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› Rockare Walking Pad with Incline and Decline - User Manual

Rockare B0H261NSSJ

Rockare Walking Pad with Incline and Decline - User Manual

Model: B0H261NSSJ

INTRODUCTION

The Rockare Walking Pad is a compact and versatile under-desk treadmill designed for home and office use. It features an adjustable manual incline from 0% to 9% and a decline of -4%, allowing for varied terrain simulation. Powered by a quiet 2.5HP BLDC EvoDrive motor, it operates under 30dB. The large display shows time, speed, distance, and calories simultaneously, with a smart resume function. Its NeoFloat Quad Cushioning system and diamond anti-slip belt ensure a stable and comfortable workout. The smart design supports app control and includes transport wheels for easy storage.



Image: The Rockare Walking Pad illustrating its adjustable incline and decline capabilities, ranging from -4% to 9%.

SETUP INSTRUCTIONS

The Rockare Walking Pad requires minimal setup as it arrives largely pre-assembled. Follow these steps for initial preparation:

1. **Unboxing:** Carefully remove the walking pad from its packaging. Retain packaging materials for future transport or storage if needed.
2. **Placement:** Place the walking pad on a flat, stable surface. Ensure there is adequate clear space around the unit (at least 2 feet on all sides) for safe operation and to prevent obstruction.
3. **Power Connection:** Connect the power cord securely to the walking pad's power input, then plug the other end into a grounded electrical outlet.
4. **Incline/Decline Adjustment:**
 - Locate the manual adjustment knobs at the rear of the walking pad.
 - To set the incline, carefully lift the rear of the walking pad and insert the support pins into the desired incline level (0%, 2%, 5%, 7%, or 9%).
 - To set the decline, adjust the support pins to the -4% decline level.
 - Ensure both sides are set to the same level for stability before use.

OPERATING INSTRUCTIONS

Familiarize yourself with the controls and features for optimal use of your Rockare Walking Pad.

1. **Power On:** Press the power button on the walking pad or the remote control. The display will illuminate.
2. **Start/Stop:** Press the **Start** button on the remote control to begin walking. Press **Stop** to pause or end your workout.
3. **Speed Adjustment:** Use the **+** and **-** buttons on the remote control to increase or decrease the walking speed. The speed range is 0.5 to 4.0 MPH.
4. **Display Metrics:** The large display shows time, speed, distance, and calories burned simultaneously.
5. **Smart Resume:** If you pause your workout, the walking pad will save your data, allowing you to resume from where you left off.
6. **App Control:** Download the compatible app (e.g., FitShow) from your smartphone's app store. Connect your walking pad via Bluetooth to access additional features, track progress, and utilize preset programs.

Quiet Enough **for Sleep**

Designed for Shared Living Spaces

Low Acoustic Footprint

30dB
Rockare Treadmill

10dB
Leaf rustle

60dB
Normal Conversation

BLDC EvoDrive

The image shows a woman in a white t-shirt and black leggings walking on a black Rockare Treadmill. She is wearing large black headphones. In the background, a man is sleeping in a bed. A large window shows a city skyline at night. A remote control is shown floating in the air, with a blue circle around it containing a speaker icon. A diagram shows a line graph with three points: 10dB for leaf rustle, 30dB for the Rockare Treadmill, and 60dB for normal conversation. The treadmill is labeled 'BLDC EvoDrive' and has a glowing blue and orange motor unit.

Image: The remote control for the Rockare Walking Pad, featuring buttons for power, speed adjustment, and mode selection.

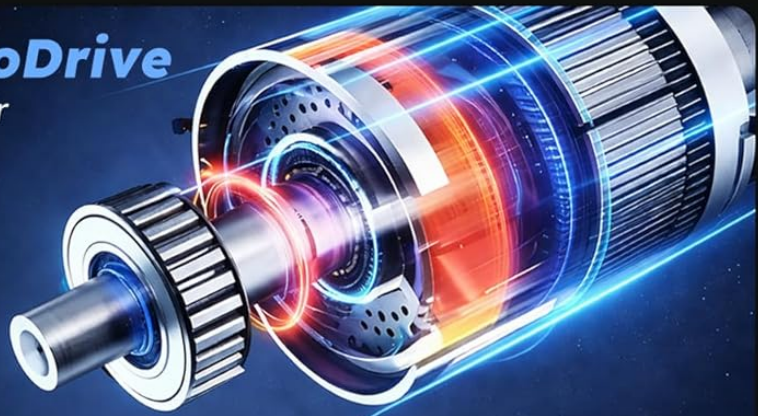
Next-Gen Performance

Built as One Complete System

2.5HP BLDC EvoDrive

Next-Gen Ultra-Quiet Motor

- **-50%**
Less friction, less heat
- **+30%**
More Powerful Drive
- **+25%**
Better Energy Savings



Engineered Diamond-Texture Belt

For Superior Grip and Lasting Durability



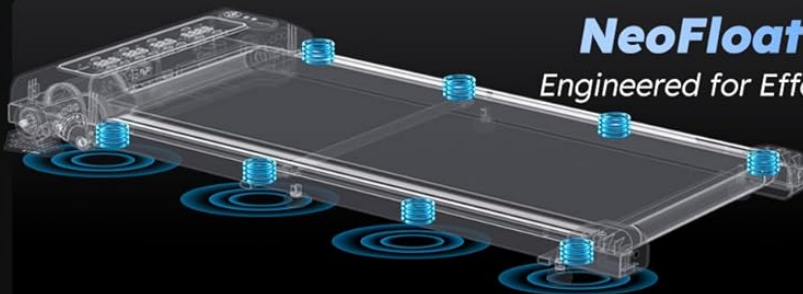
Auto Belt Alignment System

Keeps the Running Belt Centered for Smoother, More Stable Workouts



NeoFloat Cushion System

Engineered for Effortless, Low-Impact Motion



- **1M** Cycle Durability
- **> 20%** Rebound Boost
- **>60%** Impact Absorption

Image: The Rockare Walking Pad's large display showing workout metrics (distance, speed, calories, time) and a smartphone demonstrating app control.

Your browser does not support the video tag.

Video: Demonstration of the Rockare Walking Pad's advanced incline and decline terrain features during use.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your walking pad.

- **Cleaning:** Regularly wipe down the walking pad with a damp cloth. Avoid using abrasive cleaners or harsh chemicals, which can damage the surface.
- **Belt Lubrication:** The walking belt requires periodic lubrication to ensure smooth operation and longevity. Refer to the full user manual included with your product for specific lubrication instructions and recommended lubricant type.
- **Belt Alignment:** The walking pad features an auto belt alignment system. If the belt appears to drift to one side during use, ensure the unit is on a level surface. If issues persist, consult the full user manual for manual adjustment steps.

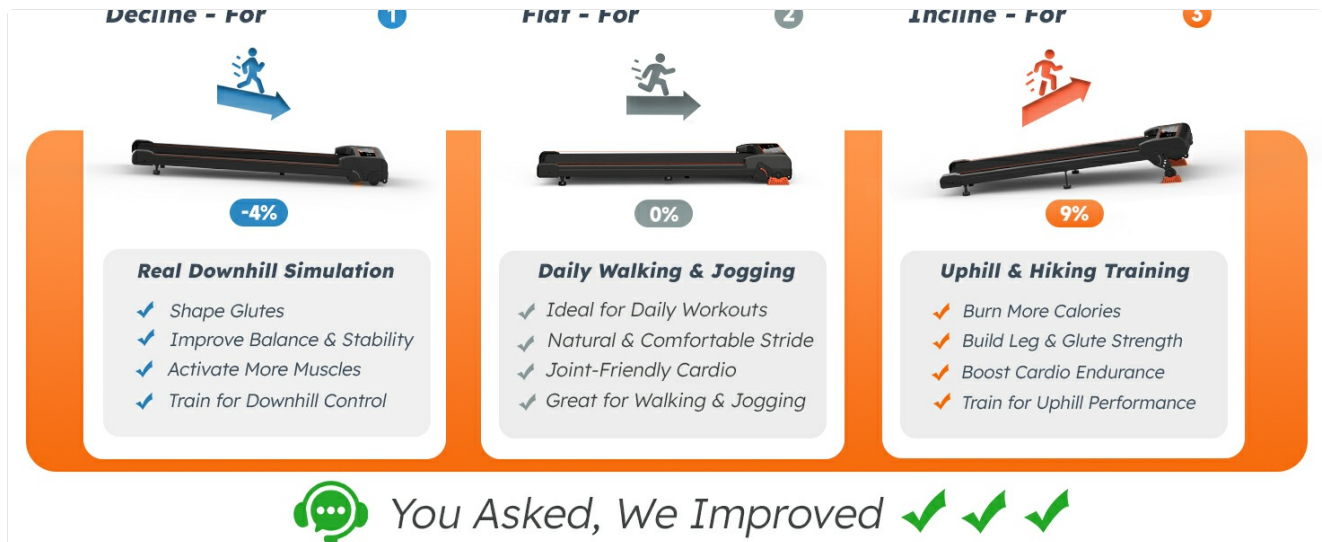


Image: Illustration of the Rockare Walking Pad's auto belt alignment system, designed to keep the belt centered for stable workouts.

TROUBLESHOOTING

If you encounter any issues with your Rockare Walking Pad, refer to the following common problems and solutions:

Problem	Possible Cause / Solution
No Power / Display Off	• Check if the power cord is securely connected to both the walking pad and a functional electrical outlet. • Ensure the power switch on the walking pad is in the "On" position.
Belt Slipping or Sticking	• The walking belt may require lubrication. Refer to the Maintenance section or the full user manual. • Ensure the belt tension is correct. Consult the full user manual for adjustment procedures.
Unusual Noise During Operation	• Check for any loose parts or foreign objects under the belt. • Ensure the walking pad is on a level surface. • If the noise persists, contact customer support.

Problem	Possible Cause / Solution
Display Not Working or Showing Errors	• Ensure the power is on and the unit is properly connected. • Try restarting the unit by unplugging and re-plugging the power cord. • If the issue continues, contact customer support.

SPECIFICATIONS

Key technical specifications for the Rockare Walking Pad (Model B0H261NSSJ):

Feature	Specification
Brand	Rockare
Color	Tangerine
Product Grade	Walking pad treadmill with 5 level adjustable manual incline & decline
Product Dimensions (D x W x H)	43.98"D x 23.03"W x 4.7"H
Item Weight	34.2 Pounds
Material	Metal
Maximum Speed	4 Miles per Hour
Special Feature	5 Level Adjustable Incline 9% to Decline -4%, EvoDrive Ultra-Quiet 2.5HP BLDC Motor, Large Full Metrics Display, NeoFloat Quad Cushioning
Maximum Horsepower	2.5 Horsepower
Maximum Incline Percentage	9%
Power Source	Corded Electric
Maximum Weight Recommendation	265 Pounds
Minimum Speed	0.6 Miles per Hour
Included Components	Power Cord, Tool Kit, User Manual

WARRANTY AND SUPPORT

Rockare is committed to providing excellent customer service and support for your walking pad.

- **Technical Service:** Rockare offers 24/7 technical service and lifetime technical support on Amazon to ensure a superior customer experience.
- **Contact Information:** For any issues, inquiries, or to claim warranty service, please refer to the contact

information provided in your included User Manual or visit the official Rockare store on Amazon.

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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