

Lysole LY-RM03

Lysole LY-RM03 Folding Vibration Walking Pad Treadmill User Manual

Model: LY-RM03

1. INTRODUCTION

Thank you for choosing the Lysole LY-RM03 Folding Vibration Walking Pad Treadmill. This 4-in-1 device combines walking, running, and vibration functions with a manual incline, designed for both home and office environments. It features a robust design, LED display, and smart app control to enhance your fitness routine. Please read this manual thoroughly before use to ensure safe and optimal operation.

2. SAFETY INFORMATION

To prevent injury and ensure proper operation, observe the following safety precautions:

- Always place the treadmill on a hard, flat surface. Avoid soft surfaces like carpets, which can impede motor heat dissipation and affect performance.
- Ensure the safety clip is properly installed before starting the treadmill.
- Do not exceed the maximum weight capacity of 350 lbs (158 kg).
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.
- Unplug the treadmill when not in use or before cleaning/maintenance.
- Be aware of pinch hazards, especially during folding and unfolding.

Office and Training Are Not Mutually Exclusive

Effective Fat Burning Is Also Possible at Home!



Image 2.1: Recommended usage on hard surfaces for optimal safety and motor performance.

3. PACKAGE CONTENTS

Verify that all items are present in the package:

- Lysole LY-RM03 Walking Pad Treadmill
- Power Cord
- Safety Key
- Tool Kit
- User Manual (this document)

4. SETUP

Follow these steps to set up your treadmill:

1. **Unpacking:** Carefully remove the treadmill and all components from the packaging.
2. **Positioning:** Place the treadmill on a stable, level, hard surface. Ensure there is adequate space around the unit for safe

operation.

3. **Unfolding the Handrails:** If the handrails are folded, gently lift them into the upright position. Secure them using the provided knobs or locking mechanisms. Ensure they are firmly locked before use.
4. **Connecting Power:** Plug the power cord into the treadmill's power port and then into a grounded electrical outlet.
5. **Attaching Safety Key:** Attach the safety clip to your clothing and insert the safety key into its designated slot on the console. The treadmill will not operate without the safety key in place.



Image 4.1: Illustration of the treadmill with handrails in the upright position, ready for use.

Video 4.1: Demonstrates the setup and folding process of the Lysole treadmill, including securing the handrails.

5. OPERATING INSTRUCTIONS

Your Lysole treadmill offers multiple ways to control your workout:

5.1 Power On/Off

- To power on, ensure the treadmill is plugged in and the safety key is inserted. Press the power button on the remote control or the main unit.

- To power off, press the power button again or remove the safety key.

5.2 Remote Control Operation

The included remote control allows for easy adjustment of speed and modes:

- **Start/Stop:** Press the power button to start or pause the treadmill.
- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the speed in 0.1 MPH increments. The speed range is 0.3-7.5 MPH.
- **Mode Switching:** Use the mode button (often indicated by an 'M' or an icon) to switch between walking, running, and vibration modes.



Image 5.1: The LED display shows time, distance, steps, and speed. The remote control allows for easy adjustments.

5.3 Manual Incline

The treadmill features a 6% manual incline. To adjust the incline, you will need to manually raise or lower the rear of the treadmill using the designated adjustment points. Ensure the treadmill is stable and locked in place after adjusting the incline.

5.4 Emergency Stop

In case of an emergency, pull the safety key from its slot. The treadmill will immediately stop. Always keep the safety clip attached to

your clothing during workouts.

Video 5.2: This video demonstrates the treadmill's operation, including speed adjustments via remote control and the emergency stop feature.

6. VIBRATION FUNCTION

The Lysole treadmill includes a vibration pad with four professional modes to aid in muscle recovery and relaxation after exercise:

- **Light Vibration:** Gentle vibration for mild muscle relief.
- **Light High-Frequency Vibration:** Faster, lighter pulses for increased circulation.
- **Strong Vibration:** More intense vibration for deeper muscle massage.
- **Strong Superposition:** A combination of strong and high-frequency vibrations for comprehensive recovery.

Refer to the remote control or app for specific instructions on activating and switching between vibration modes.



Image 6.1: Visual representation of the four distinct vibration modes available on the walking pad.

7. APP CONTROL

Enhance your workout experience by connecting your treadmill to the dedicated Lysole fitness app:

1. **Download the App:** Search for the Lysole fitness app on your smartphone's app store (iOS or Android).
2. **Pairing:** Follow the in-app instructions to pair your device via Bluetooth.
3. **Features:** The app allows for intelligent operation, tracking of fitness data (distance, time, steps, speed), and access to various workout programs.

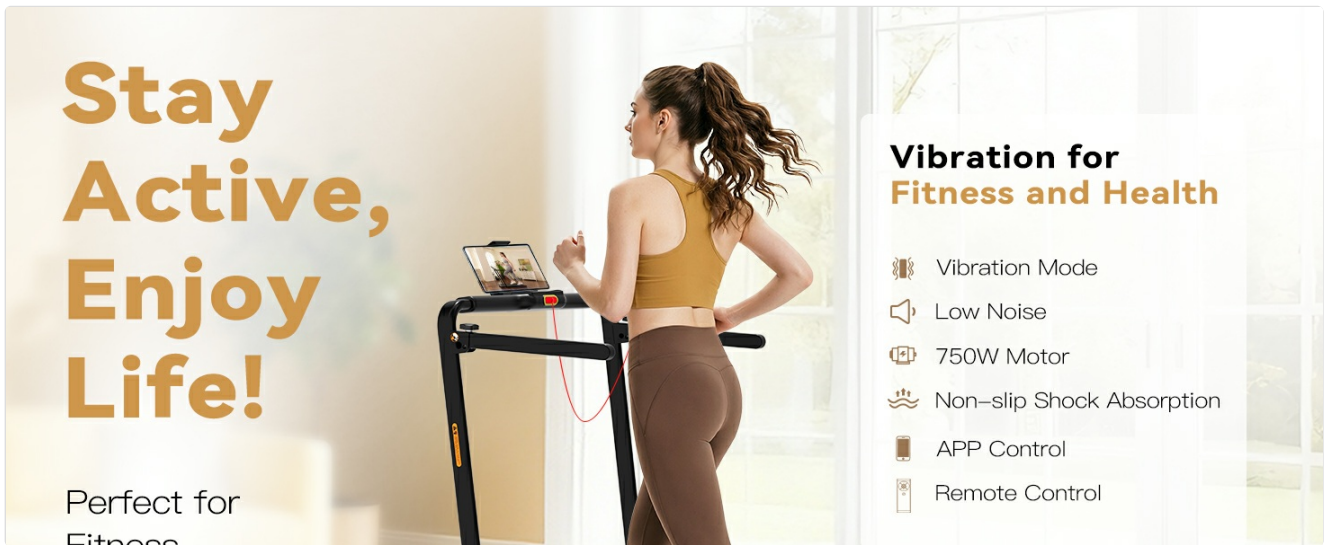


Image 7.1: The treadmill's app interface on a smartphone, showing workout tracking and control options.

Video 7.2: This video highlights the Lysole Walking Vibration Pad's 6% manual incline and APP control features.

8. MAINTENANCE

Regular maintenance ensures the longevity and performance of your treadmill:

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use. Avoid abrasive cleaners.
- **Belt Lubrication:** Periodically check the running belt for proper lubrication. Refer to the specific instructions in your tool kit for applying lubricant if needed.
- **Storage:** The treadmill is designed to be compact and easy to store. Fold the handrails down and slide it under furniture or store it upright in a corner.



Walking pad with Foldable Armrests

Built-In Wheels for Easy Mobility



Easy to Move



Easy to Store



Image 8.1: The treadmill's foldable design and built-in wheels facilitate easy movement and compact storage.

9. TROUBLESHOOTING

If you encounter issues with your treadmill, refer to the following common solutions:

- **Treadmill not powering on:** Check if the power cord is securely plugged into both the treadmill and the outlet. Ensure the safety key is fully inserted.
- **Running belt slipping:** The belt may need adjustment or lubrication. Refer to the maintenance section or contact customer support.
- **Unusual noises:** Stop the treadmill immediately and inspect for any loose parts or obstructions. If the noise persists, contact customer support.

For further assistance, please contact Lysole customer support.

10. SPECIFICATIONS

Brand	Lysole
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Model Number	LY-RM03
Item Weight	39.8 Pounds
Product Dimensions	44"D x 26.2"W x 4.5"H
Material	Acrylonitrile Butadiene Styrene (ABS)
Controls Type	App Control, Remote Control
Handle Type	Adjustable
Maximum Incline Percentage	6% (Manual)
Maximum Speed	7.5 Miles per Hour
Minimum Speed	0.3 Miles per Hour
Motor Horsepower	750 Watts (Max 1500 Watts)
Operation Mode	Manual
Power Source	Corded Electric
Maximum Weight Recommendation	350 Pounds

11. WARRANTY AND SUPPORT

Your Lysole LY-RM03 Folding Vibration Walking Pad Treadmill comes with a manufacturer's warranty. For detailed warranty information, product support, or to purchase replacement parts, please refer to the warranty card included in your package or visit the official Lysole website. You can also contact Lysole customer service directly for assistance.