Syntecno LF-C01

Syntecno LF-C01 Under Desk Walking Pad Instruction Manual

Model: LF-C01

1. Introduction

Thank you for choosing the Syntecno LF-C01 Under Desk Walking Pad. This compact and portable treadmill is designed to help you integrate physical activity into your daily routine, whether at home or in the office. Please read this manual thoroughly before initial use to ensure safe operation, proper setup, and effective maintenance of your device. Keep this manual for future reference.

2. Safety Instructions

To reduce the risk of serious injury, always follow basic precautions when using this walking pad. Read all instructions before use.

- **Placement:** Place the walking pad on a flat, stable surface. Ensure there is at least 0.6 meters (2 feet) of clear space behind the walking pad and 0.6 meters (2 feet) on each side.
- **Power Source:** Connect the walking pad to a properly grounded outlet. Do not use extension cords or adapters.
- **User Weight:** Do not exceed the maximum user weight capacity (refer to specifications).
- **Children and Pets:** Keep children and pets away from the walking pad during operation.
- **Footwear:** Always wear appropriate athletic footwear when using the walking pad.
- **Health Conditions:** Consult a physician before starting any exercise program, especially if you have pre-existing health conditions.
- **Emergency Stop:** Familiarize yourself with the emergency stop procedure.
- **Maintenance:** Unplug the walking pad before cleaning or performing any maintenance.
- **Storage:** Store the walking pad in a dry, safe place away from moisture and extreme temperatures.

3. Package Contents

Carefully unpack the box and ensure all the following items are present:

- Syntecno LF-C01 Under Desk Walking Pad
- Remote Control
- 2 x Lubricant Bottles
- Hexagonal Wrench
- Power Cord
- User Manual (this document)

If any items are missing or damaged, please contact customer support immediately.

4. Product Overview

The Syntecno LF-C01 Walking Pad features a robust design for comfortable and effective exercise.



Image: A woman in athletic wear running on the Syntecno LF-C01 Under Desk Walking Pad, demonstrating its use for active exercise.

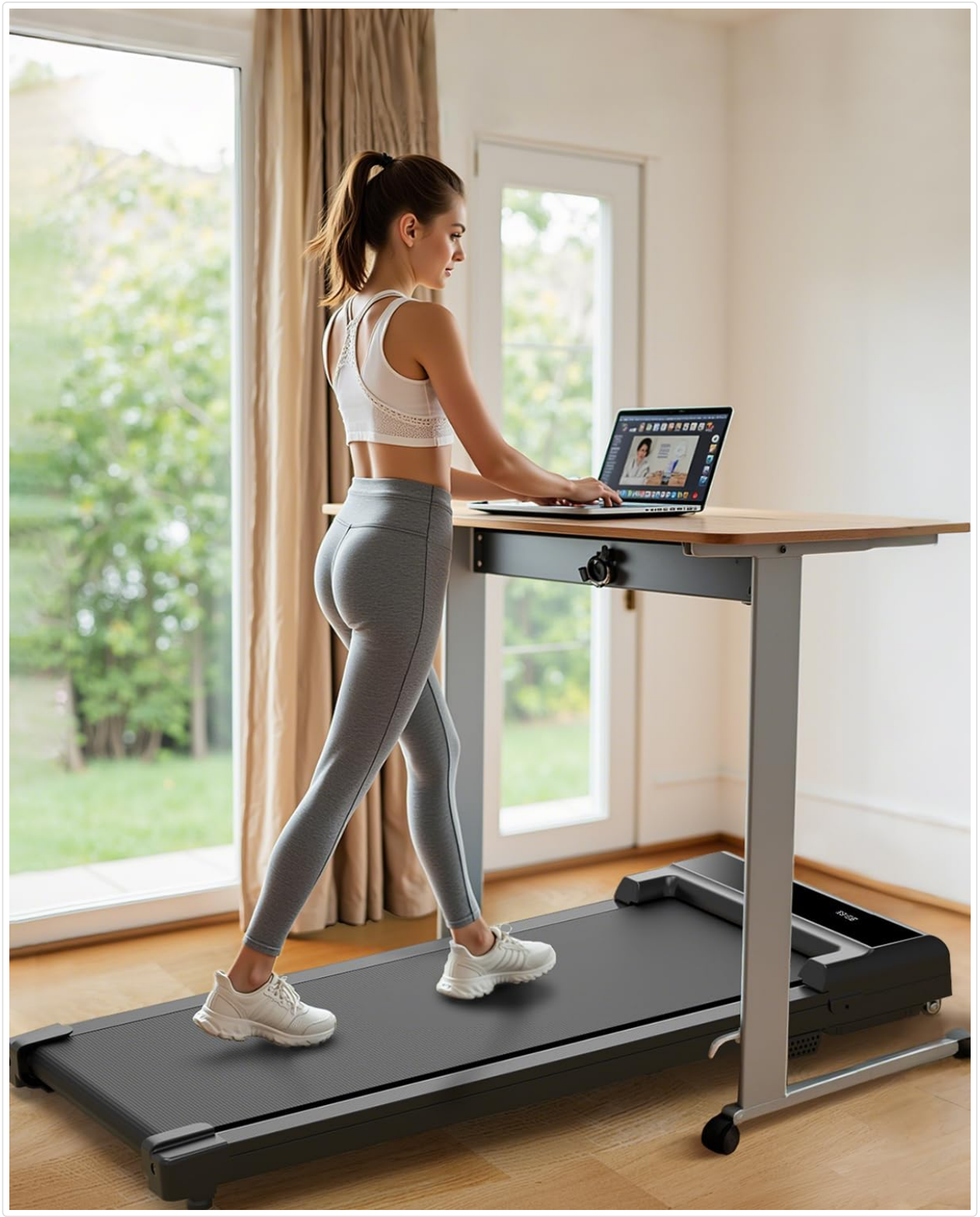


Image: A woman walking on the Syntecno LF-C01 Under Desk Walking Pad while using a laptop at a standing desk, illustrating its suitability for office environments.



Image: A close-up view of the Syntecno LF-C01 Walking Pad's integrated LED display, showing real-time metrics such as time, distance, and calories burned.

5. Setup

The Syntecno LF-C01 Walking Pad comes pre-assembled for immediate use.

1. **Unpacking:** Carefully remove the walking pad from its packaging.
2. **Placement:** Position the walking pad on a firm, level surface. Ensure adequate clearance around the unit as described in the safety instructions.
3. **Power Connection:** Plug the power cord into the walking pad's power input, then plug the other end into

a standard electrical outlet.

4. **Remote Control:** Ensure the remote control has working batteries. If not, insert or replace them according to the markings inside the battery compartment.
5. **Initial Check:** Before stepping on, briefly turn on the walking pad at a low speed to ensure the belt moves smoothly and the display functions correctly.

6. Operating Instructions

The walking pad is controlled via the included remote control.

6.1 Powering On/Off

- **Power On:** Press the 'Power' button on the remote control. The LED display will illuminate.
- **Power Off:** Press the 'Power' button again to stop the walking pad and turn off the display.

6.2 Adjusting Speed

The walking pad offers a speed range of 1 to 6 km/h.

- **Increase Speed:** Press the '+' button on the remote control to increase the speed.
- **Decrease Speed:** Press the '-' button on the remote control to decrease the speed.
- **Start/Pause:** Use the 'Start/Pause' button to begin or temporarily stop your workout.

6.3 LED Display

The integrated LED display provides real-time feedback on your workout:

- **SPD:** Current speed (km/h)
- **TIME:** Duration of your workout (minutes:seconds)
- **DIST:** Distance covered (kilometers)
- **CAL:** Estimated calories burned

7. Maintenance

Regular maintenance ensures the longevity and optimal performance of your walking pad.

7.1 Lubrication

The walking belt requires periodic lubrication to reduce friction and wear. Use the provided silicone oil.

1. **Frequency:** Lubricate every 30-50 hours of use, or every 1-2 months with regular use.
2. **Procedure:**
    - Unplug the walking pad from the power outlet.
    - Lift one side of the walking belt.
    - Apply a small amount of silicone oil (approx. 5-10 ml) evenly under the center of the belt.
    - Repeat on the other side.
    - Plug in the walking pad and run it at a low speed (e.g., 1 km/h) for 5 minutes without a user to distribute the lubricant.

7.2 Cleaning

- **Exterior:** Wipe the exterior surfaces with a soft, damp cloth. Do not use abrasive cleaners or solvents.
- **Belt:** Periodically clean the walking belt to remove dust and debris.
- **Underneath:** Occasionally clean the area under the walking pad to prevent dust accumulation.

7.3 Storage

Thanks to its compact design and integrated wheels, the walking pad is easy to store.

- Ensure the walking pad is powered off and unplugged.
- Use the integrated wheels to move the unit.
- Store it under a bed, sofa, or desk in a dry, cool place.

8. Troubleshooting

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

Problem	Possible Cause	Solution
Walking pad does not power on	Power cord not connected; No power from outlet; Remote control batteries dead	Check power cord connection; Test outlet with another device; Replace remote control batteries
Belt stops or slips	Belt too loose; Insufficient lubrication; Overload	Adjust belt tension (refer to specific instructions in full manual if available); Lubricate the belt; Reduce user weight
Unusual noise during operation	Lack of lubrication; Loose components; Foreign object	Lubricate the belt; Check for loose screws and tighten; Inspect for and remove any foreign objects
Remote control not responding	Dead batteries; Obstruction between remote and sensor	Replace remote control batteries; Ensure clear line of sight to the walking pad's sensor

If the problem persists after attempting these solutions, please contact customer support.

9. Specifications

Feature	Detail
Model Number	LF-C01
Brand	Syntecno
Motor Power	2.0 HP (2 Kilowatt)
Speed Range	1 - 6 km/h
Frame Material	Alloy Steel
Product Material	Acrylonitrile Butadiene Styrene (ABS)

Feature	Detail
Product Dimensions (L x W x H)	112 x 57 x 12 cm
Item Weight	19 Kilograms
Power Source	Electric Cable
Display Features	LED (Speed, Time, Distance, Calories)
Special Features	Compact design, Portable, Remote Control, Shock Absorption
Assembly Required	No

10. Warranty and Support

This product is covered by a manufacturer's warranty. Please refer to the warranty card included in your package or contact Syntecno customer support for detailed information regarding warranty terms and conditions.
For technical assistance, troubleshooting not covered in this manual, or to inquire about replacement parts, please contact Syntecno customer support through the contact information provided with your purchase or on the official Syntecno website.

© 2025 Syntecno. All rights reserved.