

WALKINGPAD FOLDABLE SMART TREADMILL

(T1 PRO)

FSWKPADT1PA

SAFETY & WARNINGS

Read all of the instructions in this guide before using this product. Retain this guide for future reference. Do not skip, substitute or modify any steps or procedures in this guide, as doing so could result in personal injury or product damage.

- Before starting any exercise program, consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking any medication that may affect your heart rate, blood pressure or cholesterol level.
- Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, light headedness, dizziness or feelings of nausea. If you experience any of these conditions, you should consult your physician before continuing with your exercise program.
- Always wear comfortable properly fitting sports shoes and clothing while using the treadmill. If you experience any discomfort while exercising stop immediately and consult your physician.
- This equipment is intended for adult use only. Keep children and pets away from the machine. DO NOT leave children unattended in the same room with the equipment. Contact with the moving surface may result in severe friction burns.
- Do not get on or off the treadmill whilst it is moving as this may result in serious injury and possible damage of the treadmill.
- When not in use, unplug the power cord.
- This appliance is designed for consumer use. Follow directions and use only as described.
- Once fully assembled, inspect to ensure all hardware parts such as bolts, nuts and washers are positioned correctly and tightly secured.
- Dry after each use to remove moisture. Wipe regularly with a mild, non-abrasive cleaner and water solution.
- To ensure safety, the equipment should have at least 50 cm of free space on each side and 200cm behind.
- Prior to assembly, ensure you have all the components.
- Always use the equipment as intended. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, cease use immediately and contact help.kogan.com for assistance. Do not use until resolved.
- Do not place fingers or any other objects into moving parts of the exercise equipment. Ensure care is taken while setting up and folding the treadmill.
- Keep hands clear of the hinges while setting up and folding the treadmill.
- Do not exceed the maximum user weight of 105KG.
- Be careful when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
- Your equipment is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
- This appliance contains no user-serviceable parts. If it suffers any failure or damage, cease use immediately and contact help.kogan.com
- This equipment is designed and intended for indoor use only.

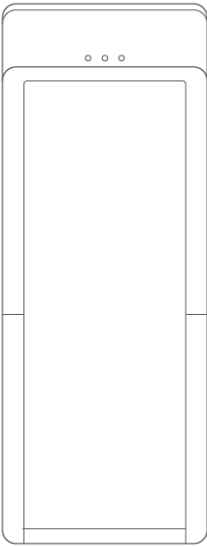
- The running belt on this treadmill has a visible joint mark. This is completely normal and will not affect the performance or operation of your treadmill.

WARNING – KEEP BATTERIES OUT OF REACH OF CHILDREN



- Swallowing may lead to serious injury or death in as little as 2 hours, due to chemical burns and potential perforation of the oesophagus.
- If you suspect your child has swallowed or inserted a button battery immediately call the 24-hour Poisons Information Centre on **13 11 26 (Australia)** or **0800 764 766 (New Zealand)** for fast, expert advice.
- Examine devices and make sure the battery compartment is correctly secured, e.g. that the screw or other mechanical fastener is tightened. Do not use if compartment is not secure.
- Dispose of used button batteries immediately and safely. Flat batteries can still be dangerous.
- Tell others about the risk associated with button batteries and how to keep their children safe.

COMPONENTS



Treadmill

Accessories



Power
cord



Remote
control



Remote
lanyard



Allen
Key



Silicone
oil

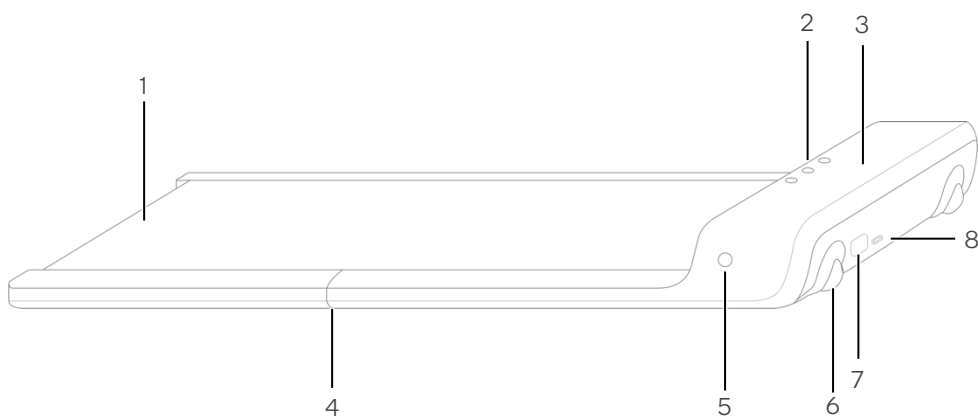


User guide



Battery
(CR2032)

OVERVIEW



1 Belt

2 Function buttons

3 Display

4 Folding hinge

5 Mode button

6 Transport wheels

7 Power switch

8 Power input

Function Buttons & Display

TIME
5:27

Time

SFD
3.5

Distance

DIST
2.34

Speed

STEP
234

Steps



Power



Manual
mode

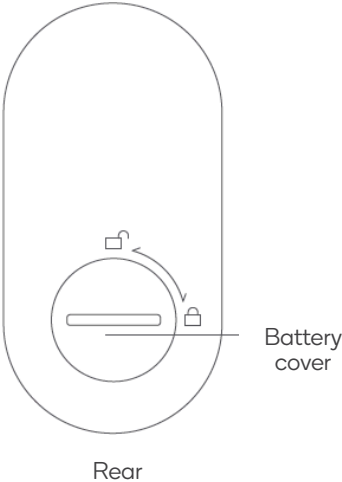
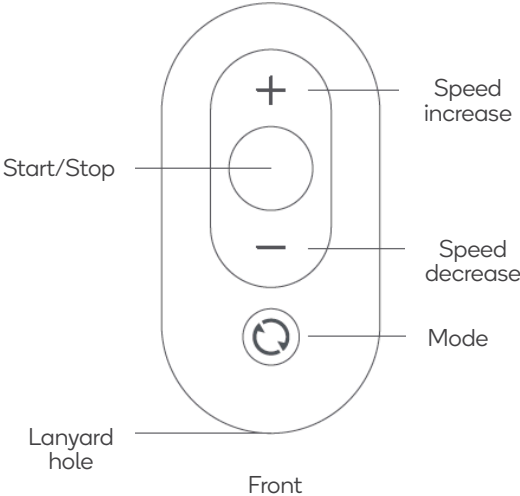


Automatic
mode



— Error indicator

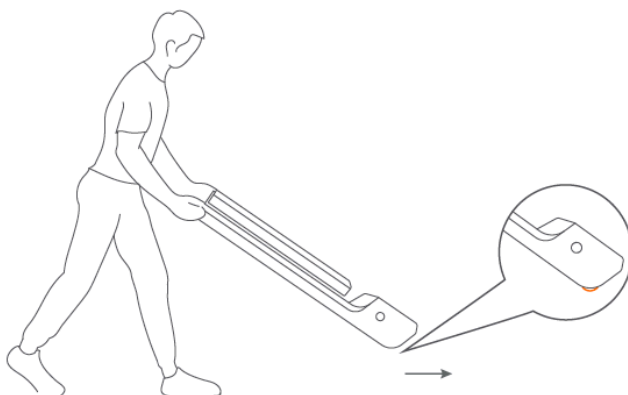
Remote Control:



ASSEMBLY

Step 1:

- Lift the rear of the treadmill until the transport wheels come into contact with the floor.
- Move the treadmill into your desired location. Avoid placing the treadmill on soft cushions or thick carpets.



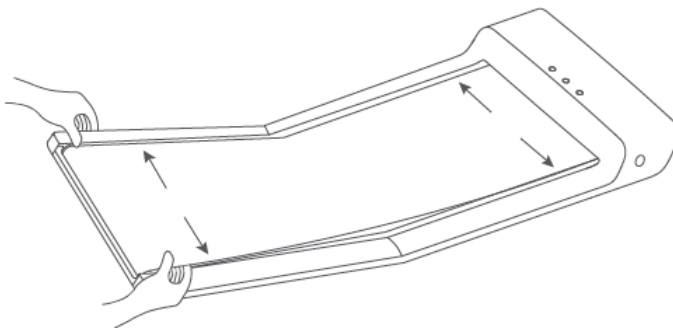
Step 2:

- Carefully unfold the treadmill, ensuring to keep your hands clear of the hinges.
- Press the rear of the treadmill down until it is completely flat.



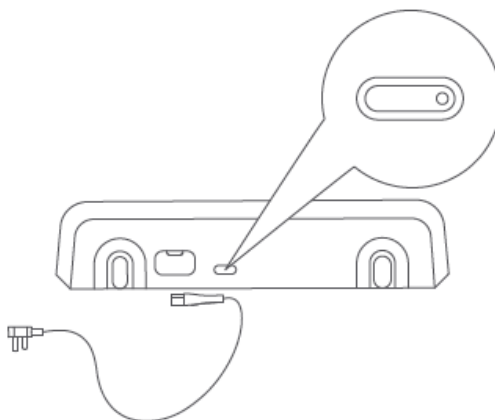
Step 3:

- Ensure the belt is in the centre of the treadmill and adjust if required.



Step 4:

- Connect the power cord to the treadmill power input.
- Plug the power cord into a power outlet and turn power switch to the on position.



Step 5:

- Download and install the "WalkingPad" App from App Store (Apple) or Google Play Store (Android).
- Open the App and follow the prompts to connect to your treadmill.



OPERATION

Turning the treadmill On and Off

- Press the Power button on the treadmill or the Mode button on the remote control to turn the treadmill on. The display will illuminate and the treadmill will enter Manual mode by default.
- The user can also power on the treadmill by pressing either the Manual or Automatic buttons. The display will illuminate and the treadmill will enter the respective function.
- To turn off the treadmill press the power button on treadmill or press and hold the Mode button on the remote control.

Speed Restriction

- The maximum speed available will be locked at 3km/h for the first 1km of usage. After accumulating 1km of usage the maximum speed available will be 6km/h.
- Maximum speed can also be unlocked through the “WalkingPad” app by completing the beginner guide.

Manual Mode

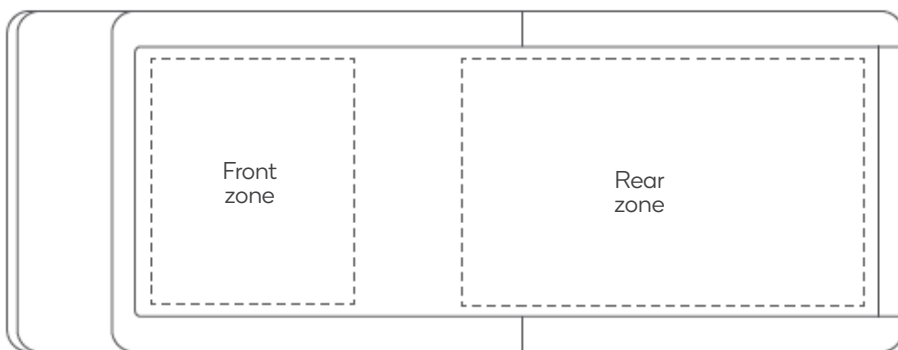
In Manual mode users can use the remote control to adjust the speed of the treadmill to suit their needs. It is recommended to start with Manual mode when you are first getting used to your treadmill.

- **Speed increase button:** Press the Speed increase button to raise the speed of the treadmill by 0.5km/h.
- **Speed decrease button:** Press the Speed decrease button to lower the speed of the treadmill by 0.5km/h.
- **Start/Stop button:** Press the Start/Stop button on the remote control to stop treadmill. Press the button again when you are ready to resume exercising.
- **Mode button:** Press the Mode button on the treadmill or the remote control to switch between Manual and Automatic mode.

Automatic Mode

In Automatic mode, users can adjust the speed of the treadmill without using the remote control. Automatic mode is recommended for more advanced users of the treadmill.

- **Increase speed:** When the user enters the front zone of the treadmill belt the treadmill speed will increase.
- **Decrease speed:** When the user enters the rear zone of the treadmill belt the treadmill speed will decrease.
- **Start/Stop button:** Press the Start/Stop button on the remote control to stop treadmill. Press the button again when you are ready to resume exercising.
- **Mode button:** Press the Mode button on the treadmill or the remote control to switch between Manual and Automatic mode.



Display

TIME
5:27

Time

SPEED
3.5

Speed

DIST
234

Distance

STEP
234

Steps

Functions and Features:

- **TIME:** Shows your elapsed workout time in minutes and seconds
- **SPEED:** Displays your workout speed value in km/h.
- **DISTANCE:** Displays the accumulative distance travelled during your workout.
- **STEPS:** Displays the accumulative steps travelled during your workout.

CLEANING & CARE

Cleaning the Treadmill

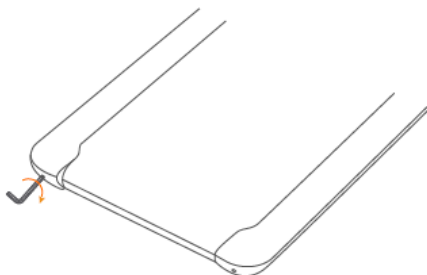
- Disconnect the power before cleaning the treadmill.
- Add a small amount of mild detergent to a 100% cotton cloth. Do not spray the detergent directly on the belt or use any acidic and corrosive detergents.
- Do not wipe under the walking belt



Belt Adjustment

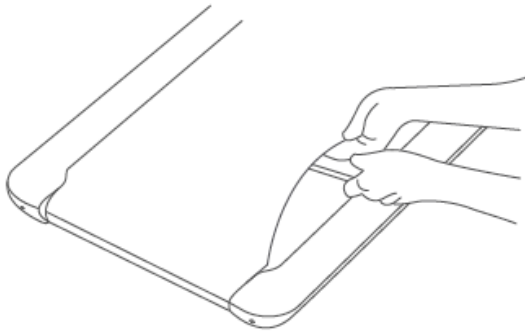
If the treadmill belt begins to slip or is out of alignment it will need to be adjusted. Press and hold both the Mode and Speed Increase buttons on the remote control for 3 seconds. The treadmill display will show "CALI".

- Start the treadmill and run at a speed of 4km/h
- To adjust belt to the left, turn the left adjusting hole screw clockwise by 1/2 turn.
- To adjust belt to the right, turn the right adjusting hole screw clockwise by 1/2 turn.
- To adjust belt tension, turn the left and right adjusting screws clockwise for 1/2 turn at the same time.
- After each adjustment, run the treadmill for approximately (1-2 minutes) to observe if the issue has been corrected. Adjust again if necessary.



Belt Lubrication

- Disconnect the power before lubricating the treadmill.
- Lift the edge of the belt and apply 5-10ml of silicone oil to the inner surface. Do not apply too much oil as this may cause the belt to slip.
- Run the treadmill at 4km/h for approximately 10-20 seconds.
- Lubricate the belt every 3 months.



TROUBLESHOOTING

Remote Control Pairing

If the remote control becomes unresponsive or if you have replaced the batteries, you will need to re-pair the remote control by pressing and holding the mode button for 5 seconds.

Note:

If the remote control is not responding, the battery may be flat and will need to be replaced.

Note:

The visible line or mark on the belt is the seam. This is not a fault and does not affect operation of the treadmill.


Error Indicator

- E01: Communication fault
- E02: Voltage protection
- E03: IPM overheating
- E04: Low-voltage protection
- E05: Overcurrent protection
- E06: Motor protection
- E08: Sensor fault

SPECIFICATIONS

Age range	14-60 years
Speed range	0.5-6km/h
Walking surface	1200x415mm
Max weight	105kg
Frequency	50/60Hz
Voltage	220-240V
Power Input	932W
Gross weight	30kg
Net weight	27kg
Operating size	1432x547x129mm
Folded size	822x547x129mm

Disposal

	<p>This symbol indicates that this appliance should not be disposed with other house-hold wastes. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources.</p>
--	--

Need more information?

We hope that this user guide has given you the assistance needed for a simple set-up. For the most up-to-date guide for your product, as well as any additional assistance you may require, head online to **help.kogan.com**

kogan.com