

WALKINGPAD Z1

WALKINGPAD Z1 Foldable Walking Pad Treadmill User Manual

Model: Z1

1. INTRODUCTION

This manual provides essential instructions for the safe and effective use of your WALKINGPAD Z1 Foldable Walking Pad Treadmill. Please read this manual thoroughly before operation and retain it for future reference. The WALKINGPAD Z1 is designed for under-desk walking, general walking, and light jogging in home and office environments.

2. SAFETY INFORMATION

- Ensure the treadmill is placed on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Do not exceed the maximum weight capacity of 242 lbs (110 kg).
- Wear appropriate athletic footwear.
- Always hold onto a stable support if you feel unsteady.
- Unplug the treadmill when not in use or before cleaning/maintenance.
- Do not operate the treadmill if it is damaged or malfunctioning.

3. UNPACKING AND INITIAL SETUP

Your WALKINGPAD Z1 comes pre-assembled and requires minimal setup. Carefully remove all packaging materials and inspect the unit for any damage.

3.1 Unfolding the Treadmill

The WALKINGPAD Z1 features a 180-degree foldable design for compact storage. To unfold, gently lift the rear section of the treadmill until it locks into its flat, operational position. Ensure it is fully extended and stable before use.

180° Foldable Design SpaceSaving



The WalkingPad Z1 features a 180-degree foldable design, allowing it to be easily folded in half for storage. This significantly reduces its footprint, making it convenient to store under furniture or in small spaces.

3.2 Connecting Power

Connect the power cord to the treadmill's power input and then to a standard electrical outlet. The LED display will illuminate, indicating the unit is ready for use.

3.3 Overview Video

This video demonstrates the key features and folding mechanism of the WALKINGPAD Z1, providing a visual guide to its compact design and ease of storage.

4. OPERATING INSTRUCTIONS

4.1 Power On/Off

Press the power button located on the front panel to turn the treadmill on or off.

4.2 Adjusting Speed

The WALKINGPAD Z1 offers a speed range of 1 to 4 mph. Use the included remote control to increase or decrease the walking speed. The current speed will be displayed on the LED panel.

LED Digital Display Panel



The LED digital display panel shows essential workout data such as calories burned, time, and distance. The included remote control allows for easy adjustment of speed and other settings.

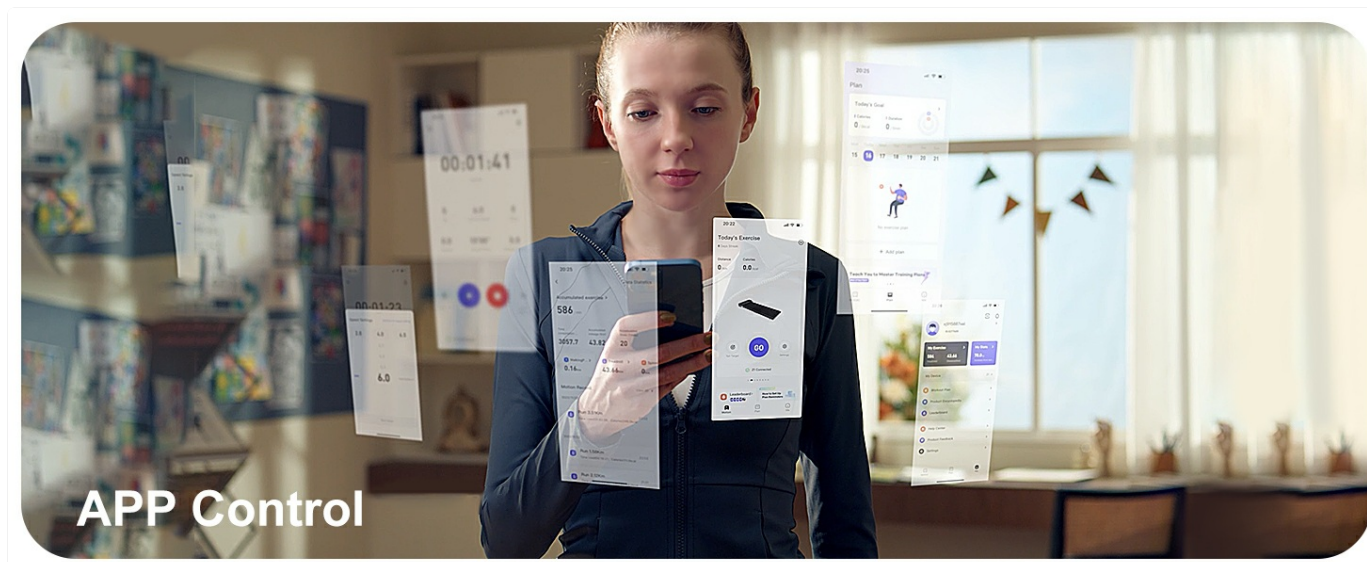
4.3 LED Display

The integrated LED display provides real-time feedback on your workout, including:

- **Speed:** Current walking speed in miles per hour (mph).
- **Calories:** Estimated calories burned during the session.
- **Time:** Duration of the current workout.
- **Distance:** Total distance covered during the session.

4.4 Mobile App Control

For enhanced functionality and tracking, download the official WALKINGPAD app. The app allows you to control the treadmill, monitor your progress, and access additional features.



The WalkingPad Z1 can be controlled via a dedicated mobile application, offering additional features and tracking capabilities for your workouts.

5. MAINTENANCE

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

5.1 Cleaning

Wipe down the treadmill surface with a damp cloth after each use. Avoid using abrasive cleaners or solvents. Ensure no moisture enters the motor or electronic components.

5.2 Belt Lubrication

The walking belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the specific instructions provided with your lubrication kit for proper application frequency and method. Generally, lubrication is recommended every 3-6 months depending on usage.

5.3 Belt Alignment

Over time, the walking belt may shift to one side. If the belt is rubbing against the side rails or appears off-center, it needs adjustment. Use the provided Allen wrench to turn the rear roller adjustment bolts. Turn the bolt on the side towards which the belt has shifted clockwise, or the opposite side counter-clockwise, in small increments (quarter turns) until the belt is centered. Test the treadmill after each adjustment.

6. TROUBLESHOOTING

If you encounter issues with your WALKINGPAD Z1, refer to the following common solutions:

- **Treadmill not powering on:** Ensure the power cord is securely plugged into both the treadmill and a working electrical outlet. Check the power switch on the unit.

- **Belt rubbing noise or shifting:** This indicates the walking belt needs alignment. Refer to section 5.3 for detailed instructions on how to adjust the belt.
- **Unresponsive remote control:** Check the battery in the remote control and replace if necessary. Ensure there are no obstructions between the remote and the treadmill's sensor.
- **Unusual noises during operation:** Stop the treadmill immediately. Inspect the belt for foreign objects or damage. If the noise persists, contact customer support.

For issues not covered here, please refer to the warranty and support section.

7. PRODUCT SPECIFICATIONS

Detailed specifications for the WALKINGPAD Z1 Foldable Walking Pad Treadmill:

Powerful & Quiet Motor



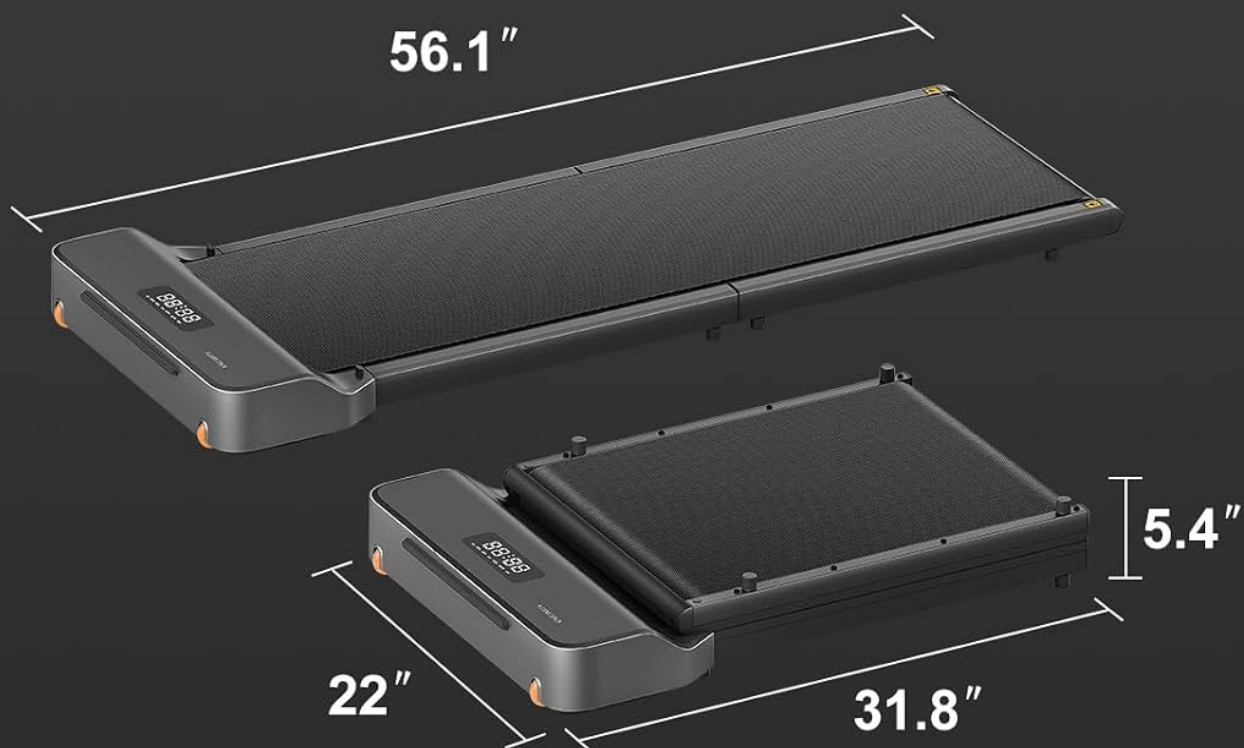
242lbs
Max Weight



2.0HP
Motor Power



1-4mph
Speed Range



This image highlights the treadmill's 2.0 HP brushless motor, 242 lbs maximum weight capacity, 1-4 mph speed range, and overall dimensions (56.1"D x 22"W x 4.1"H).

Feature	Detail
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Brand	WALKINGPAD
Model Name	WALKINGPAD Z1
Model Number	WP400F4
Product Dimensions	56.1"D x 22"W x 4.1"H
Folded Size	31.8" x 22" x 5.4"
Item Weight	50 pounds
Material	Aluminum
Maximum Speed	4 miles per hour
Minimum Speed	1 miles per hour
Maximum Weight Recommendation	242 pounds
Maximum Horsepower	2 hp
Power Source	Corded Electric
Special Feature	Foldable
Metrics Measured	Calories Burned, Distance, Speed, Time
Included Components	Power Cord, Remote Control, User Manual

2 in 1 Under Desk Treadmill



Jogging



Walking



The WalkingPad Z1 features an 8-layer composite running belt designed for durability, comfort, and joint protection.

8. WARRANTY AND SUPPORT

8.1 Manufacturer's Warranty

The WALKINGPAD Z1 is covered by a **1-Year Manufacturer's Warranty**. This warranty covers defects in materials and workmanship under normal use. Please retain your proof of purchase for warranty claims.

8.2 Customer Support

For technical assistance, warranty claims, or any questions regarding your WALKINGPAD Z1, please contact WALKINGPAD customer support. Refer to the contact information provided on the product packaging or the official WALKINGPAD website.

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