

THERUN YT05T-E

THERUN YT05T-E 2-in-1 Walking Pad Treadmill User Manual

Model: YT05T-E | Brand: THERUN

1. INTRODUCTION

The THERUN YT05T-E is a versatile 2-in-1 walking pad and treadmill designed for home and office use. It features a powerful 2.5 HP quiet motor, a widened 16-inch running belt, and two control modes for convenience. Its foldable design allows for easy storage, making it suitable for various living spaces. This manual provides essential information for the safe and effective use of your treadmill.



Image: The THERUN treadmill offers both walking pad and traditional treadmill functionality, supporting speeds from 0.6 to 6.2 MPH.

2. SETUP INSTRUCTIONS

Your THERUN YT05T-E treadmill arrives fully assembled and ready for use. The primary setup involves adjusting the handle bar for your desired mode of operation.

2.1 Handle Bar Adjustment

1. **Unfolding the Handle:** Locate the quick-release key on the side of the treadmill. Push the key to release the handle bar.
2. **Securing the Handle:** Raise the handle bar to its upright position. Fasten the quick-release wrench securely to lock the handle in place.
3. **Safety Lock:** Attach the red safety lock to the designated slot on the handle bar. This prevents an E07 error code and ensures the treadmill operates safely.



Image: Step-by-step guide for setting up the handle bar and engaging the safety lock.

2.2 Placement

Place the treadmill on a flat, stable surface. Ensure there is adequate space around the treadmill for safe operation, especially behind it for emergency stops.

3. OPERATING INSTRUCTIONS

The THERUN YT05T-E treadmill offers two distinct operating modes: walking pad and traditional treadmill.

3.1 Power On/Off

- Connect the power cord to a grounded electrical outlet.
- Press the power button, usually located near the front of the treadmill base.

3.2 Operating Modes and Speed Ranges

- **Walking Pad Mode:** With the handle bar folded down, the treadmill functions as a walking pad. Speeds range from 0.6 to 3.8 MPH, ideal for light exercise or walking while working.
- **Treadmill Mode:** With the handle bar raised and secured, the treadmill operates at speeds from 3.8 to 6.2 MPH, suitable for jogging and running.

3.3 Control Methods

The treadmill can be controlled via the LED touch screen on the handle bar or the included remote control.

- **LED Touch Screen:** When the handle is raised, use the touch screen to start, stop, or adjust speed.
- **Remote Control:** For walking pad mode (handle folded), the remote control provides convenient adjustment of speed and stop functions.



Image: The treadmill features both an LED touch screen on the handle and a remote control for adjusting speed and starting/stopping workouts.

3.4 Display Information

The LED display on the running board shows real-time workout data:

- **Time:** Duration of your workout.

- **Distance:** Total distance covered.
- **Speed:** Current speed in miles per hour (MPH).
- **Calories:** Estimated calories burned.

Easy to Use

No Installation



Remote Control

Simple & Effective



Fitness Guide

Maximize Your Results



Unpacking Instruction

Done in Minutes

Image: The treadmill's LED display provides essential workout metrics, and the tablet holder allows for entertainment during exercise.

3.5 Safety Features

- **Magnetic Safety Key:** Always attach the magnetic safety key to your clothing before starting a workout. If the key detaches, the treadmill will immediately stop, preventing potential injury.
- **Shock Reduction System:** The treadmill is equipped with a "4+2" shock reduction system, including four shock-absorption absorbers and two shock absorb cushions, to protect your joints and reduce noise during use.

4. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill surface and display with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Belt Lubrication:** Periodically check the running belt for dryness. Lubricate the belt according to the instructions provided in the full user manual to ensure smooth operation and prevent wear.
- **Belt Adjustment:** If the running belt appears to be slipping or moving off-center, refer to the full user manual for instructions on how to adjust the belt tension and alignment.

5. TROUBLESHOOTING

This section addresses common issues you might encounter with your treadmill.

- **Treadmill Not Starting (E07 Error):** Ensure the red magnetic safety key is properly secured in its slot on the handle bar. The treadmill will not operate without it.
- **Slipping Running Belt:** This can occur if the belt is too loose or misaligned. Refer to the maintenance section or the full user manual for instructions on how to adjust the belt tension and center it.
- **Unusual Noise:** Check for any loose parts or obstructions under the running belt. Ensure the treadmill is on a flat surface. If the noise persists, contact customer support.
- **Display Not Working:** Verify that the power cord is securely plugged in and the power switch is on. If the display remains blank, contact customer support.

6. SPECIFICATIONS

Feature	Specification
Brand	THERUN
Model Name	YT05T-E
Product Dimensions (LxWxH)	44"D x 22"W x 4.5"H
Item Weight	38 Pounds
Material	Alloy Steel
Maximum Speed	6.2 Miles per Hour
Minimum Speed	0.6 Miles per Hour
Maximum Horsepower	2.5 Horsepower
Maximum Weight Recommendation	265 Pounds
Display Type	LED

Feature	Specification
Special Features	Adjustable Speed, Foldable, Lightweight, Portable, Wheeled
Assembly Required	No (Arrives fully assembled)

7. WARRANTY

The THERUN YT05T-E Walking Pad Treadmill comes with a **1-Year Warranty**. Please retain your proof of purchase for warranty claims. For detailed warranty terms and conditions, refer to the documentation included with your product or contact THERUN customer support.

8. SUPPORT

For any questions, technical assistance, or service requests, please contact THERUN customer support. Contact information can typically be found on the product packaging, the official THERUN website, or in the included user manual.



Image: THERUN provides after-sales support, including a fitness guide and availability of replacement parts.