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KALWOL X394A

KALWOL X394A Walking Pad Treadmill User Manual

Model: X394A | Brand: KALWOL

Safety Information Package
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1. Important Safety Information

Please read this entire manual carefully before assembling or operating your KALWOL X394A Walking Pad Treadmill. Keep this manual for future reference. Failure to follow these instructions can result in serious injury or damage to the product.

- Always place the treadmill on a flat, stable surface. Ensure adequate clearance around the unit.
- Keep children and pets away from the treadmill during operation.
- Consult a physician before starting any exercise program.
- Wear appropriate athletic footwear and clothing.
- Do not operate the treadmill if it is damaged or malfunctioning.
- Unplug the treadmill from the power outlet when not in use or before cleaning and maintenance.
- Do not exceed the maximum weight capacity of 158.76 kg (350 lbs).
- Use the safety key/clip at all times during operation.

2. Package Contents

Carefully unpack all components and ensure you have received all items listed below. If any parts are missing or damaged, please contact KALWOL customer support.

- KALWOL X394A Walking Pad Treadmill Unit
- Remote Control (requires 1 C battery, included)
- Power Cord
- Lubricant (for belt maintenance)
- Tool Kit (for assembly and adjustments)
- User Manual (this document)



Image 2.1: KALWOL X394A Walking Pad Treadmill and included accessories.

3. Setup Instructions

1. **Unpack the Treadmill:** Remove the treadmill and all components from the packaging. Place the treadmill on a clear, level surface.
2. **Positioning:** Ensure the treadmill is placed on a firm, flat surface with at least 0.6 meters (2 feet) of clear space behind it and 0.3 meters (1 foot) on each side.
3. **Install Remote Control Battery:** Open the battery compartment on the back of the remote control and insert the included 1 C battery, ensuring correct polarity. Close the compartment.
4. **Power Connection:** Connect the power cord to the treadmill's power input port, then plug the other end into a grounded electrical outlet.
5. **Initial Lubrication:** Before first use, it is recommended to apply lubricant under the running belt. Refer to the "Maintenance" section for detailed instructions on lubrication.
6. **Safety Key:** Locate the safety key. Attach the clip end to your clothing when operating the treadmill. The treadmill will not start without the safety key in place.



Image 3.1: Proper placement and power connection of the walking pad.

4. Operating Instructions

4.1 Powering On/Off

- **To Power On:** Ensure the power cord is plugged in and the safety key is attached. Press the Power button on the remote control or the treadmill's console. The LED display will illuminate.
- **To Power Off:** Press the Power button again. The treadmill will slow down and stop. Always unplug the unit from the wall outlet when not in use.

4.2 Using the Remote Control

The remote control allows you to adjust speed, incline, and select programs conveniently.

- **Start/Stop:** Press to begin or end a workout.
- **Speed +/-:** Adjust the walking speed in increments. The speed range is 0.6 to 6.2 miles per hour (MPH).
- **Incline +/-:** Adjust the incline level up to 10%.
- **Program (P):** Cycle through the 12 pre-set HIIT programs.



Image 4.1: Treadmill display showing speed, time, and distance.

4.3 Programs and Features

- **Manual Mode:** Control speed and incline manually using the remote.
- **Pre-set Programs:** The treadmill includes 12 High-Intensity Interval Training (HIIT) programs. Select a program using the 'P' button on the remote. Each program has varying speed and incline profiles.
- **Full Screen LED Display:** Monitors and displays your workout data including time, speed, distance, and calories burned.
- **APP Compatible:** Connect your treadmill to a compatible fitness app via Bluetooth for enhanced tracking and control. Refer to the app's instructions for pairing.

5. Maintenance

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

5.1 Cleaning

- Always unplug the treadmill before cleaning.
- Wipe down the treadmill surface with a damp cloth after each use to remove sweat and dust.
- Do not use abrasive cleaners or solvents, as these can damage the finish.

5.2 Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided lubricant.

1. Unplug the treadmill.
2. Loosen the rear roller bolts slightly to lift the belt.

3. Apply a small amount of lubricant evenly under the center of the running belt.
4. Tighten the rear roller bolts.
5. Plug in the treadmill and run it at a low speed (e.g., 1 MPH) for 5 minutes to distribute the lubricant.

Frequency: Lubricate every 3 months or after 50 hours of use, whichever comes first.



Image 5.1: Applying lubricant to the running belt.

5.3 Belt Adjustment

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

- **Centering the Belt:** If the belt drifts to the left, turn the left rear roller bolt clockwise a quarter turn. If it drifts to the right, turn the right rear roller bolt clockwise a quarter turn. Run the treadmill at a low speed and observe. Repeat until centered.
- **Tightening the Belt:** If the belt slips, turn both rear roller bolts clockwise a quarter turn simultaneously. Test for slipping. Do not overtighten.

6. Troubleshooting

Refer to the table below for common issues and their solutions. If the problem persists, contact customer support.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not connected; Safety key not in place; Power switch off; Outlet issue.	Ensure power cord is securely plugged in. Insert safety key. Check power switch. Test outlet with another device.
Running belt slips or hesitates.	Belt too loose; Insufficient lubrication.	Adjust belt tension (see *5.3 Belt Adjustment*). Apply lubricant (see *5.2 Lubrication*).
Belt drifts to one side.	Belt not centered.	Adjust belt centering (see *5.3 Belt Adjustment*).
Unusual noise during operation.	Loose components; Lack of lubrication; Foreign object.	Check for loose bolts and tighten. Lubricate the belt. Inspect for any foreign objects under the belt or motor cover.
Remote control not responding.	Dead battery; Obstruction; Remote out of range.	Replace the C battery in the remote. Ensure no obstructions between remote and treadmill. Operate within close range.

7. Product Specifications

Feature	Detail
Model Name	X394A

Feature	Detail
Brand	KALWOL
Product Dimensions (L x W x H)	116D x 50W x 12H centimetres
Product Weight	19.73 kg
Material	Acrylonitrile Butadiene Styrene (ABS), Alloy Steel
Maximum Speed	6.2 miles per hour (MPH)
Minimum Speed	0.6 miles per hour (MPH)
Maximum Horsepower	2.75 hp (Brushless Drive)
Maximum Incline Percentage	10%
Number of Programs	12 HIIT Programs
Maximum Weight Recommendation	158.76 kg (350 lbs)
Special Features	APP Compatible, Full Screen LED Display
Included Components	Lubricant, Power Cord, Remote Control, Tool Kit, User Manual
Remote Control Battery	1 C battery (included)
GTIN/UPC	745028654520

8. Warranty and Customer Support

Your KALWOL X394A Walking Pad Treadmill comes with a manufacturer's warranty. Please refer to the warranty card included with your purchase for specific terms and conditions, including coverage duration and claim procedures.
For technical assistance, troubleshooting beyond this manual, or to inquire about warranty service, please contact KALWOL customer support through the retailer where you purchased the product or visit the official KALWOL website for contact information.
When contacting support, please have your model number (X394A) and proof of purchase readily available.

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