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› WENOKER Walking Pad Treadmill User Manual

## Wenoker B0G4CVCRZZ

# WENOKER Walking Pad Treadmill User Manual

MODEL: B0G4CVCRZZ

## Introduction

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This manual provides essential information for the safe and effective use of your WENOKER Walking Pad Treadmill. Please read all instructions carefully before operating the treadmill and retain this manual for future reference.

## Important Safety Instructions

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To reduce the risk of electric shock, fire, and serious injury, read the following important precautions and information before operating the treadmill.

- Always place the treadmill on a solid, level surface.
- Keep children and pets away from the treadmill during operation.
- Ensure the safety key is properly attached before starting the treadmill.
- Wear appropriate athletic footwear.
- Do not use the treadmill if you weigh over 300 lbs (136 kg).
- Unplug the treadmill from the power outlet when not in use or before cleaning/maintenance.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Consult a physician before starting any exercise program.
- Maintain a clear space of at least 2 feet (0.6 meters) behind the treadmill.



**Figure 1: Emergency Stop Device.** Always install the safety lock before starting the treadmill for immediate shutdown in emergencies.

## Product Features

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The WENOKER Walking Pad Treadmill is designed for versatile use in home and office environments, offering a compact and quiet exercise solution.

- **Powerful and Quiet Motor:** Equipped with a 2.5 HP motor, providing speeds from 0.6 to 7.5 MPH with noise levels below 50 dB. Supports a maximum load of 300 LBS.
- **3-in-1 Functionality:** Easily switch between Working Mode (0.6-3 MPH with riser folded), Walking Mode (0.6-4 MPH with handrail raised), and Running Mode (5-7.5 MPH with handrail raised).
- **Advanced Shock Absorption:** Features a 5-layer running belt and 8 silicone shock absorbers to reduce impact on knees, muscles, and ankles.
- **LED Display & Controls:** Multi-functional LED display tracks speed, distance, time, and calories. Control via console or remote.
- **Portable and Space-Saving:** Pre-assembled design with transport wheels for easy movement and storage. Folds to a height of 4.1 inches.
- **Integrated Phone Bracket:** Allows for entertainment during workouts.

## 2.5HP POWERFUL & QUIET MOTOR



- Stable and safe
- Long service life
- No noise disturbance

**Figure 2: Powerful and Quiet Motor.** The treadmill features a 2.5 HP motor, ensuring stable operation with minimal noise and supporting up to 300 lbs.

# Treadmill with **Handle Bar** **Built-in Shock Absorption System**

Provides stability and support during your exercise



2 Soft  
Cushions



5 Layer  
Running Belt



8 Silicone  
Shock Absorbers

Reduce Knee Impact



Figure 3: Shock Absorption System. The 5-layer running belt and silicone shock absorbers provide cushioning to protect joints during exercise.



WORKING MODE  
(0.6-3 MPH)



WALKING MODE  
(2-4 MPH)



RUNNING MODE  
(5-7.5 MPH)

**Figure 4: 3-in-1 Operating Modes.** The treadmill adapts to various activities, from low-speed walking to higher-speed running, by adjusting the handrail position.

## Setup

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The WENOKER Walking Pad Treadmill comes pre-assembled, requiring minimal setup before first use.

1. **Unpacking:** Carefully remove the treadmill from its packaging.
2. **Placement:** Place the treadmill on a flat, stable surface, ensuring adequate clearance around the unit.
3. **Unfolding (if applicable):** If the handrail is folded, gently lift it into the upright position until it locks securely.
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.



**Figure 5: Tightening the Riser.** Ensure the handrail is securely tightened for stability during use, especially in walking and running modes.



**Figure 6: Easy Movement and Storage.** The treadmill features transport wheels for effortless relocation and can be folded flat for compact storage under furniture.

## Operating Instructions

Your WENOKER Walking Pad Treadmill offers multiple modes and control options for a customized workout experience.

### Powering On/Off

- Connect the power cord and ensure the safety key is in place.
- Press the Power Switch on the remote control or the Start/Stop button on the console to turn on the treadmill.
- To turn off, press the Power Switch on the remote or the Start/Stop button on the console, then remove the safety key.

### Adjusting Speed

Speed can be adjusted using either the console or the remote control.

- **Console Control:** Use the "Increase Key" (up arrow) to increase speed and the "Decrease Key" (down arrow) to

decrease speed. Speed shortcut keys (e.g., 3, 6) are available for quick adjustments.

- **Remote Control:** Use the "Speed+" button to increase speed and "Speed-" button to decrease speed.



**Figure 7: Speed Adjustment Options.** The treadmill can be controlled via the console buttons or the included remote control. Remember to place the safety lock before switching on to avoid E-7 error.

## Understanding Display Modes

The multi-functional LED display shows your workout data.

- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.
- **Speed:** Current speed in MPH.

## LED Screen & Remote Control

### Simple and Clear



Figure 8: LED Screen and Remote Control. The clear LED display provides real-time workout metrics, while the remote offers convenient speed and power adjustments.

## Multi-Function LCD Display

### Tracking Training Data



Figure 9: Multi-Function LCD Display. Track your progress with clear readouts for speed, calories, time, and distance.

## Usage Scenarios

The WENOKER Walking Pad Treadmill is versatile, suitable for various users and environments.

- **Under Desk Exercise:** Ideal for office workers to stay active while working.
- **Home Fitness:** Provides a convenient way to exercise regardless of weather conditions.
- **Weight Management:** Effective for burning calories and improving fitness.
- **Gentle Exercise:** Suitable for seniors or those needing low-impact activity.



**Figure 10: Under Desk Use.** The compact design allows for seamless integration with standing desks, promoting activity during work hours.

# Exercise Anytime, Anywhere



Figure 11: Exercise Anytime, Anywhere. Use your treadmill indoors to maintain your fitness routine regardless of outdoor weather conditions.

## Maintenance

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

### Lubrication

The running belt requires periodic lubrication to reduce friction and wear.

1. Turn off and unplug the treadmill.
2. Locate the self-lubrication hole.
3. Apply a small amount of treadmill lubricant into the hole.
4. Plug in the treadmill and run it at a low speed (approx. 1-2 MPH) for about 10 minutes to distribute the lubricant evenly.
5. Lay the treadmill flat after lubrication to prevent oil from gathering and flowing out.



## Easy-Self Lubrication Hole

### Self-lubricating through the oil injection hole

- Tips: 1. After adding lubricating oil, it is necessary to run the treadmill for a period of time (about 10 minutes), so that the lubricating oil is fully distributed on the running belt.
2. After adding lubricating oil, please lay the treadmill flat to avoid oil gathering together and flowing out

**Figure 12: Easy-Self Lubrication.** Apply lubricant through the designated hole to maintain the running belt. Run the treadmill for 10 minutes after application for even distribution.

## Running Belt Adjustment

If the running belt shifts to one side, it may need adjustment.

1. Turn off and unplug the treadmill.
2. Locate the adjustment keyholes on both sides at the rear of the treadmill.
3. Use the provided Allen wrench to turn the adjustment bolts.
4. If the belt has shifted to the left, turn the left bolt clockwise or the right bolt counter-clockwise in small increments.
5. If the belt has shifted to the right, turn the right bolt clockwise or the left bolt counter-clockwise in small increments.
6. Plug in the treadmill and run it at a low speed to check alignment. Repeat adjustments as necessary.



## Adjust Running Belt

Adjust the runway through the keyholes on both sides

**Figure 13: Adjusting the Running Belt.** Use the provided tool to adjust the running belt via the keyholes on either side to ensure proper alignment.

## Cleaning

- Wipe down the treadmill with a damp cloth after each use.
- Avoid using abrasive cleaners or solvents.
- Keep the area around the treadmill clean and free of dust.

## Troubleshooting

This section addresses common issues you might encounter with your WENOKER Walking Pad Treadmill.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not plugged in; Safety key not in place; Power switch off.	Ensure power cord is securely plugged in. Insert the safety key. Turn on the power switch.
Running belt slips or hesitates.	Belt too loose; Insufficient lubrication.	Adjust the running belt tension (refer to Maintenance section). Lubricate the running belt.
Running belt shifts to one side.	Belt misalignment.	Adjust the running belt (refer to Maintenance section).
Unusual noise during operation.	Loose parts; Lack of lubrication; Foreign object.	Check for and tighten any loose parts. Lubricate the running belt. Inspect for and remove any foreign objects.
Remote control not working.	Dead batteries; Obstruction.	Replace remote control batteries. Ensure no obstructions between remote and treadmill sensor.

## Specifications

Feature	Detail
Brand	Wenoker
Model	B0G4CVCRZZ
Motor Power	2.5 HP
Speed Range	0.6 - 7.5 MPH
Maximum Load Capacity	300 LBS
Noise Level	Below 50 dB
Special Features	Foldable, Compact Design, Wheeled, Shock Absorbent
Assembly	Installation Free (Pre-assembled)

## Warranty and Support

Wenoker is committed to providing a reliable product and excellent customer service. For any assistance or inquiries, please contact our after-sales service team.

### Contacting Support

You can reach our support team through the following methods:

#### 1. Via Amazon:

- Log in to your Amazon account.
- Navigate to "Your Orders".
- Select your order for the WENOKER Walking Pad Treadmill.
- Click on "Contact Seller".

2. **After-Sales Mailbox:** Refer to the contact information provided in the physical product manual.

# **wenoker**

## **Customer Service**

### **TWO WAYS TO CONTACT US**

1. → Log in to your Amazon account  
→ Select "your order"  
→ Find the order ID  
→ click "Contact Seller"
2. Contact the after-sales mailbox on the manual



**Figure 14: Customer Service Contact.** Instructions on how to contact Wenoker customer support via Amazon or the provided after-sales mailbox.