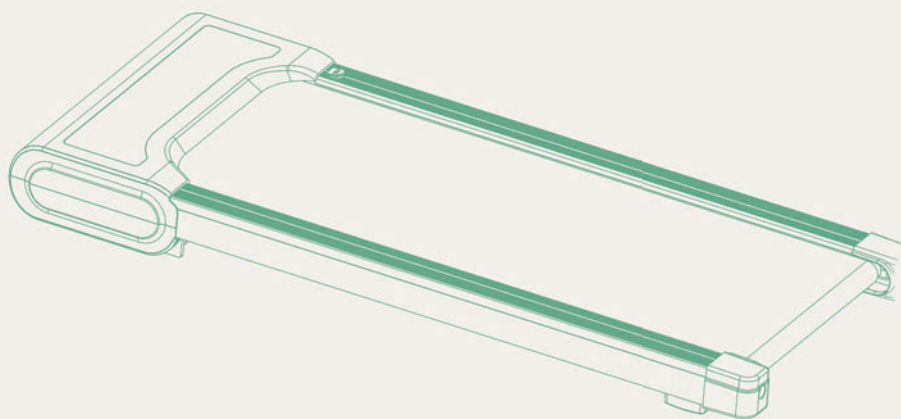




INCLINE HOME USE WALKING PAD

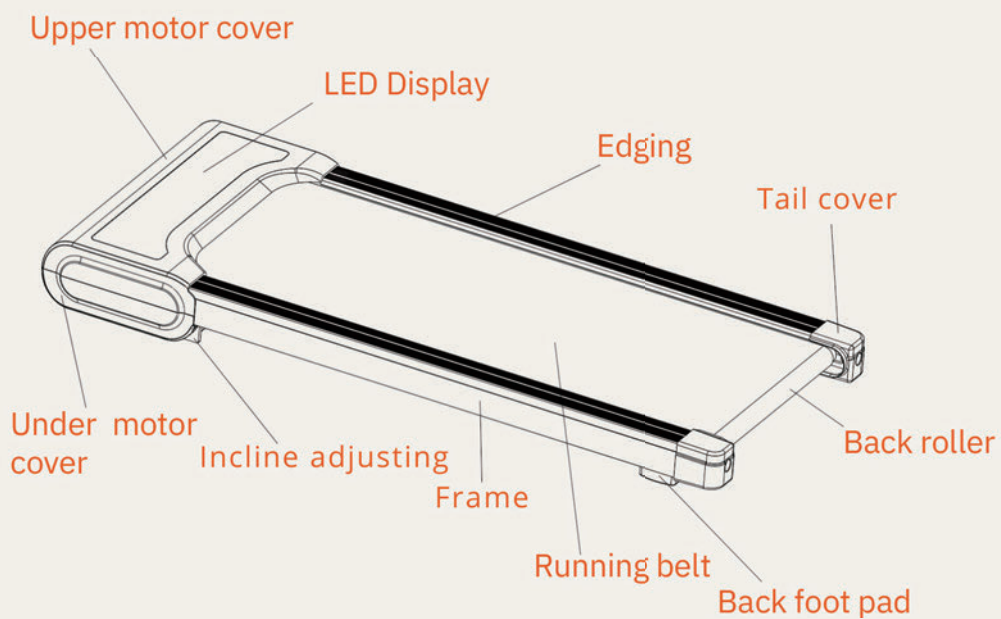


PADPACE UNDER DESK INCLINE WALKING PAD USER MANUAL

Directory

- 01 Product Instruction
- 02 Safety cautions and warnings
- 05 Parameter and packing list
- 06 Recommended poses
- 08 Installation instructions
- 10 Remote control
- 11 Instruction manual
- 13 Maintenance
- 15 Common malfunction and solution

Product Instruction



Safety cautions and warnings

Caution! Please read this manual carefully before using the product and take care follow issues:

- This treadmill should be used indoor, do not let this product be soaked and keep it away water, do not put other things on the treadmill.
- Please take the proper sports gear and do warming up before use the treadmill, do not use the treadmill on bare feet.
- Power plug must be grounded and use dedicated circuit, do not share circuit with other electric equipment.
- Kids should stay away from the treadmill to avoid unexpected situation.
- Do not use the treadmill overload and over time, or the motor, control panel, bearing ,running belt and board's life will be greatly shorten. Should do the regular maintenance to keep treadmill in good state.
- Reduce dust and keep certain humidity indoor to prevent electronic and control devices from interference by static electricity.
- Please turn off the treadmill after using.
- Please make sure air circulation when you are using the treadmill.
- Please stop doing exercise if you feel uncomfortable and consult your doctor.
- Please keep the silicone oil away from kid after using to avoid eating accident.

Warning: To avoid accident and injured, please follow bellowing issues:

- Please check your sport gear and make sure the zipper is lock.
- Do not wear cloth which is easy to be hooked by treadmill.
- Do not put the power cord near heat source.
- Do not let kid play with or play near treadmill.
- Do not use the treadmill outdoor.
- Must unplugged the treadmill before moving it.
- Never try to disassembly the product if you are not professional maintainer, or it will cause very bad consequence.
- Only one person use it at one time, do not use it with two people and more.
- Please stop doing exercise if you feel dizzy, Chest pain, nausea, or shortness of breath, and consult your fitness coach or doctor.

Warning! Must follow!

- Please consult your doctor if you are under therapy or have any one of following issues:
 1. If you are suffering waist pain or hurt leg, waist or neck before, or have perceived obstacle to leg, waist , neck and hand(also include disc herniation, Spondylolisthesis, Cervical protrusion)
 2. Deformed arthritis, rheumatism, gout

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3. Osteoporosis or bone abnormality
 4. Circulatory system disorder(heart disease, vascular disease, high blood pressure)
 5. Respiratory organs disorder
 6. Implant cardiac pacemaker or other electronic equipment
 7. Malignant tumor
 8. Thrombosis, serious arterial lipoma, acute venous lipoma and other blood circulation disease or skin infections
 9. Perceived obstacle caused by diabetes
 10. Wounded on skin
 11. Sick or fever(38°C or higher temperature)
 12. Spine abnormality or bending
 13. Pregnant women or women are in the menstrual period
 14. Unhealthy and need rest
 15. Obvious bad condition
 16. For physical recovery purpose
 17. Other bad feeling expect above situations

- All issues above may cause unexpected condition and may harm body. Please stop doing exercise if you feel waist pain, dizzy, Palpitations or other abnormal feeling, consult your fitness coach or doctor.
- Do not let kid to use this product. Kid should be keep away from the product, or it may caused unexpected hurting risk.
- Please make sure no other people or pet around the product when taking, packing or sliding it.

Forbidden

- Never use if you found the shell is broken and off (inside parts are exposed) or welding point is broken. Or it may cause unexpected condition.
- Never jump on and off the product when you are using, it may cause falling and injured.
- Never store the product out door, near bathroom or any place where is damp.
- Never use or store the product under direct sunlight, near stove, electric blanket or other heating supply equipment, or it may cause electric shock or fire accident.
- Never use the product when you found power cord or plug is broken or socket slack, or it may cause electric shock, short circuit or fire accident.
- Never break or twist the power cord, also never put things on the wire to avoid electric shock or fire accident.
- Never use the product with two or more people at the same time, keep others way when using the product, or it may cause unexpected situation or falling accident.
- Never use the product if user can not express self conscious or can not operate the product by himself/herself. Or it may cause unexpected situation.

-
- Keep the product away water or other liquid, especially the main base. Or it may cause electric shock or fire accident.
 - Never do intense exercise if you don't exercise usually. Do not use it after meal, fatigue, or other uncomfortable state, or it may be harm to your health. This product is only for home use, never use it at school, stadium or other public place, or it may cause unexpected situations.
 - Never use the product if you are eating or doing other behavior, also never use it after drinking, or it may cause accident or injured.
Do not use it when feeling sluggish after drinking alcohol, as it may lead to accidents or injuries.
 - Never take your watch, bracelet, mobile phone and other valuable objects with you to avoid damage, also take off your keys and knife to avoid hurting yourself.
Please do check the power cord whether there is needle, garbage or other wet things before using to avoid electric shock, short circuit or fire accident.
Never touch the plug with wet hand to avoid electric shock.
 - Please turn the power switch to off position and unplug the product if you do not use it for a period to avoid electricity shock or fire accident caused by insulation deterioration.

Grounding explanation

- This product must be grounding, it can greatly reduce the risk of electricity shock when the product is dysfunction.
- The plug of this product is grounding standard, please use local legal grounding power source to connect the product

Dangerous

- It may cause electricity shock if the product is not grounding properly. Please ask professional electrician to check if you are not sure whether the grounding is correct. Never modify the plug if it can not fit your power source, please ask professional electrician to install a proper power source.
- Never use transfer plug, this product must connect to power source with grounding function.

Parameter and packing list

Parameter		
NO.	Parameter	Description
1	Input voltage	110V, 60Hz
2	Power	2.5HP
3	Speed range	0.5-5MPH
4	Available running belt area	420*1050mm
5	Operation style	Remote control+Motor cover touch type
6	Net weight	26.5kg
7	Gross weight	30.5kg
8	Functions	Speed, Time, Distance, Calories, incline, P1-P12, Mode Countdown

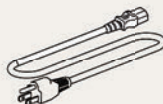
Packing list					
No.	Name	Quantity	No.	Name	Quantity
1	Base	1PC	2	Spare parts set	1PC



Walking machine x 1



Remote control x 1



Power cord x 1



Manual x1



Allen wrench x 1



Lubricating oil x 1

Recommended poses

Warm-up: 5 to 10 minutes of warm-up exercise is required before using the machine.

Breathing: Breathing cannot be shielded during exercise. Usually, when preparing to return to the movement, inhale through the nose and exhale through the mouth. Breathing and movements should be coordinated. If breathing is too fast, stop exercising immediately.

Frequency: The exercise of the muscles of the same part should have 48 hours of rest, and the same part can only be trained every other day.

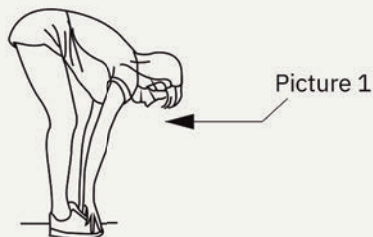
intensity: Determine the training weight according to the individual's physical training status, and then practice with the principle of progressive load, soreness can be eliminated.

Diet: In order to protect the digestive system, you can exercise one hour after meals, and eat at least half an hour after training. Drink less water during exercise, especially avoid drinking a lot of water, so as not to increase the burden on the heart and kidneys.

Stretching: No matter what speed you run, it is best to do stretching exercises first, warm-up exercises, muscles are easier to stretch, so first walk for 5 to 10 minutes to warm up, then stop and do stretching exercises 5 times as follows. Do each leg exercise for 10 seconds or more at a time, and repeat it after the workout.

1.Stretch the body down:

Bend your knees slightly, bend your body down slowly, relax your back and shoulders, repeat 3 times (Picture 1).



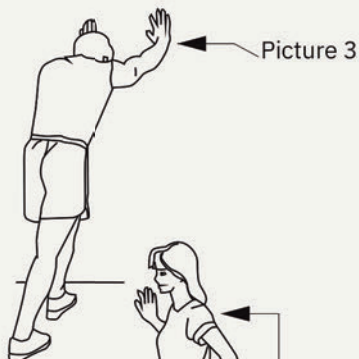
2.Hamstring stretching exercise:

Sit on a clean cushion, straighten one leg, put the other leg close to the inside of the straightened leg, try to touch the toes with your hands,hold for 10-15 seconds, then relax,repeat three times for each leg(Picture 2).



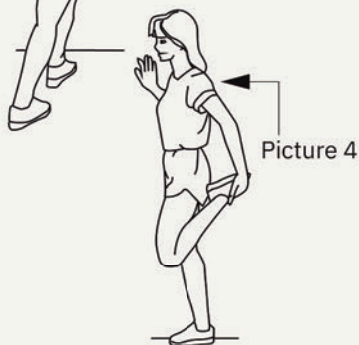
3.Calf and Achilles tendon stretching exercise:

Stand with two hands on the wall or table, keep the rear leg upright and the heel on the ground with one foot behind, lean towards the wall or table, hold for 10-15 seconds, then relax, repeat three times for each leg (Picture 3).



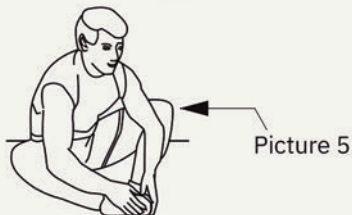
4.Ankle joint stretching exercise:

Hold a fixed support with your right hand to master the balance, then stretch your left hand backwards, grab your left ankle and slowly pull it up to your buttocks until you feel the muscles in front of your thighs tighten, hold for about 10 to 15 seconds, then relax, and repeat 3 times for each leg (Picture 4).



5.Sartorius muscle (inner thigh muscle) stretching exercise:

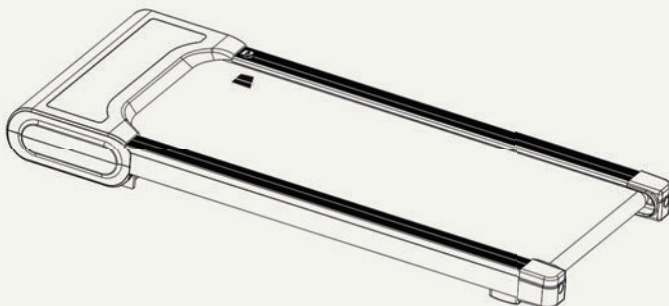
Put the two soles of the feet facing each other, sit down with the knees facing outwards, grasp the feet with both hands and pull them towards the groin, hold for 10-15 seconds, then relax, repeat 3 times (Picture 5).



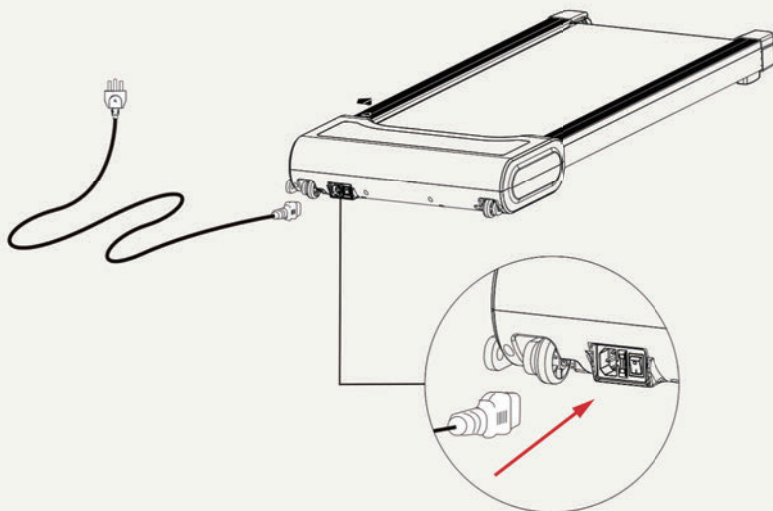
Installation instructions

Directions for use

1. Take the product out of the box, remove the outer PE bag, and place it on a flat ground.



2. Take out the power cord from the ziplock bag, insert the power cord into the 110v row jack, dial the power switch next to it to the symbol "—" position, and start using this product after the light is on.



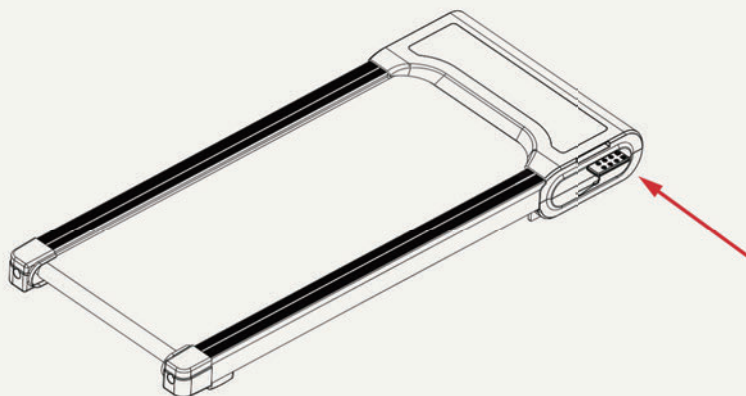
Angle adjustment

1. This product has an incline adjustment function, a total of 8 levels of adjustment, the highest is about 7° horizontally.

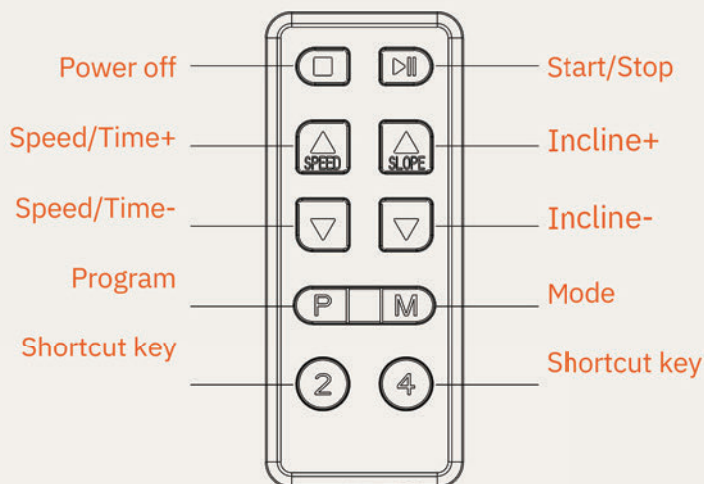


Remote control storage

2. After the product is used, you can insert the remote control into the storage' in the direction shown by the arrow in the figure, and the remote control has a magnetic function.



Remote control



Power off: Press this button to stop the machine swap and reset the data to zero.

Start/Stop: When the power is turned on, the panel shows 000, you can press this key to start the machine, and when you want to stop the movement, you can press this key to stop safely.

Mode: Press this key to switch between speed, time, and calorie countdown.

Program: Press this key to switch between P1-P12 range automatic movement modes.

Speed/Time+: Press this key to adjust the addition of time, and you can also adjust the speed, calories, and distance in manual mode.

Speed/Time-: Press this key to adjust the time reduction, and you can also adjust the speed, calories, and distance in manual mode.

Incline+: Press this key to adjust the incline of the treadmill in 8 gears.

Incline-: Press this key to adjust the incline of the treadmill in 8 gears.

Shortcut key: Press this button to quickly jump to the corresponding operating speed.

Note: The effective range of the controller to receive the control signal is 2-5 meters.

Instruction manual

- It is a easy operating-panel, it does not require complicated operation
- Vocabulary explanation:
- Treadmill related: speed
- Sports related: distance, speed, calorie, time
- Manual mode: free adjusted mode without default data
- Auto Program : the mode with preset data.

LED digital tube display (Arranged from left to right)

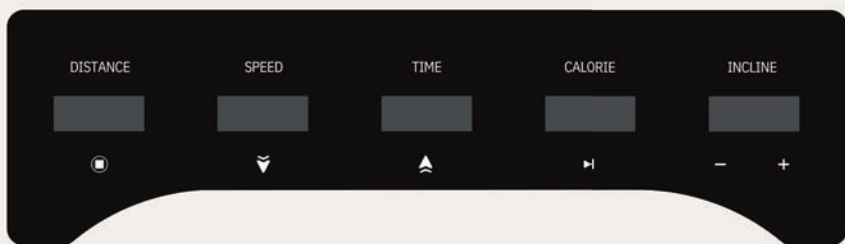
Distance display

Speed display

Time display

Calories display

Incline display



- Power off
- ▼ Time/speed -
- ▲ Time/speed +
- ▶ Start/Stop
- Incline-
- + Incline+

Parameter

1. Power supply voltage: 110V/60 Hz;
2. The minimum speed is 0.5 MPH;
3. Maximum speed 5 MPH;
4. The minimum time in automatic mode is 5 minutes, and the maximum exercise time is 99 minutes;
5. The minimum distance in manual mode is 1 mile, and the maximum distance is 99 miles;
6. The minimum calorie in manual mode is 20 kcal and the maximum is 990 kcal.

Description of motor function(Remote Control)

Detect whether the power supply is plugged in before exercising, whether the power switch is turned on. The standby status panel displays 0000, press the start button for three seconds to start the countdown starts, the speed display is 0.5 miles, the speed, time, distance, calories on the window are displayed alternately, press the SPEED on the remote control to adjust the speed, minimum 0.5 mph/h, maximum 5 mph/h. Press the button again The machine pauses slowly, the speed returns to zero, and other data remains in the latest state, and the screen is always on and not off. Press the button again, the speed of the machine starts at 0.5 after unpausing. Press the button and the machine stops slowly, and all the data is reset to zero.

Auto Mode:

1. The window displays 0:00 in standby mode, and when you press the P key, the window displays P01.....P12, the time is displayed for 30 minutes and flashes, press SPEED to adjust the time, the minimum is 5 minutes, the maximum is 99 minutes, press the start button after completing the setting, and enter the range value mode after the three-second countdown is started.
 2. The window displays 0:00 in standby mode, press the M button to display H-1, the time flashes for 30 minutes, press the SPEED plus and minus button to adjust the time, the minimum is 5 minutes, the maximum is 99 minutes, press the button after completing the setting, and enter the mode function after the three-second countdown starts.
 3. The window displays 0:00 in standby mode, press the M button to display H-2, the distance flashes 1 mile, press the SPEED plus and minus keys to adjust the distance, the minimum is 1 mile, the maximum is 99 miles, press the button after completing the setting, and enter the mode function after the three-second countdown starts.
 4. The window displays 0:00 in standby mode, press the M key to display H-3, the calories are 50 kcal flashing, press the SPEED plus and minus keys to adjust the calories, the minimum is 20 kcal, the maximum is 990 kcal, press the button after completing the setting, and enter the mode function after the "three-second countdown starts.
 5. Remote control shortcut key function: Regardless of any speed, press the shortcut key function on the remote control to adjust the speed to the required speed range.
-
1. Press the ascending button on the remote control to make the front end of the treadmill rise slowly;
 2. Press the ascending and decreasing button on the remote control to slowly lower the front end of the treadmill;
 3. There are a total of 8 levels of Ascension function.

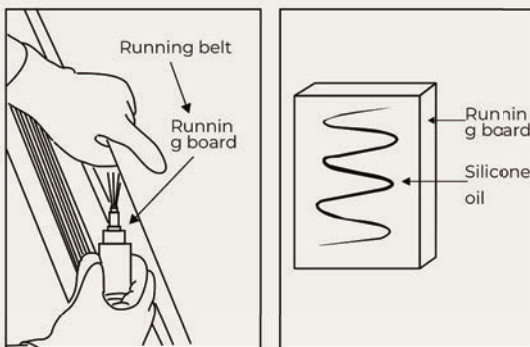
Maintenance

Lubrication:

After using the running belt for a period of time, it is necessary to regularly check the lubrication condition. The method to determine whether lubrication is needed is to touch the central part of the back of the running belt. Wet means no lubrication is needed, dry means lubrication is needed.

How to lubricate the product:

- Steps to apply lubricant to the running board: (as shown in the picture).
- Stop the running belt and fold the machine.
- Lift up the running belt on the back of the main frame: extend the oilpot as far as possible into the running position of the running belt, spray the silicone oil on the inner side of the treadmill, coat both sides of the running belt with silicone oil, and then use a speed of 1.0KM/H to run the treadmill to spread the silicone oil evenly, and lightly step on the running belt from left to right for about a few minutes to make the silicone oil completely absorbed by the running belt.



Running belt tightness adjustment:

Every treadmill must set the elastic tendency before it leaves factory and after assembly, but it will become loose after using a period. Just like it will stuck or slide sometimes, you can turn the adjusting bolt in clockwise direction, semi-circle a time (left and right at the same time) to adjust the running belt. Don't make it too loose or too tight, or the running belt will slide or make motor over load.

Running belt deviating.

There are some factors will cause this situation:

- The treadmill is not set flat,
- User does not step on the centre of the running belt,
- Caused by 1 or 2 is easy to be solved, just set the treadmill flat and let it idle for several minutes can solved the problem.

If the deviating still exist, you can use the 6mm Allen wrench adjust it in a quarter turn.

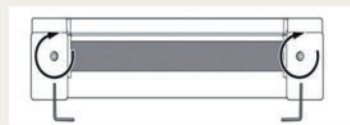
Deviating is not in the warranty scale, user can maintain it follow the instructions. But please fix it as soon as you find the problem or it will break the running belt



If deviating turns to right, then turn the left screw in counterclockwise direction,
Turn the right screw in clockwise direction



If deviating turns to left, then turn the left screw in clockwise direction, turn the right screw in counterclockwise direction



Turn the left and right screw in clockwise or anticlockwise direction with L-shaped wrench



Turn the left and right screw in clockwise or anticlockwise direction with L-shaped wrench

- Running belt with slipping: user running with slipping or momentary pauses during running;
- Adjustment the running belt: Tighten the running belt screws on both sides clockwise by 1/4 turns, and then follow the running direction adjust the deviation direction. If it is to the right, adjust the right screw, and then slowly and sequentially adjust the running belt until the running belt is centered.

Common malfunction and solution

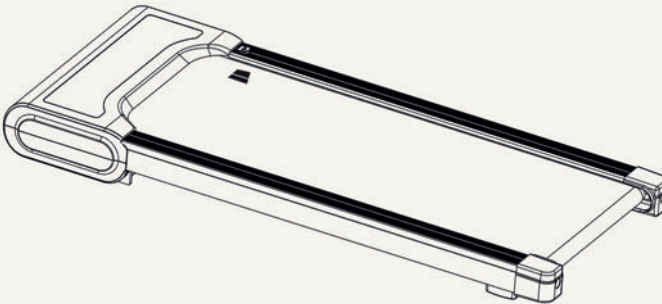
Malfunction code	Malfunction	Cause	Solution
E01	Electronic control communication failure	1. Wire of the control panel is not connected correctly, or there is broken, poor contact on the control panel. 2.No signal output from the control panel. 3.No signal output from the under control.	Contact customer service for maintenance
E02	Abnormal voltage between under control and motor	1.Wire of the motor is not connected correctly 2.Voltage to motor is abnormal. 3.Bad motor	Contact customer service for maintenance
E03	Abnormal speed	PWM drive failure on under control	Contact customer service for maintenance
E04	Over voltage protection on motor	1.The treadmill is overloaded and voltage is over the rate voltage 2.The failure on motor 3.Under control fail to detect the over voltage on motor	1. Please check whether the input voltage is too high and cause abnormalities 2. If the voltage is too high and the machine is abnormal, please suspend the use
E05	Over current protection on motor	1. The treadmill is overloaded and current is over the rate current 2.Failure on motor structure, something jams the motor 3.Failure on under control current protect system	1. Check whether you are overweight and run the treadmill 2. Check whether there is any foreign object stuck in the running
E06	Abnormal low voltage	1.Low voltage from power source 2.Failure on under control detecting system.	1. Please check whether the input voltage is too low abnormal 2. If the voltage is too low and the machine is abnormal, please Suspend 3. Contact customer service for maintenance

•No display on the screen

- a: Check whether the power cord is plugged in, whether the power switch is turned on, and whether the fuse on the controller is blown;
- b: Whether the 4-core wire connection between the electronic meter and the controller is connected properly;
- c: Whether the controller and transformer are connected properly.

Support

Dear PadPace Walking Pad user, in any case of issue or trouble with the walking pad, you are welcome to contact us through Amazon.



PADPACE

FCC Warning:

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator and your body.