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KALWOL X382P

KALWOL Treadmill with Speaker (Model X382P)

User Manual

1. Introduction

Thank you for choosing the KALWOL Treadmill with Speaker, Model X382P. This versatile 6-in-1 foldable treadmill is designed for home use, offering various exercise modes from walking to running, with a 10% manual incline and app compatibility. This manual provides essential information for safe operation, setup, maintenance, and troubleshooting to ensure optimal performance and longevity of your equipment.

Please read this manual thoroughly before operating the treadmill and retain it for future reference.

2. Safety Information

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

- Always consult with a physician before starting any exercise program.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a level surface with at least 2 feet of clear space on each side and 6 feet behind it.
- Wear appropriate exercise clothing and athletic shoes.
- Use the safety key clip during workouts. In case of emergency, the treadmill will stop immediately if the safety key is detached.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Maximum user weight capacity: 350 lbs.

3. What's in the Box

Upon unpacking, please ensure all components are present and undamaged:

- KALWOL Treadmill Unit

- Remote Control
- Safety Key
- User Manual (this document)
- Power Cord
- Lubricant (for maintenance)

4. Setup and Assembly

The KALWOL Treadmill Model X382P is designed for minimal assembly. It is largely ready to use right out of the box.

1. **Unpacking:** Carefully remove the treadmill from its packaging.
2. **Placement:** Place the treadmill on a firm, level surface. Ensure adequate clearance around the unit.
3. **Handlebar Setup:** If using the handlebar, unfold it and secure it in place. The handlebar provides stability and houses the control panel and device stand.
4. **Power Connection:** Plug the power cord into a grounded electrical outlet.
5. **Safety Key:** Attach the safety key to the designated slot on the console. Clip the other end to your clothing.



Figure 4.1: Treadmill in walking pad mode (left) and with handle raised (right).

This image illustrates the two primary configurations of the treadmill: as a compact walking pad without the handle, and as a full treadmill with the handle raised for jogging or running. The handle provides additional support and access to the main control panel.

5. Operating Instructions

5.1 Control Methods

The treadmill can be controlled via the console buttons on the handlebar or the included remote control.

- **Console Buttons:** Located on the handlebar, these buttons allow for direct control of speed, start/stop, and program selection.
- **Remote Control:** The remote control offers convenient adjustment of speed, start/stop, and mode selection. It can be magnetically attached to the side of the treadmill to prevent loss.



Figure 5.1: LED Display showing speed, time, distance, and calories.

The clear LED display provides real-time data tracking, including speed, time, distance, and calories burned, allowing users to monitor their workout progress effectively.

5.2 Exercise Modes and Speed

The treadmill offers a speed range of 0.6 to 7.5 MPH, accommodating various exercise intensities:

- **Working Mode:** 0.6-1.5 MPH (ideal for use under a standing desk)
- **Walking Mode:** 1.5-3 MPH
- **Jogging Mode:** 3-6.2 MPH
- **Running Mode:** 6.2-7.5 MPH
- **Climbing Mode:** Utilizes the 10% manual incline for increased intensity.



Figure 5.2: Six different exercise modes supported by the treadmill.

This image visually represents the treadmill's versatility, showcasing different user postures and speeds for working, walking, jogging, running, and climbing, highlighting its adaptability to various fitness needs.

5.3 Manual Incline Adjustment

The treadmill features a 10% manual incline adjustment. This can be set in one second without the need for tools, significantly boosting exercise efficiency.



Figure 5.3: Manual incline adjustment mechanism.

This image illustrates how to manually adjust the treadmill's incline to 10%, showing the mechanism for quick, tool-free adjustment and the increased calorie burn compared to a flat surface.

Your browser does not support the video tag.

Video 5.1: Demonstration of the treadmill's features, including app compatibility and incline adjustment. This video provides a visual guide to setting up and utilizing the various functions of the treadmill, such as connecting to fitness apps and adjusting the incline for different workout intensities.

5.4 App Compatibility and Speaker

The treadmill features a built-in speaker and is compatible with fitness apps such as FITSHOW, KINOMAP, and ZWIFT. Connect your device via Bluetooth for immersive audio and to track your progress.

- **Bluetooth Connection:** Enable Bluetooth on your smartphone or tablet and pair with the treadmill.
- **App Integration:** Download and connect to FITSHOW, KINOMAP, or ZWIFT to access guided workouts, track metrics, and engage in challenges.
- **Built-in Speaker:** Enjoy music or audio from your connected device through the treadmill's integrated speaker.

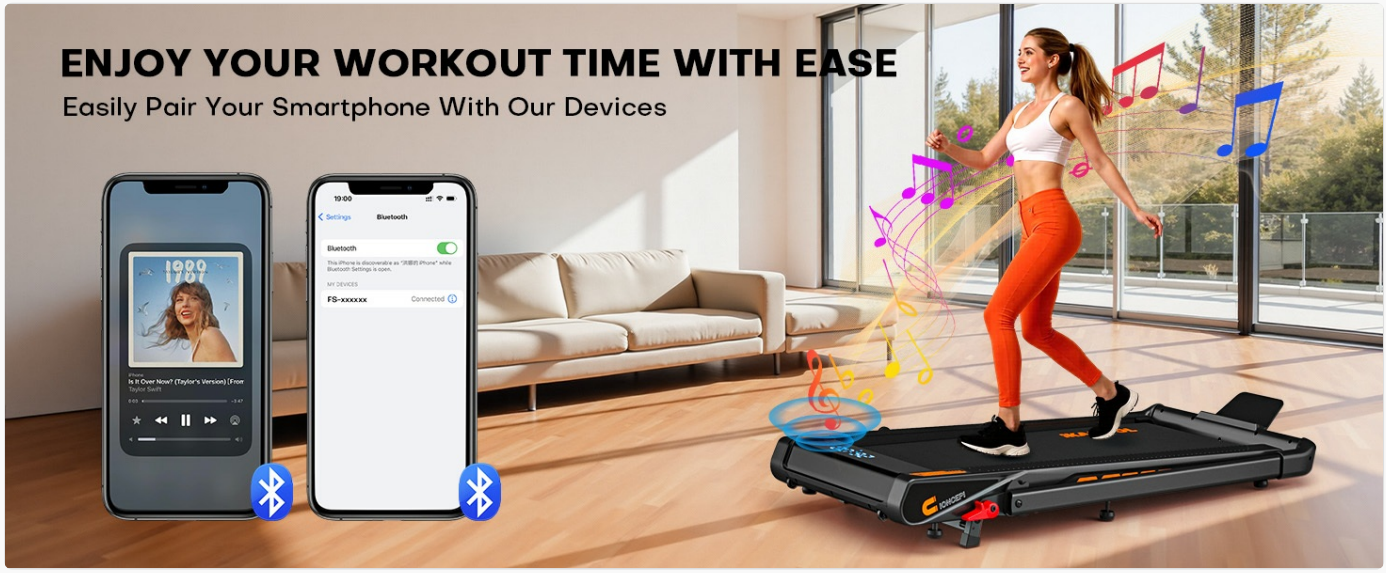

Figure 5.4: Pairing a smartphone with the treadmill for app and audio functions.

This image demonstrates the process of pairing a smartphone with the treadmill via Bluetooth, enabling users to connect to fitness apps and stream music through the built-in speaker for an enhanced workout experience.

5.5 Pre-set Programs

The treadmill includes 12 pre-set HIIT programs for efficient fat burning and 3 countdown modes (time, distance, or calories) to help you stay focused on your fitness goals.



Figure 5.5: Treadmill display highlighting app compatibility and workout programs.

This image displays the treadmill's console, emphasizing its compatibility with fitness apps and the availability of 12 built-in HIIT programs and 3 countdown modes, providing diverse workout options.

6. Maintenance

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

- **Cleaning:** Wipe down the treadmill after each use with a damp cloth to remove sweat and dust. Avoid abrasive cleaners.
- **Belt Lubrication:** Periodically lubricate the running belt according to the instructions provided with the lubricant. This typically involves applying silicone lubricant under the belt.

- **Belt Tension and Alignment:** Check the running belt tension and alignment regularly. Adjust if necessary using the provided tools and following the specific instructions in the full product manual (if available).
- **Motor Cover:** Keep the motor cover free from dust and debris to ensure proper ventilation.

7. Troubleshooting

If you encounter issues with your treadmill, refer to the following common troubleshooting steps:

Problem	Possible Cause	Solution
Treadmill does not power on	Power cord not plugged in; Safety key not inserted; Circuit breaker tripped.	Ensure power cord is securely plugged in; Insert safety key fully; Check and reset circuit breaker.
Running belt slips or hesitates	Belt too loose; Belt requires lubrication.	Adjust belt tension (refer to full manual); Lubricate the running belt.
Unusual noise during operation	Loose parts; Motor issue; Belt friction.	Check for and tighten any loose bolts; Contact customer support if motor noise persists; Lubricate belt if friction is suspected.
Remote control not responding	Dead batteries; Interference.	Replace remote control batteries; Ensure no obstructions between remote and treadmill.

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

8. Specifications

Feature	Detail
Brand	KALWOL
Model Number	X382P
Color	Black Orange
Product Dimensions (D x W x H)	50.59" x 22.59" x 5.04"
Item Weight	22.3 kg
Material	Acrylonitrile Butadiene Styrene (ABS), Alloy Steel
Maximum Speed	7.5 miles/hour
Minimum Speed	0.6 miles/hour
Maximum Horsepower	3.0 HP (Brushless Motor)
Noise Level	< 40 dB

Feature	Detail
Maximum Incline Percentage	10% (Manual Adjustment)
Running Belt Dimensions	40" x 16"
Running Belt Layers	7-layer cushioned anti-slip belt
Shock Absorption	10 silicone shock-absorbers
Maximum Weight Recommendation	350 pounds
Number of Programs	12 HIIT Programs, 3 Countdown Modes
Special Features	Built-in Speaker, Foldable Handle, APP Compatible (FITSHOW, KINOMAP, ZWIFT), LED Display, Remote Control, Transport Wheels

9. Warranty and Support

The product information indicates that there is no explicit warranty description provided in the specifications. However, KALWOL is committed to customer satisfaction.

- **Customer Support:** For any questions, concerns, or assistance with your KALWOL Treadmill, our professional team provides clear, helpful responses within 16 hours.
- **Contact:** Please refer to your purchase documentation or the KALWOL brand store on Amazon for the most current contact information for support.

10. Storage and Portability

The KALWOL Treadmill is designed for space-saving storage and easy mobility.

- **Folding:** The treadmill features a foldable handle, allowing it to be used as a walking pad or folded compactly for storage.
- **Transport Wheels:** Equipped with built-in transport wheels, the treadmill can be easily moved and stored under sofas or behind doors, maximizing your living space.



Figure 10.1: Treadmill demonstrating effortless mobility and smart storage.

This image illustrates the treadmill's compact design and built-in transport wheels, making it easy to move and store vertically or horizontally, saving valuable space in a home environment.

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