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› CHAOKE Walking Pad Treadmill with 9% Incline - User Manual

CHAOKE B0FP519DMT

CHAOKE Walking Pad Treadmill with 9% Incline - User Manual

Model: B0FP519DMT

1. IMPORTANT SAFETY INFORMATION

Please read this entire manual carefully before assembling and operating your CHAOKE Walking Pad Treadmill. Keep this manual for future reference. Failure to follow these instructions could result in injury or damage to the product.

- Ensure the treadmill is placed on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Wear appropriate athletic footwear during use.
- Maximum user weight capacity is 150 kg.
- Always consult a physician before starting any new exercise program.

2. PRODUCT OVERVIEW

The CHAOKE Walking Pad is a versatile 4-in-1 treadmill designed for various fitness levels and environments. It features a manual 9% incline, a powerful 2.75 HP silent motor, and a compact design for easy storage.



Image: The CHAOKE Walking Pad Treadmill, showcasing its sleek design and compact form factor suitable for home use.

3. SETUP AND ASSEMBLY

Your CHAOKE Walking Pad Treadmill comes largely pre-assembled. Follow these steps for initial setup:

1. **Unpacking:** Carefully remove the treadmill from its packaging. Retain packaging for potential future transport or returns.
2. **Placement:** Place the treadmill on a firm, level surface, ensuring adequate space around it for safe operation.
3. **Power Connection:** Connect the power cord to the treadmill and then to a grounded electrical outlet.
4. **Initial Check:** Before first use, ensure all components are securely in place and there are no visible damages.

Facile à déplacer et à ranger

Conçu pour optimiser l'espace de votre salle de sport à domicile



Image: Demonstrates the compact design and integrated wheels, allowing the treadmill to be easily moved and stored vertically or under furniture like a bed or sofa.

4. OPERATING INSTRUCTIONS

4.1 Powering On/Off

Press the power button located on the front panel to turn the treadmill on or off. The LED display will illuminate upon power-on.

4.2 Using the Remote Control

The magnetic remote control allows for convenient adjustment of speed and settings during your workout.

Télécommande magnétique et affichage en temps réel

Télécommande sans fil pour réglage de vitesse sans contact



Image: The magnetic remote control and the LED display, which shows real-time data such as calories, speed, distance, and time.

4.3 LED Display

The integrated LED screen displays essential workout data:

- **Time:** Duration of your workout.
- **Speed:** Current speed in km/h.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.
- **Heart Rate:** (If applicable, may require external sensor or specific model feature not detailed in provided data).

4.4 Manual Incline Adjustment

The treadmill features a manual 9% incline. To adjust, lift the rear of the treadmill and engage the incline support mechanism. Ensure it is securely locked in place before use. This incline can increase workout efficiency by up to 50%.

Réglage de l'inclinaison à 9 %

Maximisez la combustion des graisses de 50 %



Image: Illustrates the manual 9% incline feature and its benefit in increasing calorie expenditure compared to a flat surface, alongside the 12 integrated HIIT programs.

4.5 4-in-1 Operating Modes

The CHAOKE Walking Pad offers four distinct modes to suit your exercise needs:

- **Under Desk Mode:** Speed range 2.0–3.5 km/h. Ideal for light activity while working.
- **Walking Mode:** Speed range 4.0–5.5 km/h. For brisk walking or incline training.
- **Jogging Mode:** Speed range 5.5–7.5 km/h. For moderate intensity jogging.
- **Running Mode:** Speed range 8.0–10.0 km/h. For higher intensity running workouts.

Mode tapis de marche 4-en-1



Mode Travail 1-2 km/h



Nouveau design : le crochet de retour maintient la courroie alignée

Image: Displays the four operating modes (Under Desk, Walking, Jogging, Running) with their respective speed ranges and a visual representation of the treadmill's dimensions (95cm x 38cm running surface).

4.6 Preset HIIT Programs

Utilize the 12 integrated HIIT programs to diversify your workouts and optimize fat burning, cardiovascular health, and endurance. Refer to the remote control or display for program selection.

4.7 Manual and Countdown Modes

- **Manual Mode:** Allows you to freely control speed and incline.
- **Countdown Mode:** Set a target for time (8 to 99 minutes), distance, or calories. The system will count down and stop automatically when the target is reached.

5. MAINTENANCE

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

5.1 Cleaning

Wipe down the treadmill after each use with a damp cloth to remove sweat and dust. Do not use abrasive cleaners or solvents.

5.2 Belt Lubrication

Lubricate the running belt regularly to reduce friction and extend its lifespan. The frequency depends on usage:

Usage Frequency	Maintenance Frequency
3 hours/week	Every 2 months
4-7 hours/week	Every 1 month
> 8 hours/week	Every 2 weeks



Image: Detailed visual guide on how to lubricate the running belt and the new design feature that prevents belt deviation.

5.3 Belt Adjustment

If the running belt becomes misaligned or too loose/tight, refer to the detailed instructions in the full user manual for adjustment procedures. Proper belt tension and alignment are crucial for safe and efficient operation.

6. TROUBLESHOOTING

If you encounter any issues with your CHAOKE Walking Pad, refer to the following common problems and solutions:

- **Treadmill not powering on:** Check if the power cord is securely plugged into both the treadmill and the wall outlet. Ensure the power switch is in the 'ON' position.
- **Belt not moving:** Ensure the safety key (if applicable) is correctly inserted. Check if the motor is running but the belt is stationary, which might indicate a belt tension issue.
- **Unusual noise during operation:** This could be due to a loose component, lack of lubrication, or belt misalignment. Refer to the maintenance section.
- **Inaccurate display readings:** Ensure all connections are secure. If the issue persists, contact customer support.

For more complex issues, please contact CHAOKE customer support.

7. SPECIFICATIONS

Key technical specifications for the CHAOKE Walking Pad Treadmill:

Feature	Specification
Brand	CHAOKE
Model	B0FP519DMT
Color	Black-Blue
Product Dimensions (L x W x H)	112 x 50 x 11.5 cm
Product Weight	15 kg
Material	Acrylonitrile Butadiene Styrene (ABS)
Motor Power	2.75 Horsepower (HP)
Maximum Speed	10 km/h
Maximum Incline	9% (Manual)
Maximum User Weight	150 kg
Number of Programs	12 HIIT Programs
Display Metrics	Time, Speed, Distance, Calories, Heart Rate (if applicable)
Power Source	Electric Cable
Assembly Required	No
Special Features	Compact Design, Manual Incline, Remote Control, LED Screen, 5-layer Anti-slip Running Belt, 6 Anti-slip Cushions, 10 Integrated Shock Absorbers

Moteur brushless puissant et stable de 2,75 CV

Silencieux 40dB – pour un entraînement tout en tranquillité



	CHAOKE	Autres
Puissance :	✓ 2,75 CV	✗ 2,0 CV
Niveau sonore :	✓ < 30 dB	✗ < 60 dB
Capacité de charge maximale	✓ 150 kg	✗ 100 kg
Réglage de la pente :	✓ 9 % (fixe)	✗ 0 %
Plage de vitesse :	✓ 1-10 km/h	✗ 1-8 km/h
Performance de course :	✓ Fluide et stable	✗ Sujet aux ralentissements
Système d'amorti:	✓ 10 amortisseurs intégré	✗ Coussin en mousse standard

Image: Detailed view of the 2.75 HP brushless motor and a comparison table highlighting CHAOKE's superior specifications in power, noise level, capacity, incline, speed, and cushioning system.

Ceinture 5 couches anti-choc

Conception amortissante améliorée pour protéger les genoux et les articulations



Image: Illustrates the advanced 5-layer anti-shock cushioning system, including 6 anti-slip cushions and 10 integrated shock absorbers, designed to protect joints and support up to 150 kg.

8. WARRANTY AND SUPPORT

CHAOKE is committed to product quality and excellent after-sales service.

- **Warranty:** Your CHAOKE Walking Pad Treadmill comes with a 5-year warranty.
- **Customer Support:** We offer multilingual support (English, French, German, Italian, and Spanish). Our customer service team is available via email or online and will respond to your inquiries within 24 hours to resolve your request quickly.

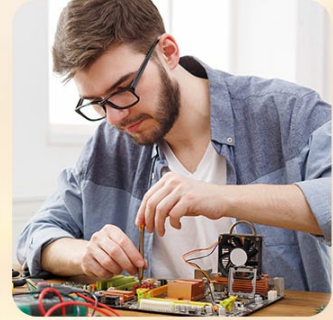
Notre Promesse



24/7

Support client en ligne

Email : chaokeservice@yeah.net



5 ans

Service de maintenance de

Nous prenons le support client au sérieux.
CHAOKE offre une garantie de 5 ans pour une
utilisation de nos produits en toute tranquillité.

Image: Highlights CHAOKE's commitment to customer support, offering 24/7 online assistance and a 5-year maintenance service.