



Manuals.plus /

› THERUN /

› THERUN Walking Pad Treadmill YT05-CP User Manual

THERUN YT05-CP

THERUN Walking Pad Treadmill YT05-CP User Manual

Model: YT05-CP

Overview	Safety Information	Package Contents	Setup	Operation	Maintenance
	Troubleshooting	Specifications	Warranty & Support		

1. PRODUCT OVERVIEW

The THERUN Walking Pad Treadmill YT05-CP is a portable and compact exercise device designed for both home and office use. It features a 2.5 HP motor, an LED display, and can be controlled via a remote or a dedicated mobile application. This walking pad supports users up to 265 lbs and offers a speed range of 0.6 to 3.8 mph, making it suitable for light walking and moderate exercise.

3 in 1 Walk Pad Treadmill

Discover Virtual Outdoor Workouts.



- Personalized workouts
- Real Scenery Run
- Track Workout Data



Image: The THERUN Walking Pad Treadmill YT05-CP positioned in a living room, ready for use.

2. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using the THERUN Walking Pad Treadmill YT05-CP. Retain this manual for future reference.

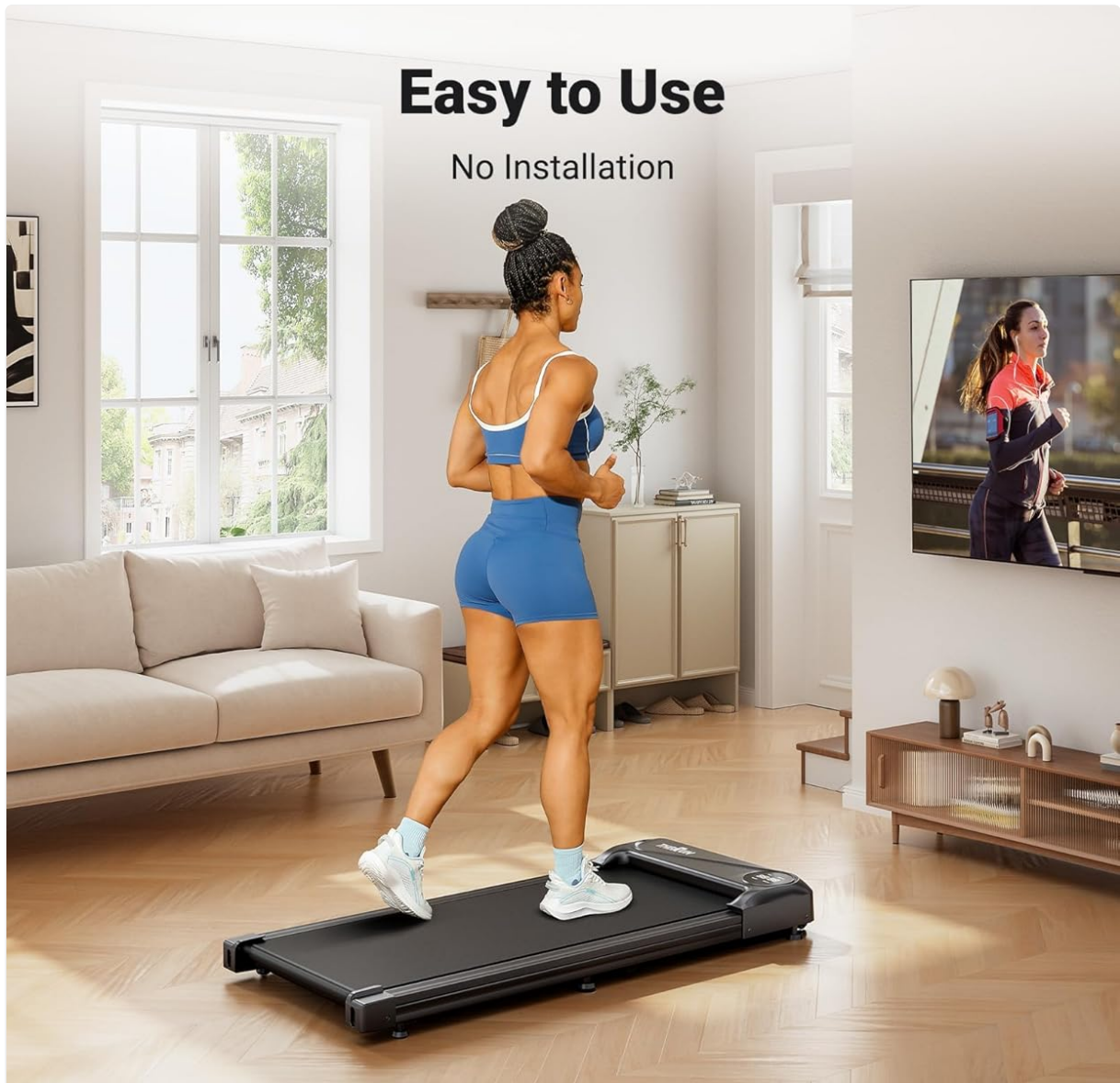
- Ensure the treadmill is placed on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate athletic footwear when using the treadmill.
- Do not step on or off the treadmill while the belt is moving.
- Consult a physician before starting any new exercise program.

- The maximum user weight capacity for this model is 265 lbs (120 kg). Do not exceed this limit.
- Unplug the treadmill from the power outlet when not in use or before cleaning and maintenance.

3. PACKAGE CONTENTS

Upon unpacking, please verify that all components are present:

- THERUN Walking Pad Treadmill YT05-CP
- Remote Control
- Power Cord
- User Manual (this document)
- Lubricant (for maintenance)



Remote Control

Simple & Effective



Fitness Guide

Maximize Your Results



Unpacking Instruction

Done in Minutes

Image: The remote control for the walking pad, used for speed adjustments.

4. SETUP AND INITIAL USE

The THERUN Walking Pad Treadmill YT05-CP requires no assembly and is ready for use directly out of the box. Follow these steps for initial setup:

1. **Unpack:** Carefully remove the walking pad from its packaging.
2. **Position:** Place the treadmill on a firm, level surface, ensuring there is adequate space around it for safe operation.
3. **Power Connection:** Plug the power cord into the treadmill's power port, then into a standard electrical outlet.
4. **Power On:** Locate the power switch (usually near the power cord connection) and turn it to the 'ON' position. The LED display should illuminate.

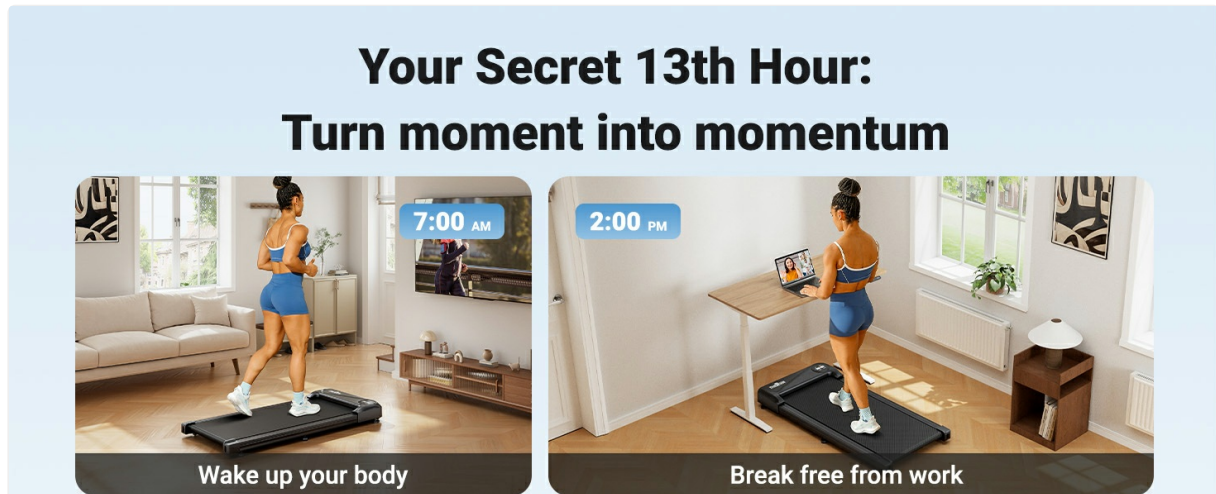


Image: The walking pad positioned under a standing desk, illustrating its suitability for office environments.

5. OPERATING INSTRUCTIONS

5.1 Using the Remote Control

The included remote control allows for easy adjustment of the treadmill's speed.

- **Start/Stop:** Press the power button on the remote to start or stop the treadmill.
- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the walking speed. The speed range is 0.6 to 3.8 mph.
- **Mode Selection:** Some remotes may have additional buttons for mode selection (if applicable). Refer to the remote's specific markings.

5.2 APP Connectivity

Enhance your exercise experience by connecting your walking pad to a compatible mobile application. The THERUN Walking Pad YT05-CP supports connection to three different applications, allowing for varied exercise scenarios and data tracking.

1. **Download App:** Search for the recommended THERUN fitness app or compatible third-party apps (e.g., Kinomap, Zwift, FitShow) on your smartphone's app store.
2. **Pair Device:** Open the app and follow the on-screen instructions to pair your walking pad via Bluetooth. Ensure Bluetooth is enabled on your device.
3. **Start Workout:** Once connected, you can control the treadmill, select exercise programs, track your progress, and view real-time data directly from the app.



Image: A user exercising on the walking pad while connected to a fitness application, displaying virtual outdoor workouts on a screen.

5.3 LED Display

The integrated LED display provides essential workout information at a glance, typically showing speed, time, distance, and calories burned.

6. KEY FEATURES

6.1 Low Noise Motor

The THERUN Walking Pad YT05-CP is equipped with a 2.5 HP motor designed for quiet operation. At approximately 45 dB, its noise level is comparable to a library environment, ensuring minimal disturbance to others in your home or office.

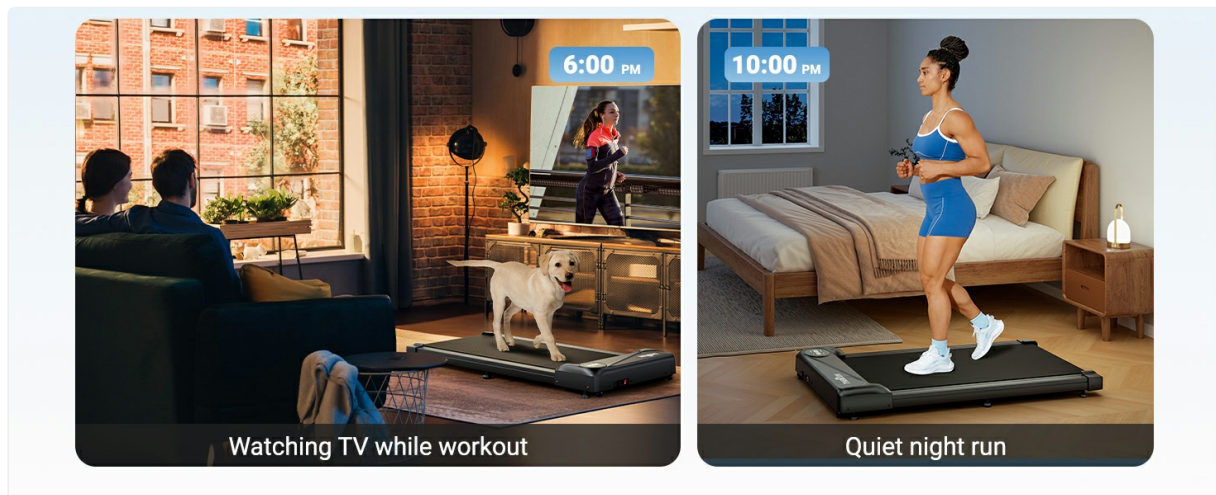


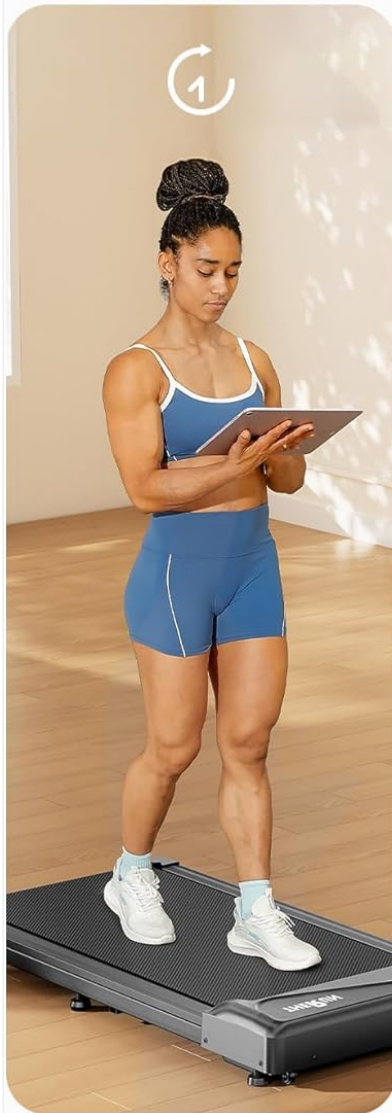
Image: A user walking on the treadmill under a desk, with a dog resting nearby, demonstrating the low noise operation.

6.2 Compact and Portable Design

With dimensions of 41.9"D x 19.6"W x 4.5"H and built-in transport wheels, this walking pad is designed for easy movement and storage. It can be conveniently stored under furniture or in narrow spaces when not in use.

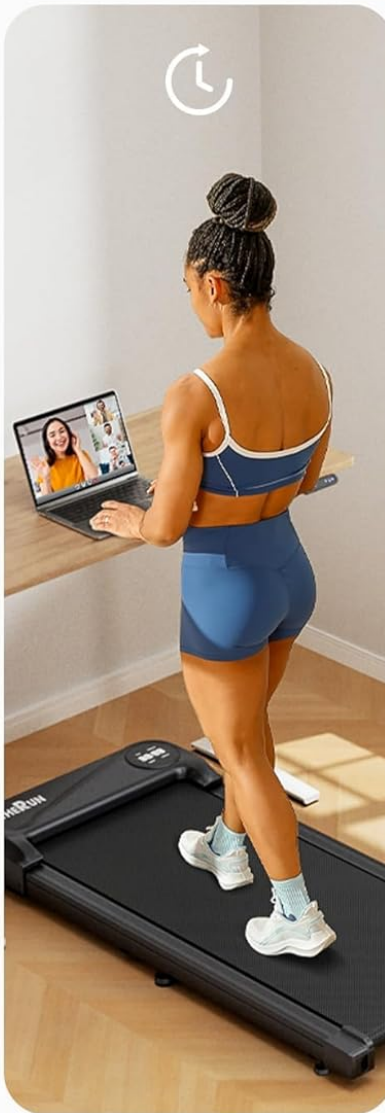
Get Fit Any Time Any Where

Total calories burned: 500 Kcal \approx 1.5 pieces of pizza



0.8 MPH

102 Kcal \approx



2.0 MPH

143 Kcal \approx



3.8 MPH

155 Kcal \approx



Image: The THERUN Walking Pad Treadmill shown in a vertical storage position, highlighting its compact design.

7. MAINTENANCE

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

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Belt Lubrication:** The walking belt requires periodic lubrication to reduce friction and extend its lifespan. Apply the provided lubricant (or a suitable treadmill lubricant) under the belt every 3-6 months, or after approximately 100 hours of use. Refer to the specific instructions for lubrication in the included user manual.
- **Belt Adjustment:** If the walking belt starts to slip or drift to one side, it may need adjustment. Consult

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

- **Storage:** Store the treadmill in a dry, cool place away from direct sunlight and moisture.

8. TROUBLESHOOTING

If you encounter issues with your THERUN Walking Pad Treadmill YT05-CP, refer to the following common solutions:

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not properly connected; Power switch off; Outlet issue.	Ensure power cord is securely plugged in. Turn power switch to 'ON'. Test outlet with another device.
Belt stops or slips during use.	Belt too loose; Insufficient lubrication; Overload.	Adjust belt tension (refer to manual). Lubricate the belt. Ensure user weight is within limits (265 lbs).
Unusual noise from the treadmill.	Loose components; Lack of lubrication; Foreign object.	Check for loose screws. Lubricate the belt. Inspect for any objects under the belt or motor cover.
Remote control not responding.	Dead batteries; Remote not paired; Obstruction.	Replace remote batteries. Re-pair remote with treadmill (refer to manual). Ensure no obstructions between remote and treadmill.

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

9. PRODUCT SPECIFICATIONS

Feature	Detail
Brand	THERUN
Model Number	YT05-CP
Product Dimensions (D x W x H)	41.9" x 19.6" x 4.5"
Item Weight	34.39 Pounds
Material	Alloy Steel
Motor Horsepower	2.5 HP
Speed Range	0.6 - 3.8 Miles per Hour
Maximum Weight Recommendation	265 Pounds
Display Type	LED
Special Features	App Connectivity, Portable Design
Assembly Required	No

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

Image: A visual representation of the walking pad's key parameters and dimensions.

10. WARRANTY AND CUSTOMER SUPPORT

The THERUN Walking Pad Treadmill YT05-CP comes with a **1-year protection plan**. This warranty covers manufacturing defects and ensures your product functions as intended under normal use. For any inquiries, technical assistance, or warranty claims, please contact THERUN customer support. Our professional team is available to provide assistance, including product guides and documents via email.

- **Contact Information:** Refer to the contact details provided on the THERUN official website or your purchase documentation.
- **Support Resources:** Additional product guides and FAQs may be available online.



THERUN Exclusive After-sales Service



Purchase or get our exclusive treadmill mat for a better running



We've got your treadmill training covered





Extra accessories of damaged parts are available (including motor and electronic control)

Image: Information regarding THERUN's after-sales service, including warranty details and availability of replacement parts.