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THERUN YT05-C-YIN

THERUN Walking Pad Under Desk Treadmill

Model: YT05-C-YIN

User Manual

1. Important Safety Instructions

Please read this entire manual carefully before operating the THERUN Walking Pad. Retain this manual for future reference.

- Always place the walking pad on a flat, stable surface with adequate clear space around it.
- Keep children and pets away from the equipment during operation.
- Ensure the power cord is not pinched or damaged. Plug into a grounded outlet only.
- Do not use the walking pad if it is damaged or malfunctioning. Contact customer support immediately.
- Wear appropriate athletic footwear during use.
- The maximum user weight capacity for this device is 265 pounds (120 kg). Do not exceed this limit.
- In case of emergency, press the STOP button on the remote control or unplug the unit.

2. Setup and Placement

The THERUN Walking Pad is designed for minimal setup. It comes ready to use right out of the box with no assembly required.

1. **Unboxing:** Carefully remove the walking pad from its packaging. Inspect for any shipping damage.
2. **Placement:** Place the walking pad on a firm, level surface. Ensure there is at least 2 feet (0.6 meters) of clear space behind the unit and 1 foot (0.3 meters) on each side for safety.
3. **Power Connection:** Connect the power cable to the walking pad and then to a standard electrical outlet.



Image: The THERUN Walking Pad is designed for easy movement and storage, fitting under a sofa or bed due to its compact 4.17-inch height.

▶ **Watch video online**
THERUN walking pad

Video: A demonstration of the THERUN walking pad, showcasing its compact design and ease of use.

3. Operating Instructions

The walking pad is controlled via the included remote control and features an integrated LED display.

3.1 Remote Control Functions

- **Power On/Off:** Press the power button to turn the unit on or off.
- **Start/Stop:** Press the START/STOP button to begin or end a workout.
- **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 (M):** Press the 'M' button to cycle through different display modes or preset programs if available.

3.2 LED Display

The smart LED display provides real-time workout data:

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



Image: The smart LED display clearly shows real-time data for speed, calories, time, and distance, making it easy to track your workout progress.

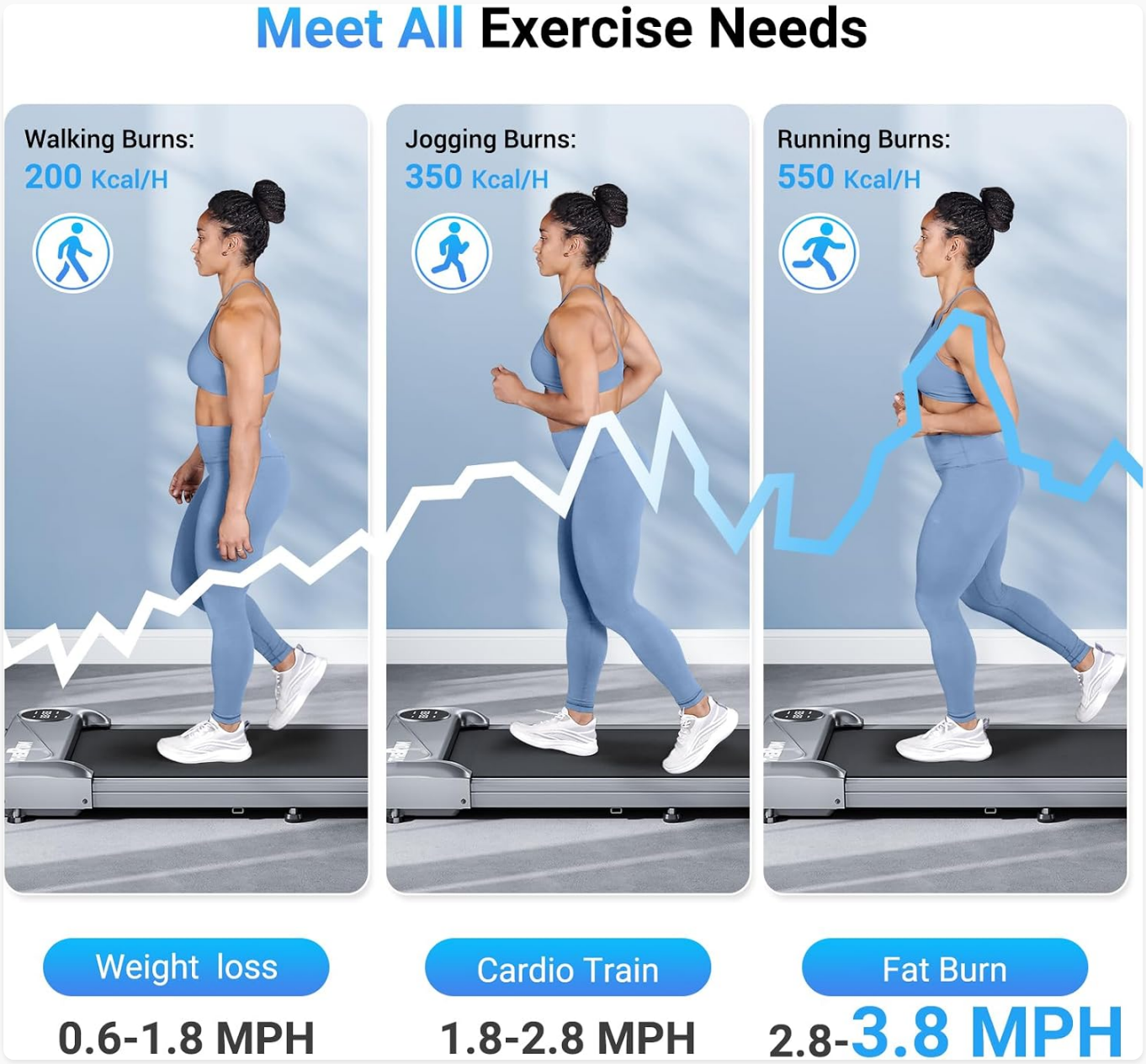

Image: The treadmill supports various exercise intensities, from walking (0.6-1.8 MPH) for weight loss, jogging (1.8-2.8 MPH) for cardio, to light running (2.8-3.8 MPH) for fat burn.

4. Maintenance

Regular maintenance ensures the longevity and optimal performance of your THERUN Walking Pad.

4.1 Lubrication

The walking belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided silicone oil.

1. Turn off and unplug the walking pad.
2. Lift the edge of the walking belt and apply a small amount of silicone oil (approx. 5-10 ml) evenly to the center of the deck underneath the belt.
3. Plug in the walking pad and run it at a low speed (e.g., 1 MPH) for 3-5 minutes to distribute the lubricant.
4. Lubricate every 3-6 months, depending on usage frequency.

4.2 Cleaning

- Wipe down the walking pad with a damp cloth after each use to remove sweat and dust.

- Do not use abrasive cleaners or solvents.

4.3 Belt Tension and Alignment

If the walking belt feels loose or is drifting to one side, it may need adjustment. Refer to the detailed instructions in the full user manual for specific adjustment procedures using the included Allen wrench.

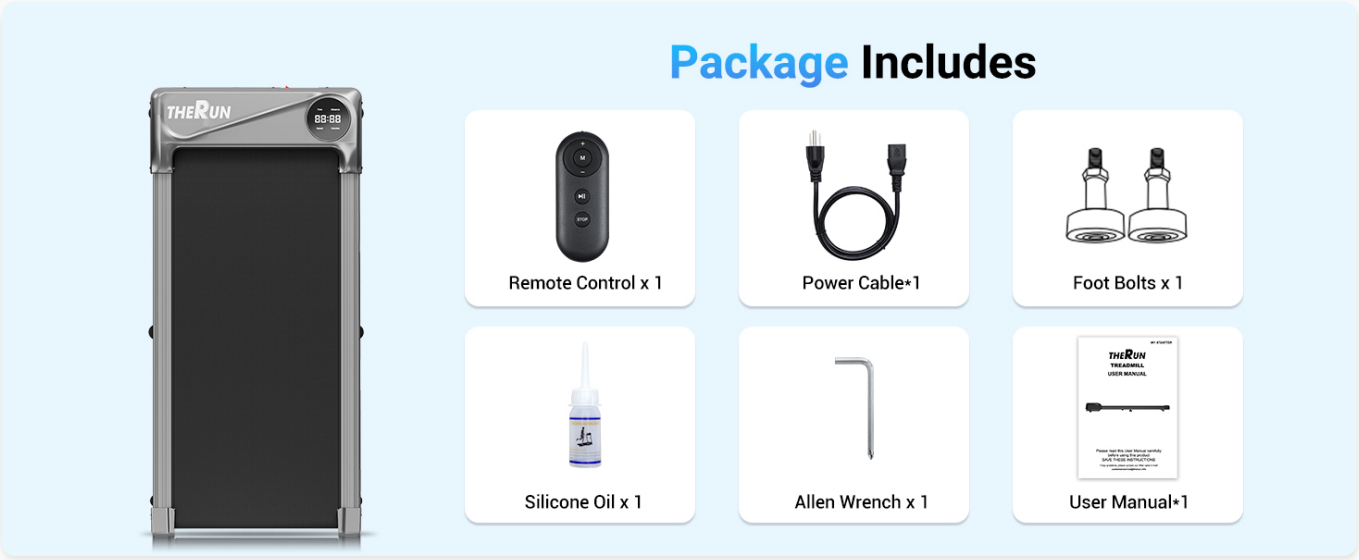

Image: The remote control is essential for operating the walking pad, including speed adjustments and starting/stopping workouts.

5. Troubleshooting

If you encounter any issues, please refer to the following common solutions before contacting customer support.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not connected; outlet malfunction; power switch off.	Check power cord connection; try a different outlet; ensure power switch is on.
Belt stops or slips during use.	Belt too loose; insufficient lubrication; motor overload.	Adjust belt tension; lubricate the belt; reduce user weight or speed.
Unusual noise from the unit.	Loose components; belt friction; motor issue.	Check for loose screws; lubricate belt; contact support if noise persists.
Remote control not responding.	Dead batteries; remote out of range; interference.	Replace batteries; ensure remote is pointed at the unit; remove obstructions.

6. Specifications

Feature	Detail
Brand	THERUN
Model Number	YT05-C-YIN
Product Dimensions (D x W x H)	41.9" x 19.6" x 4.17"

Feature	Detail
Item Weight	34.4 pounds
Material	Alloy Steel
Maximum Speed	3.8 miles per hour
Minimum Speed	0.6 miles per hour
Maximum Horsepower	2.5 HP
Maximum Weight Recommendation	265 pounds
Running Belt Length	35.5 inches
Running Belt Width	15 inches
Special Feature	Portable, Remote Control, Smart LED Display, Shock Absorption



Image: The THERUN Walking Pad (W1 STARTER) features a 35.5-inch long and 15-inch wide running belt, providing ample space for comfortable walking.



Image: The walking pad incorporates 6 shock absorbers and a 5-layer running belt for reduced knee impact and a comfortable exercise experience.

7. Warranty

The THERUN Walking Pad (Model YT05-C-YIN) comes with a **1-year warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use. Please retain your proof of purchase for warranty claims. The warranty does not cover damage caused by misuse, accidents, unauthorized modifications, or improper maintenance.

8. Customer Support

For further assistance, technical support, or warranty inquiries, please contact THERUN customer service. Refer to the contact information provided with your product packaging or visit the official THERUN website.

We are committed to providing you with the best possible experience with your THERUN Walking Pad.

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