Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

KALWOL B0GJSJ5954

KALWOL 4-in-1 Walking Pad Treadmill User Manual

Model: B0GJSJ5954

1. Introduction

This manual provides essential information for the safe and effective use of your KALWOL 4-in-1 Walking Pad Treadmill. Please read all instructions carefully before operation and retain this manual for future reference. This walking pad is designed for home use, offering versatile exercise options including working, walking, jogging, and running, with features like a built-in speaker, app compatibility, and adjustable incline.

2. Safety Information

General Safety Precautions:

- Always consult with a physician before starting any new exercise program.
- Place the treadmill on a flat, stable surface with adequate clearance around it.
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear and clothing.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Ensure the power cord is not pinched or damaged.
- Do not use the treadmill outdoors or in wet conditions.
- Maximum user weight capacity is 350 lbs. Do not exceed this limit.

3. Package Contents

Your KALWOL 4-in-1 Walking Pad Treadmill comes pre-assembled and ready to use out of the box. Please verify that all components are present and undamaged:

- KALWOL 4-in-1 Walking Pad Treadmill
- Remote Control
- Power Cord
- User Manual (this document)

4. Product Features

The KALWOL Walking Pad Treadmill is designed with several key features to enhance your home workout experience:

- **4-in-1 Versatile Design:** Supports working, walking, jogging, and running with speed ranges from 0.6 to 6.2 MPH.
- **Integrated Speaker & App Compatibility:** Features a built-in speaker for audio playback and connects seamlessly with fitness apps like FITSHOW, KINOMAP, and ZWIFT for tracking and challenges.
- **10% Manual Incline Adjustment:** Easily adjust the incline in one second to increase workout intensity and calorie burn.
- **Advanced Shock Absorption:** Equipped with 10 shock-absorbing columns and a 40" x 16" wide running belt for joint protection.
- **Multiple Workout Programs:** Includes 12 pre-set HIIT programs and 3 countdown modes (time, distance, calories) for varied workouts.
- **Quiet 2.75HP Brushless Motor:** Operates at less than 40dB, providing smooth and quiet performance suitable for home environments. Supports up to 350 LBS.
- **LED Display & Remote Control:** Clear LED display shows speed, time, distance, and calories. The compact remote control allows for easy adjustments and a one-click mute function.
- **Space-saving & Pre-assembled:** No assembly required. Features transport wheels for easy movement and a compact design for storage under furniture or behind doors.

5. Setup

The KALWOL Walking Pad Treadmill requires no assembly. Follow these steps for initial setup:

1. **Unpack:** Carefully remove the treadmill from its packaging.
2. **Placement:** Place the treadmill on a firm, level surface. Ensure there is sufficient space around the unit for safe operation.
3. **Power Connection:** Plug the power cord into a grounded electrical outlet.
4. **Remote Control:** Ensure the remote control has batteries installed and is ready for use.

Your treadmill is now ready for operation.

6. Operating Instructions

6.1 Basic Operation

To start the treadmill, press the power button on the remote control. The LED display will illuminate. Use the speed adjustment buttons on the remote to increase or decrease the belt speed.



Image: The remote control allows for easy adjustment of speed and other settings, with a clear LED display showing workout data.

6.2 Speed Modes

The treadmill offers various speed ranges to suit different activities:

- **Working Mode:** 0.6 - 1.5 MPH (Ideal for use under a standing desk)
- **Walking Mode:** 1.5 - 3 MPH (For casual walking)
- **Jogging Mode:** 3 - 6.2 MPH (For light jogging and running)



Image: Visual representation of the treadmill's four modes: working, walking, jogging, and climbing with 10% incline.

6.3 Incline Adjustment

The treadmill features a 10% manual incline. To adjust the incline, lift the rear of the treadmill and secure the support legs into the desired position. This adjustment can be done in one second without tools.



Image: Detail of the one-second manual incline adjustment feature.

6.4 App Connectivity & Speaker

Connect your smartphone or tablet to the treadmill via Bluetooth to use the built-in speaker for music or to sync with fitness apps like FITSHOW, KINOMAP, and ZWIFT. Refer to your chosen app's instructions for specific pairing procedures.



Image: The treadmill's integrated speaker allows for music playback during exercise, enhancing the workout experience.

▶ **Watch video online**

4-in-1 Walking Pad Treadmill with Speaker

Video: This video demonstrates the various modes and features of the KALWOL 4-in-1 Walking Pad Treadmill, including its quiet operation and incline adjustment. It highlights the versatility for different exercise intensities.

6.5 Pre-set Programs & Countdown Modes

Utilize the 12 pre-set HIIT programs for structured workouts. The remote control also allows selection of 3 countdown modes: time, distance, or calories, enabling you to set specific fitness goals for each session.



Image: The treadmill offers 12 HIIT programs and 3 countdown modes for diverse workout routines.

7. Maintenance

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

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Belt Lubrication:** Periodically check the running belt for proper lubrication. Refer to the specific instructions for lubricating the belt, typically every few months depending on usage.
- **Belt Tension:** Ensure the running belt is properly tensioned. If the belt slips or feels loose, adjust it according to the instructions provided in the full manual (if applicable).
- **Storage:** When not in use, store the treadmill in a dry, cool place. Utilize the transport wheels to move it easily under a sofa or behind a door.

8. Troubleshooting

If you encounter any issues with your KALWOL Walking Pad Treadmill, refer to the following common troubleshooting tips:

- **Treadmill Not Starting:** Ensure the power cord is securely plugged into both the treadmill and a working electrical outlet. Check if the power switch on the treadmill is in the 'ON' position.
- **Remote Control Not Responding:** Check the batteries in the remote control and replace them if necessary. Ensure there are no obstructions between the remote and the treadmill's sensor.
- **Belt Slipping:** This may indicate that the running belt needs tensioning or lubrication. Refer to the maintenance section or contact customer support.
- **Unusual Noises:** Stop using the treadmill immediately and inspect for any loose parts or foreign objects. If the noise persists, contact customer support.
- **App Connectivity Issues:** Ensure Bluetooth is enabled on your device and the treadmill. Try restarting both the treadmill and your device.

For issues not covered here, please contact KALWOL customer support.

9. Specifications

Feature	Specification
Brand	KALWOL
Model	B0GJSJ5954
Color	Matte black
Product Dimensions (D x W x H)	46.45" x 20" x 4.53"
Motor Horsepower	2.75 HP Brushless
Speed Range	0.6 - 6.2 MPH
Maximum Incline Percentage	10% (Manual)
Maximum Weight Recommendation	350 lbs
Noise Level	≤40 dB
Running Belt Dimensions	40" x 16"
Number of Programs	12 HIIT Programs
Connectivity	App Compatible (FITSHOW, KINOMAP, ZWIFT), Bluetooth Speaker
Control Method	Remote Control
Assembly Required	No (100% Pre-assembled)

10. Warranty and Support

KALWOL is committed to providing quality products and reliable service. For any questions, concerns, or support needs regarding your walking pad, our professional team is available to provide clear and helpful responses within 16 hours. Please refer to your purchase documentation for specific warranty details or contact our customer support directly.

Contact Information:

- Refer to your product packaging or KALWOL's official website for the most current contact details.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

https://manuals.plus/asin/B0GJSJ5954

More documents and user manuals: **https://manuals.plus/**