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› THERUN YT05-CP Walking Pad Treadmill User Manual

THERUN YT05-CP

THERUN YT05-CP Walking Pad Treadmill User Manual

Model: YT05-CP

1. IMPORTANT SAFETY INSTRUCTIONS

Before using the THERUN Walking Pad Treadmill, please read all instructions carefully to ensure safe operation and prevent injury. Keep this manual for future reference.

- Place the treadmill on a flat, stable surface.
- Ensure adequate clear space around the treadmill (at least 2 feet on sides and rear).
- Do not allow children or pets near the treadmill during operation.
- Maximum user weight capacity is 265 lbs (120 kg).
- Always wear appropriate athletic footwear.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.
- Do not use the treadmill if it is damaged or malfunctioning. Contact customer support.

2. PRODUCT OVERVIEW

The THERUN YT05-CP Walking Pad Treadmill is a compact and portable fitness device designed for home and office use. It features a 2.5 HP motor, LED display, and app connectivity for enhanced workout tracking and control.

3 in 1 Walk Pad Treadmill

Discover Virtual Outdoor Workouts.



- Personalized workouts
- Real Scenery Run
- Track Workout Data



Figure 2.1: Front view of the THERUN Walking Pad Treadmill.

No Complaints About Noise



Height:

5'5"

Weight:

154 LBS

Shoes Size:

US 8

Figure 2.2: Side view of the THERUN Walking Pad Treadmill, highlighting its low profile.

3. SETUP AND INSTALLATION

The THERUN YT05-CP Walking Pad Treadmill requires no assembly and is ready for use directly out of the box.

1. **Unpacking:** Carefully remove the treadmill from its packaging. Retain packaging for future storage or transport.
2. **Placement:** Place the treadmill on a firm, level surface. Ensure there is sufficient space around the unit for safe operation. The compact design allows for placement under desks or in small areas.

3. **Power Connection:** Connect the power cord to the treadmill and then to a grounded electrical outlet.
4. **Initial Check:** Before first use, ensure the running belt is centered and free from obstructions.

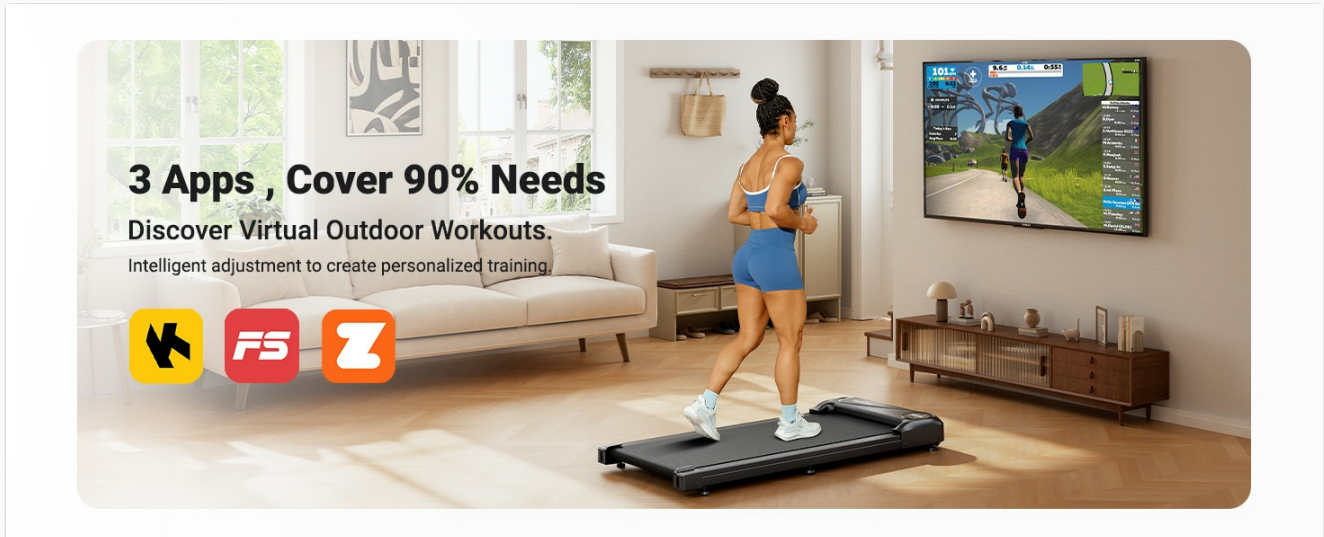


Figure 3.1: The treadmill is ready to use without installation. Includes remote control and user manual.

4. OPERATING INSTRUCTIONS

The treadmill can be operated via the included remote control or through a compatible mobile application.

4.1 Powering On/Off

- To power on, connect the treadmill to a power source and press the power button on the unit or remote control. The LED display will illuminate.
- To power off, press the power button again. Unplug the unit from the wall when not in use.

4.2 Using the Remote Control

The remote control allows for easy adjustment of speed.

- **Start/Stop:** Press the start/stop button to begin or end a workout.
- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the speed. The speed range is 0.6 to 3.8 mph.

4.3 App Connectivity

This walking pad can be linked to three compatible applications, allowing for enhanced control, scenario switching, and exercise data recording.

1. Download one of the compatible fitness apps to your smartphone or tablet.
2. Ensure Bluetooth is enabled on your device.
3. Open the app and follow the on-screen instructions to pair with your THERUN treadmill.
4. Once connected, you can control speed, track progress, and access various workout modes through the app.

THE RUN

Fitness is my attitude



Figure 4.1: App integration for personalized workouts and virtual scenery runs.

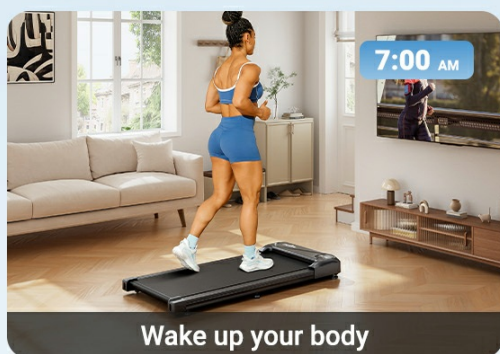
4.4 LED Display

The integrated LED display shows essential workout information such as speed, time, distance, and calories burned.

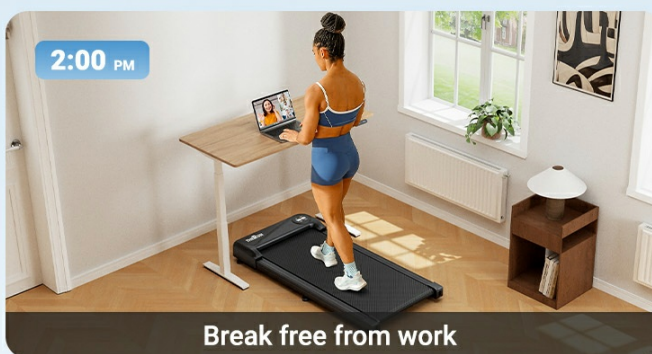
4.5 Low Noise Operation

The treadmill is equipped with a 2.5 HP motor designed for quiet operation, producing approximately 45 dB of noise. This is comparable to ambient library noise, ensuring minimal disturbance during use.

Your Secret 13th Hour: Turn moment into momentum



Wake up your body



Break free from work

Figure 4.2: The 45 dB motor ensures quiet operation, suitable for home or office environments.

5. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill surface with a damp cloth after each use. Avoid using abrasive cleaners or solvents.
- **Belt Lubrication:** The running belt may require lubrication periodically. Refer to the specific instructions in the included user manual for your model regarding lubrication frequency and type of lubricant.
- **Belt Adjustment:** If the running belt shifts to one side or slips, it may need adjustment. Consult the detailed

instructions in the full user manual for proper belt centering and tensioning procedures.

- **Storage:** When not in use, the compact design and built-in transport wheels allow for easy movement and storage under furniture or in narrow spaces.

Height	5'3"-5'6"	5'3"-5'6"	5'3"-5'6"	5'7"-5'9"
Running Belt	5-Layer	5-Layer	5-Layer	5-Layer
Motor	2.5 HP	2.5 HP	2.5 HP	2.5 HP
Noise	<45 dB	<45 dB	<45 dB	<45 dB
Max Load	265 LBS	265 LBS	265 LBS	300 LBS
Shock Absorption	6 silicone rubbers	6 silicone rubbers	6 silicone rubbers	6 silicone rubbers
Incline	no	no	✓	no
APP	✓	no	no	no

Figure 5.1: The treadmill's compact design and transport wheels facilitate easy storage.

6. TROUBLESHOOTING

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

- **Treadmill does not power on:** Ensure the power cord is securely plugged into both the treadmill and a functional electrical outlet. Check if the power switch on the treadmill is in the 'ON' position.
- **Running belt stops or slows unexpectedly:** Check the power connection. Ensure the maximum weight capacity (265 lbs) is not exceeded. The belt may require lubrication or adjustment.
- **Remote control not responding:** Replace the batteries in the remote control. Ensure there are no obstructions between the remote and the treadmill's receiver.
- **App connectivity issues:** Ensure Bluetooth is enabled on your device and the app is updated to the latest version. Try restarting both the treadmill and your device.

For persistent issues or problems not listed here, please contact THERUN customer support.

7. SPECIFICATIONS

Feature	Specification
Brand	THERUN
Model Name	YT05-CP
Product Dimensions (LxWxH)	41.9"D x 19.6"W x 4.5"H
Item Weight	34.4 Pounds
Material	Alloy Steel
Maximum Speed	3.8 Miles per Hour
Minimum Speed	0.6 Miles per Hour
Special Feature	App Connectivity
Target Audience	Adult
Maximum Horsepower	2.5 Horsepower
Assembly Required	No
Display Type	LED
Maximum Weight Recommendation	265 Pounds
Noise Level	Approximately 45 dB

8. WARRANTY AND SUPPORT

8.1 Warranty Information

Your purchase includes a 1-year protection plan. This warranty covers manufacturing defects and ensures the product meets quality standards under normal use.

8.2 Customer Support

For any questions, concerns, or assistance with your THERUN Walking Pad Treadmill, our professional support team is available. Please contact us via email for product guides, documents, or troubleshooting assistance.

Your Fitness Journey Grows With Us !

Beginner: **3 Months**

Advanced: **6 Months**

Pro: **12 Months**



THERUN W1 Starter

- 35.5" x 15" LED Screen
- 0.6-3.8 MPH 265 LBS



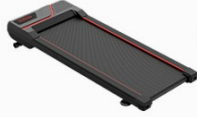
THERUN X1 BASIC

- Fold up LED Screen
- 0.6-6.2 MPH 265 LBS



THERUN T12 MUTE

- 0-12% Auto Incline LED Screen
- 0.6-8.7 MPH 300 LBS



THERUN W1 PROS

- 0-6% Auto Incline LED Screen
- 0.6-4 MPH 265 LBS



THERUN T12 MAL

- 0-6% Incline 18" LED Screen
- 0.6-9 MPH 300 LBS



THERUN T15 BASIC

- 0-15% Auto Incline 6.8" LCD Screen
- 0.6-10 MPH

Figure 8.1: THERUN offers exclusive after-sales service and support for your treadmill.