



Product Instruction

Fitness Walker

Model:CS-WP3



Please read the instruction carefully before using

V2022.0.1

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Thank you for purchasing our product, which will help to improve your health.

1. Safety precautions



In order to ensure your safety and avoid accidents, please read the instructions carefully before use.

- This product is only for indoor use, please do not use it outdoors. The treadmill should be placed in a flat and clean position, not on a thick carpet or near water, and there should be a 1*2m barrier-free safe area behind the treadmill.
- This product is for adults, minors need adult care. Persons who are unwell, mentally handicapped or lack common sense are not allowed to use this product unless they are under the supervision or guidance of another person.
- If the power cord is damaged, in order to avoid danger, it must be replaced by the manufacturer or professional maintenance personnel.
- This product is only used for 100V-120V AC voltage. Please use the power socket with safe ground line. The installation and grounding of the grounding plug must be consistent with the parameters of the user's area. If the plug and socket are incompatible, please arrange qualified electricians or after-sales personnel to handle it.
- When using it, please wear comfortable and tight clothes to avoid the clothes being hung by the machine. Don't let children or pets come near to avoid accidents.
- Avoid all moving parts with both hands. Do not put hands and feet in the space under the running belt.
- This product is suitable for home use, not suitable for professional training and testing, and can not be used for medical purposes.
- This product is only for one person on the running belt.
- Before cleaning and maintenance, please shut down and unplug the power plug.
- Turn off the machine and unplug the power plug when you leave.
- Please use the spare parts provided by the original factory. It is strictly forbidden to replace them privately.
- This product is of HC grade, and maximum person weight is 265LBS.

2. Quality Assurance Commitment

We ensure that the product is made of high quality materials.

We will be responsible for the warranty if there are problems with the product during normal use.

The warranty period is one year (from the date of purchase). If you buy the product with quality problems, please contact our customer service within 12 months. Please do not deal with them without permission. The followings are not covered by the warranty:

- Damage caused by external factors.
- Use non-original accessories.
- Privately handled incorrectly.
- Not follow the instructions.

This product is only for private use at home, not for professional training such as gyms.

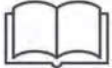
If you need to buy non-warranty accessories, please contact customer service. Please provide the following information when ordering:

- Instructions.
- Product model.
- Fittings serial number.
- Certificate of purchase date.

Before the confirmation of our customer service, please do not send the product to our company, and send them back without permission. Our company does not bear any cost.

3. Configuration list and technical parameters

1. Walkingpad configuration

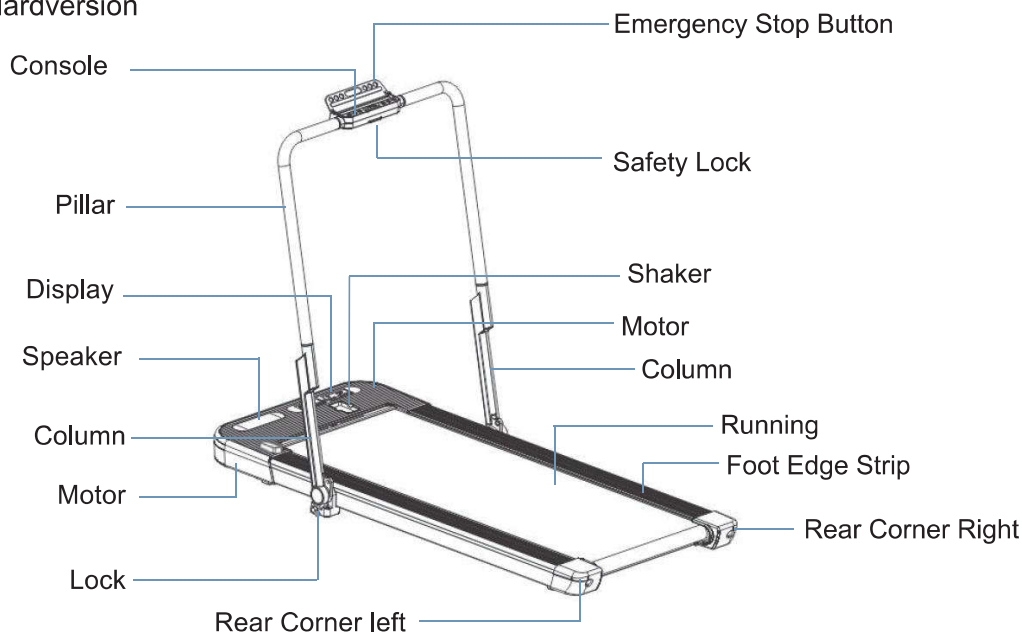
Name	Sketch (for reference)	Qty
Walkingpad machine		1
Remote controller		1
Power cord		1
Instructions,warranty card		1
Inner hexagon spanner		1
Silicone oil		1

2. Technical parameters

Product Configuration	Technical Parameters
Package Size	57*29*6 inch
Folding Size	55*27*5 inch
Group Size	53*27*40 inch
Running Area	42.5*17 inch
Rated Function	2.5 HP
Speed Range	0.6-7.6 MPH
Maximum Load	265 LBS
Net / Gross Weight	58.6 / 68.3 LBS

4. Product parts

1. Standard version



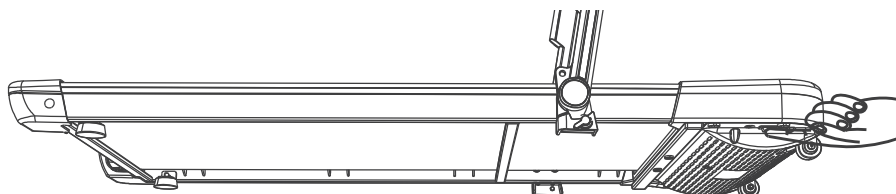
5. Assembly instructions

Step 1:



Open the packing box, remove the relevant accessories and machine from the box, and put the machine on a flat ground, connect it to the power and use it.

Step 2:

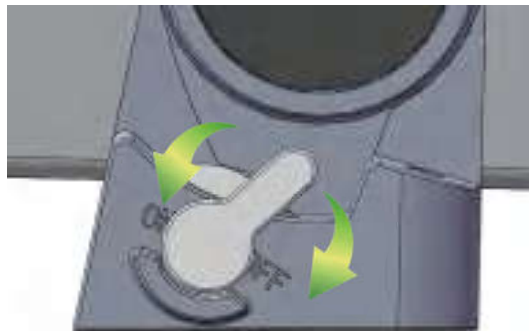
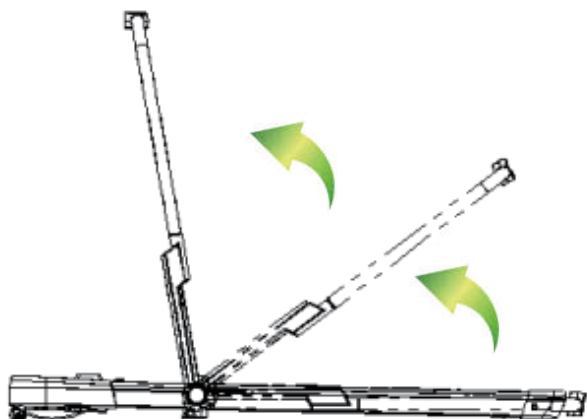


Initial Use

Turn on the switch at the bottom of the right front of the treadmill.

Assembly steps

Step 1:



loose

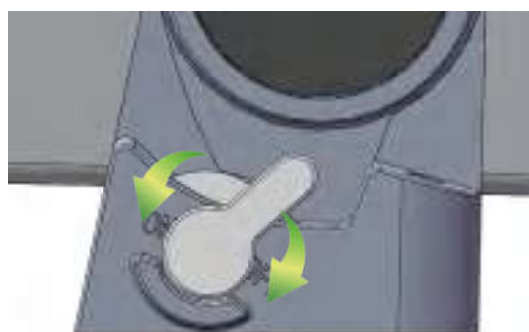
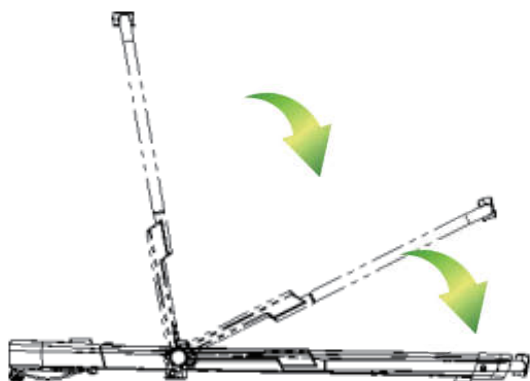
Tight

- 1、 Open the box, remove the relevant accessories and the machine from the box, and place the machine on a flat surface.
- 2、 Fold the risepipe upward until it can't move forward.
- 3、 With one hand to hold the column tube, one hand will lock the switch back, hit the OFF position (the left and right side of the operation is the same).

Machine assembly is complete!

Folding steps

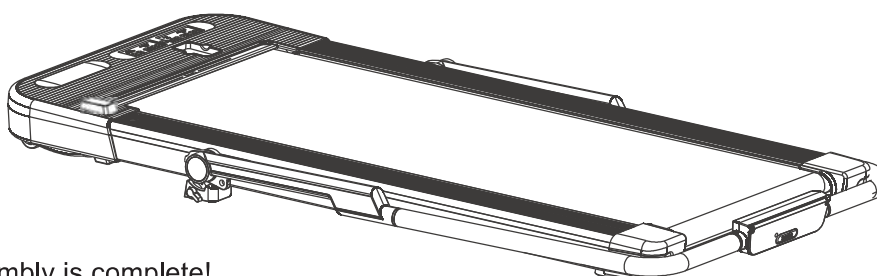
Step 1: Column armrest folding



loose

Tight

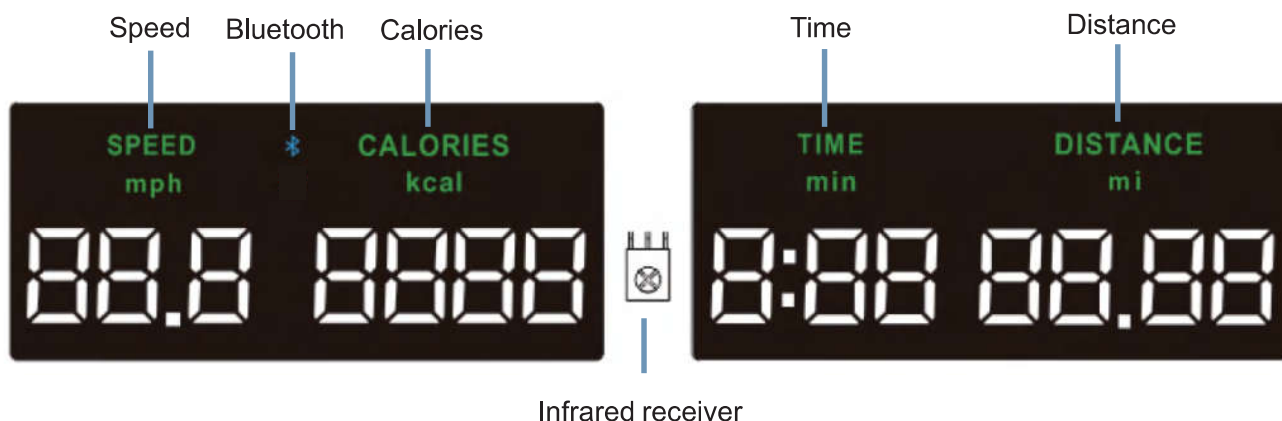
1. With one hand to hold the column tube, and one hand will lock the switch forward, hit the ON position (the left and right side of the operation is the same).
2. With your hand holding the column tube to fold back, so that it is flat.



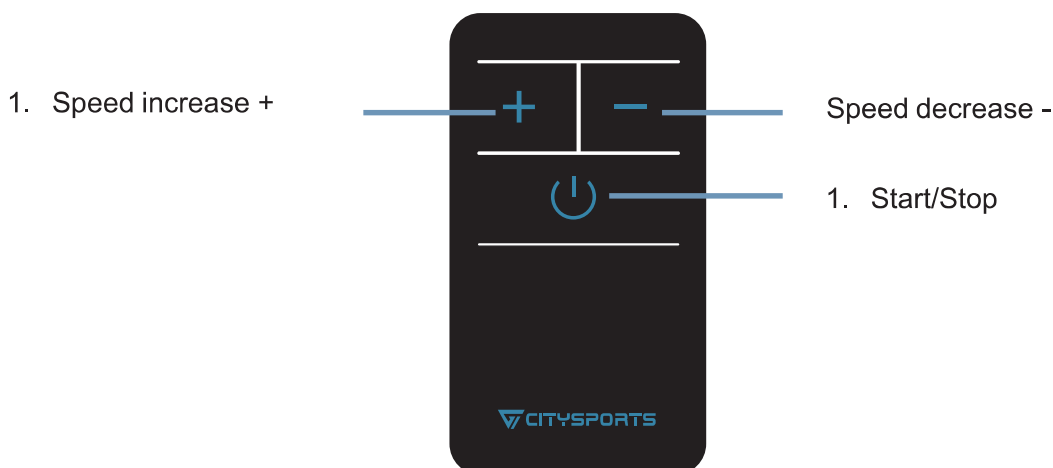
3. Machine assembly is complete!

6.Functional operation instructions

Display panel



Remote controller



Operation instructions

Function: 1: Remote START/STOP, speed increase/decrease.

2: Bluetooth music

3: Speed display range 0.6-7.6 MPH Calories range 0001-9999KCAL Time range 01-99MINUTES Distance range 0.01-99 Mile.

4:The sleep time is 5 minutes in standby, and the LOC word flashes once per second after sleep.

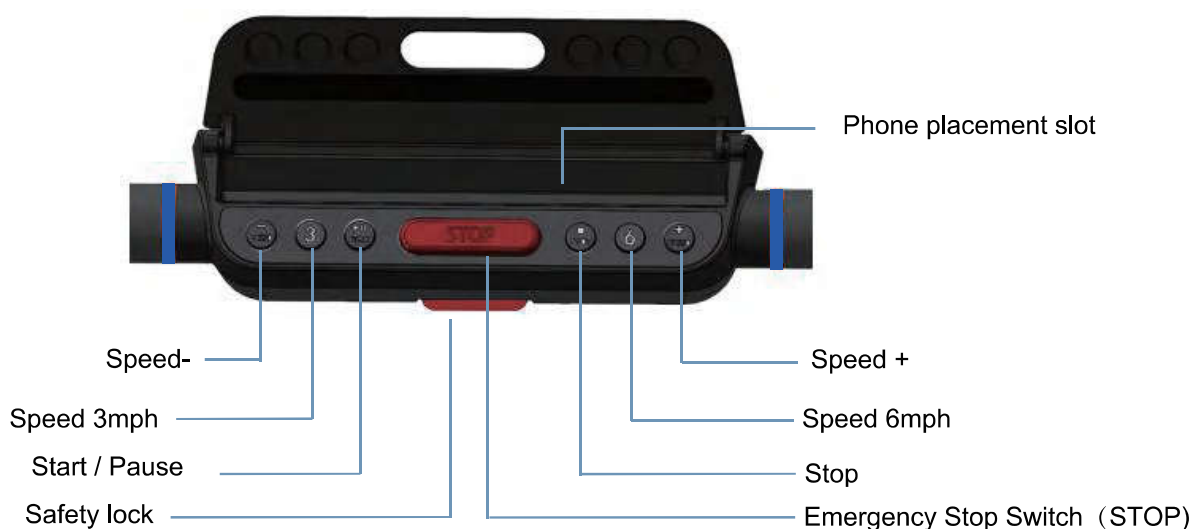
5: Emergency Stop Switch (STOP).

Button: When the machine is in the standby unlocking state, press Button press the button to run the machine from a low speed of 0.2 mph, and press again to stop the machine.

(START/STOP is a switch button)

+ Button: when machine running, press +button, the speed will increase 0.2 mph; long press will continually increase by 0.2 mph.

- Button: when machine running, press - button, the speed will decrease 0.2 mph; long press will continually decrease by 0.2 mph.



Description: The STOP font continues to flash when the safety lock switch does not snap.

Description of Function

Key: The machine in the standby unlock condition, press the key machine from the low speed 0.2 mile operation, and then press the key machine pause, pause during the pause key light continues to flash. (I'm starting/pausing the function loop, where you can save the current data).

Key: The machine is in operation, press the key machine to slowly stop during operation until the machine stops running.

Key: The machine is in operation, press the key STOP font flashes, and the key light is turned off, a crossbar appears on the display panel, and the machine is down within 6 seconds.

Shortcut: The machine is operating, slowly rising (or falling) from the current speed to 3 mile or 6 mile, when the machine is in operation, pressing the 3 or 6 key operation.

Key: The machine can adjust the speed and slow under the health condition.

Shutdown Instructions

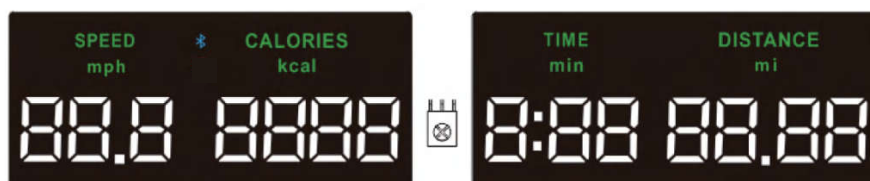
The machine is in operation, press the STOP/START (or the key on the console), the machine stops running.

The machine runs for 99 minutes and automatically shuts down

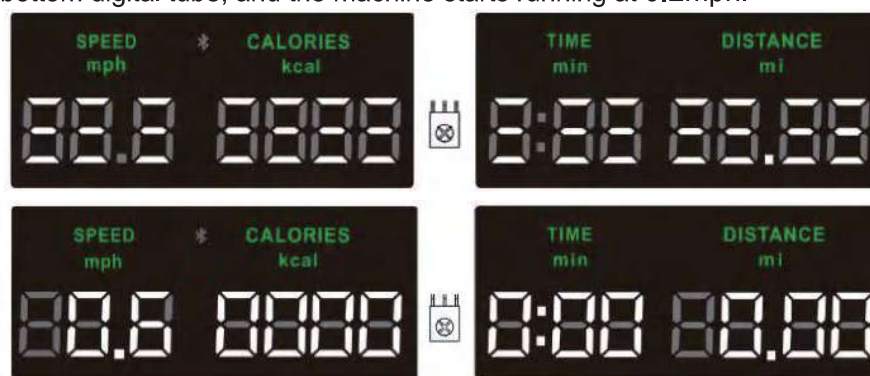
The maximum speed of this product is 7.6 mph, you need to press the buttons on the armrest to reach the speed of 7.6 mph: first turn on the switch button, the screen lights up, then use the remote control to start the treadmill, 0.6-3.7 mph speeds can be operated by remote control, for 4.3-7.6 mph speeds, please press the + button on the handrail to reach there.

Start-up instructions

1. When the power is on, the two sides of the digital tube flicker from side to center, The left side digital tube on and enters standby status



2. Press the start button  the remote controller, three horizontal bars appear in turn from bottom digital tube, and the machine starts running at 0.2mph.



Speed control

When machine running, the speed is increased by 0.2mph per click of the speed + button, and Long press the speed + button to continuously increase the speed by 0.2mph.

when machine running, press- button, the speed will decrease 0.2mph; long press will continually decrease by 0.2mph.

Stop the machine

In the running state, press the remote control button , and the machine stops running.

Mobile phone Bluetooth music connection operation

Open the Bluetooth search address from "maxfree 00001 to 65000": for example: search for the address" maxfree 00008" and click on the maxfree 00008 Bluetooth icon.



maxfree 00008

If the next step is paired or the password appears, just enter 0000 and click on the pair.

Want to pair with maxfree-Audio?

☒ Allow access to your contacts and history

Cancel

Yes

maxfree 00008 

connected/full power/Using

Note: Bluetooth music will be automatically connected next time after the first connection to bluetooth.

Mobile phone Bluetooth music release operation

Click on the link to find Unpair

Rename

maxfree 0008

Unpair

7. Warm-up exercise

Before exercising, it's better to do stretching exercises first. A successful exercise plan must include warm-up, aerobic and relaxation exercises. The number of exercises should be at least two or three times a week. You can take a day off for exercise. After a few months, you can increase the number of exercises to four to five days a week.

Warm-up is an important part of your fitness exercise. Warm-up before every exercise. Moderate warming-up can prepare your body for the next more intense exercise, because warming-up can help muscle warm up and stretch, improve blood circulation and pulse, and send more oxygen into muscle. Repeated warm-up exercise can also reduce muscle soreness after aerobic exercise. We recommend the following warm-up and relaxation exercises.

1. Stretch downward: Bend your knees slightly and bend your body forward slowly. Relax your back and shoulders and touch your toes with both hands. Hold for 10 to 15 seconds, then relax. Repeat three times. Figure 1



Figure 1

2. Stretch your ankles: Sit on a clean cushion and straighten one leg. Put the other leg inward so that it is close to the straight leg. Try to touch your toes with your hands. Keep it for 10 to 15 seconds. Then relax. Repeat each leg three times. Figure 2



Figure 2

3. Extension of the calf and foot tendons: body forward hands against the wall the left leg arches forward, the right leg is straight, the left leg is on the ground, then bend your left leg and hold it for 10 to 15 seconds, then relax, repeat each leg three times.

Figure 3



Figure 3

4. Head movement: 1-tilt your head to the right and feel the left neck muscle stretch; 2-turn head to the back; turn head to the left; 4-turn your head to front of the chest. then relax and do it three times.

Figure 4



Figure 4

5. Waist movement: stretch your arms to the left and right, then slowly lift it up, over your head. Put your right arm as far as possible to the ceiling. Straighten, hold for 1 second, and feel the stretch of your right muscle. Repeat the same action on the left arm.

Figure 5



Figure 5

8. Maintenance guide



Warning: Be sure to unplug the power plug of the machine before maintaining the product.

- Use cloth to clean product surface.
- Full cleaning will prolong the service life of the machine.
- Clean the dust regularly to keep the parts clean. Clean the exposed parts on both sides of the running belt. This will reduce the accumulation of impurities in the running belt. Keep your sneakers clean. Avoid bringing foreign bodies under your running belt and wearing your running board and belt. The surface of the running belt should be scrubbed with a soapy wet cloth.
- Please be careful not to splash water on the electrical components and under the running belt.
- Check and lock all parts of the treadmill regularly, replace defective parts and/or leave the equipment idle for repair.

1. Adjusting the Running Belt

If you are using a walking machine, you can adjust the belt tightness to improve the slippage or non-fluidity of the running belt.

Adjusting running has two functions: tightening adjustment and belt center position adjustment. Running belt has been adjusted when it is out of the factory, but after use, the running belt will be stretched, which will deviate from the center position and cause the running belt to rub the foot sidebars and rear cover damage. It is normal for the running belt to be stretched during use.

Adjusting Running Belt Method

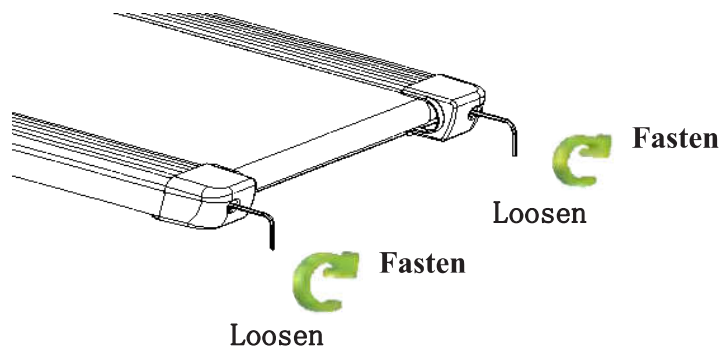
Step 1: Insert the 5 mm hexagonal wrench into the adjusting screw on the left side of the belt, and turn the wrench 1/4 times clockwise to adjust the rear drum to tighten the belt.

Step 2: Insert the 5 mm hexagonal wrench into the adjusting screw on the right side of the belt, and turn the wrench 1/4 times clockwise to adjust the rear drum to tighten the belt.

Step 3: Repeat steps 1 and 2 until the running belt does not slip.

Note: The belt should not be adjusted too tightly. This will break the running belt, increase the pressure of the front/back drum, bring harm to the drum bearings, produce abnormal sound or other problems.

If you want to reduce the tension of the running belt, please rotate the wrench counterclockwise. Note that the left and right sides should rotate the same distance.



Running belt centered

When you use a walking machine, the pressure on the running belt is unbalanced due to the different force exerted by the two feet during running, which results in the belt deviating from the center.

This deviation is normal, and when no one runs on a running belt, it returns to the center. If you can't get back to the center, you need to bring the running belt back to the center

1. Running the treadmill without load and adjusting its speed to 6km/H.

2. Observe the distance from the running belt to the left and right sidebars

If left, use a hexagonal wrench and turn the left screw clockwise for 1/4 turns.

If you turn right, use a hexagonal wrench and turn the right screw clockwise for 1/4 turns.

If the running belt is still not in the middle, repeat the above action until it is adjusted to the middle.

3. After adjusting the running belt to the middle, adjust the speed to the high speed, and observe the steps. Deviation of the running belt and the running smoothness.

If there are deviations, repeat the adjustment.

4. If the above steps do not work, you need to tighten the running belt again.

Warning! Do not over tighten the running belt! This will lead to permanent bearing damage!

2. Lubricating oil for walking machine

1. After lubricating the running belt for a period of time, it must be lubricated with a specially configured monthly silicone oil. Suggest:

Use time less than 3 hours per week; lubricate once every 5 months

Use 4~7 hours per week; lubricate once every 2 months

Weekly use time is more than 7 hours; 1 month lubrication 1 time

Do not over lubricate, the more lubricant is not the better.

Set the machine to 0.6 mile speed, and extrude the appropriate amount of oil at the orifice of the oil bottle, about 5 ml each time.

Note: Reasonable lubrication is an important factor to improve the service life of the treadmill.

2. To check whether you need to apply lubricant again, just grab the running belt and touch your hand to the center of the back of the running belt as much as possible. If your hand is stained with silicone (somewhat moist), which means that no more lubricant is needed. If the running board is dry and there is no methyl silicone oil sticking to your hand, you need to add lubricant.

3. Steps to add lubricating oil on the running belt (as shown in the figure): First, put up the treadmill and pull up the running belt by hand. Then add 5ml of lubricating oil to the treadmill. Note: You must apply the lubricating oil evenly to the middle of the running belt. Do not only drip the lubricating oil to the side of the running belt. After adding the oil, start the treadmill and let it run at 1km/h. In addition, stand on the treadmill and run for a few minutes on the left, right and centre of the running belt so that the oil is absorbed evenly by the belt.



4. Adjusting the tightness of the running belt. All treadmills must be adjusted to the running belt before and after installation. However, there may be slack after a period of use. For example: the user pauses and slips when running. When this phenomenon occurs, adjust the walking belt adjustment bolts in a clockwise

5. Running belt deviation adjustment

All treadmills must be adjusted before delivery and after installation. However, after a period of use, they may still run off the track. The reasons for this phenomenon are as follows:

- ① The host is not stable.
- ② The user's feet are not in the middle of the running belt when exercising.
- ③ The user's feet are unevenly used.

9. Error Code

Code	Causes	Resolutions
E01	Poor communication between electronic meter and controller	1.Check that the connection between the electronic meter and the controller is not properly connected. 2.The main IC of the controller contacts badly and is re-tightened. 3.Controller power supply abnormal, change controller.
E02	Explosion-proof and impact-proof protection	1.If the motor is open or in bad contact, replace the motor or check the connecting terminals. 2.Power tube breakdown, replace it or the controller.
E05	Over current protection	1.Overload. 2.The resistance of the treadmill is too heavy and needs to be lubricated. 3.The motor is damaged, replace it.
E06	Overload protection	

FCC Caution:

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

To maintain compliance with FCC's RF Exposure guidelines, This equipment should be installed and operated with minimum distance between 20cm the radiator your body: Use only the supplied antenna.

FCC ID: 2A8L7-CS-WP3

IC Caution:

RSS-Gen Issue 5 "&" RSS-Gen numéro 5

– English:

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s).

Operation is subject to the following two conditions:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

RF exposure statement:

The equipment complies with IC Radiation exposure limit set forth for uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator and your body.

– French:

Cet appareil contient des émetteurs / récepteurs exemptés de licence conformes aux RSS (RSS) d'Innovation, Sciences et Développement économique Canada. Le fonctionnement est soumis aux deux conditions suivantes:

- (1) Cet appareil ne doit pas causer d'interférences.
- (2) Cet appareil doit accepter toutes les interférences, y compris celles susceptibles de provoquer un fonctionnement indésirable de l'appareil.

Tout changement ou modification non expressément approuvé par la partie responsable de la conformité pourrait annuler l'autorité de l'utilisateur à utiliser l'équipement.

Déclaration d'exposition RF:

L'équipement est conforme à la limite d'exposition aux radiations de la IC établie pour un environnement non contrôlé. Cet équipement doit être installé et utilisé avec une distance minimale de 20 cm entre le radiateur et votre corps.

IC: 29088-CSWP3