desk, or bed, or stood upright against a wall.

Explore More With "FITSHOW" APP

Make Exercise More Fun!



Image: Easy movement and storage of the Trisomy Walking Pad Treadmill.

8. MAINTENANCE

- **Lubrication:** Use the provided lubricant to maintain the running belt. Refer to the Quick Installation Guide for specific instructions on how and when to apply lubricant.
- **Cleaning:** Wipe down the treadmill with a damp cloth after each use. Do not use abrasive cleaners.
- **Belt Adjustment:** Periodically check the running belt tension and alignment. Use the L-shaped wrench to adjust if necessary, ensuring the belt is centered and not slipping.

9. TROUBLESHOOTING

If you encounter any issues with your Trisomy Walking Pad Treadmill, please refer to the Quick Installation Guide for basic troubleshooting steps. If the problem persists, contact customer support.

10. SPECIFICATIONS

Specification	Value
Brand	Trisomy
Color	Black-Orange
Product Dimensions	42.5"D x 22.4"W x 4.4"H
Item Weight	1 Pounds
Material	Alloy Steel
Maximum Horsepower	3.5 Horsepower
Maximum Incline Percentage	12%
Display Type	LED
Maximum User Weight	350 LBS

11. WARRANTY & SUPPORT

The Trisomy Walking Pad Treadmill comes with a **2-year warranty** and lifetime technical support. For any questions or assistance, please contact Trisomy customer service. You can find contact information in the user manual or by visiting the Trisomy Store on Amazon.

For further assistance, please refer to the contact details provided in your User Manual or the Quick Installation Guide.