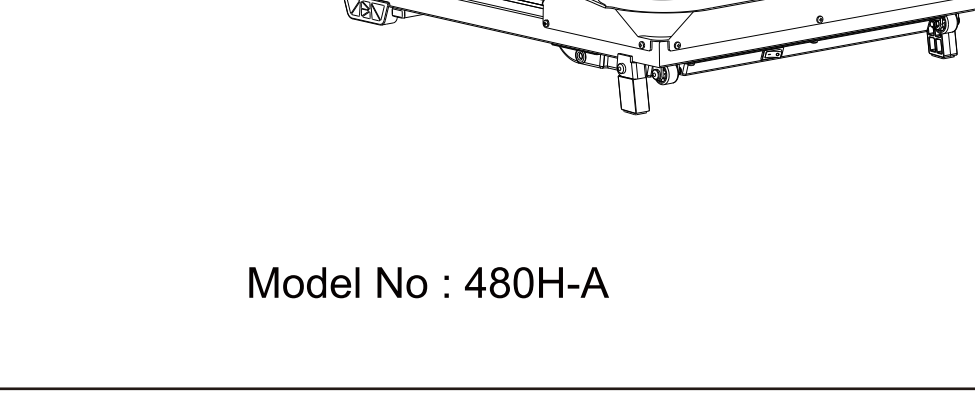


User Manual

STEP STATION

WalkingPad® Treadmill



Model No : 480H-A

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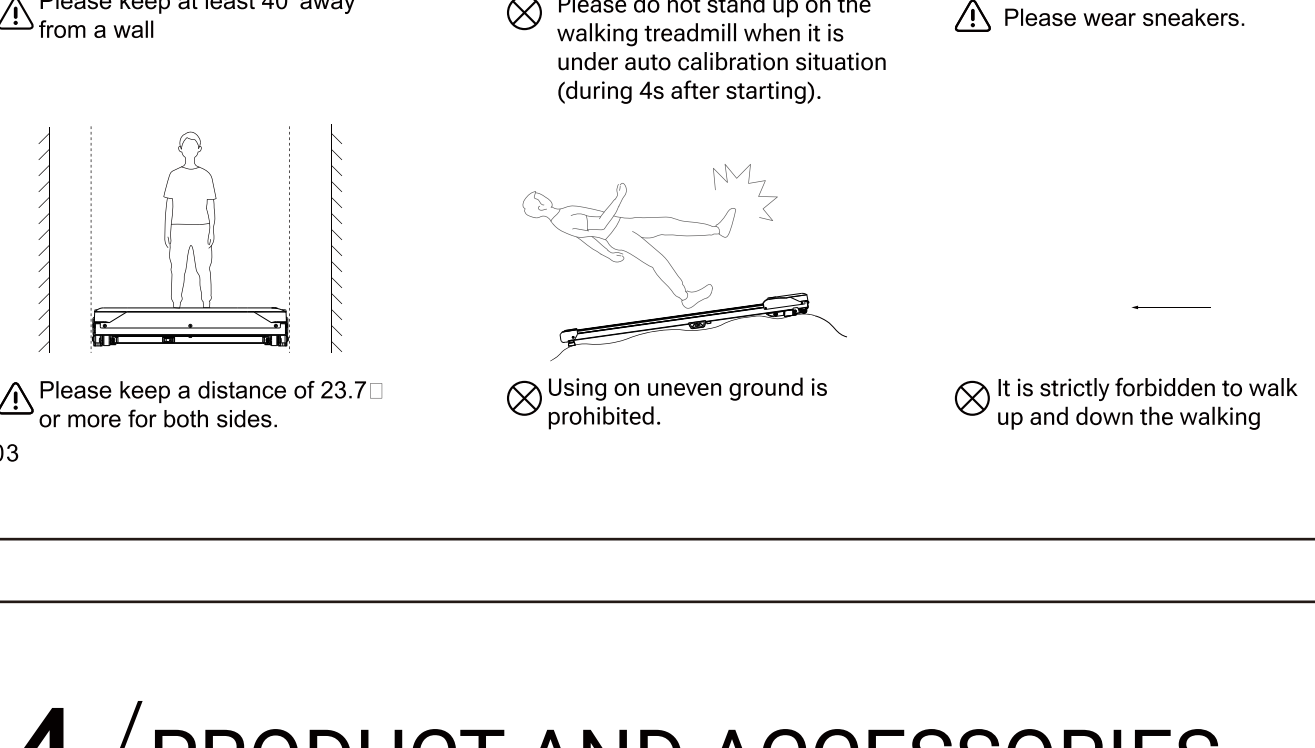
- 1 IMPORTANT SAFETY INSTRUCTIONS
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1/ IMPORTANT SAFETY INSTRUCTIONS

01

02

2/ SAFETY NOTICE



03

3/ SPECIFICATION

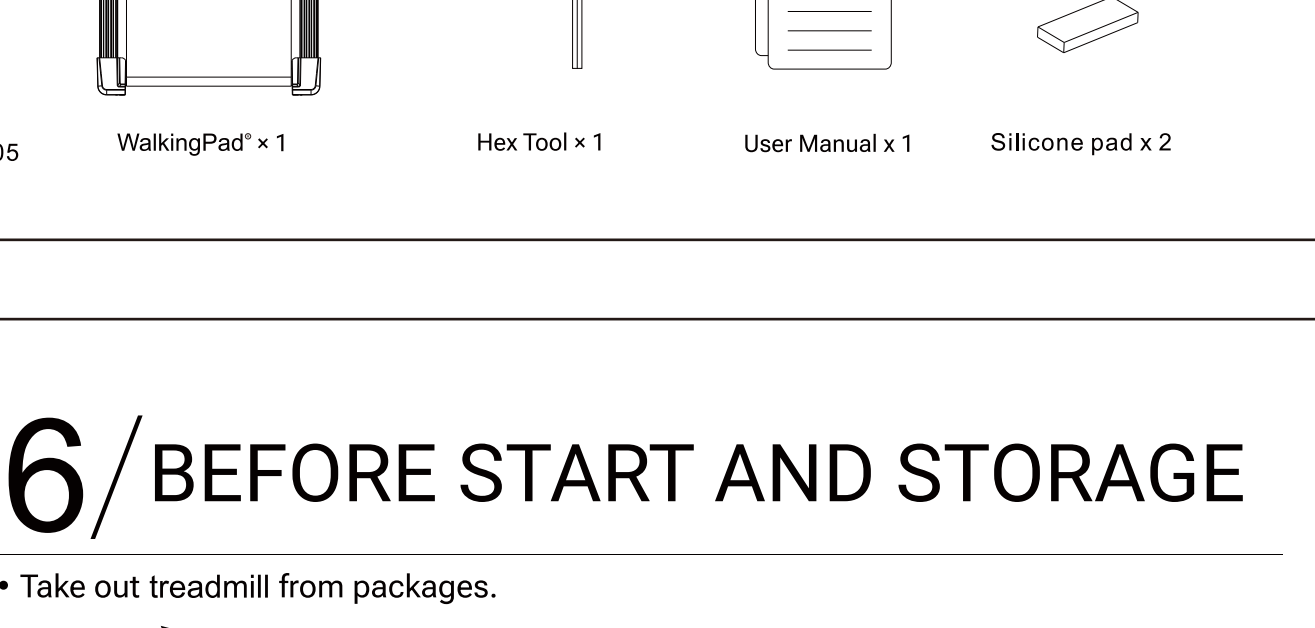
Performance indicators	Detailed parameters	Performance indicators	Detailed parameters
Product dimension	46.9 x 20.3 x 3.9 inch	Minimum speed	0.6 mph
Walking area	40 x 15 inch	Maximum speed	4 mph
Net weight	37 LBS	Rate volatage	110 - 120V ~
Gross weight	43 LBS	Maximum load	265 LBS
Peak horsepower	2.5 HP		

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4/ PRODUCT AND ACCESSORIES

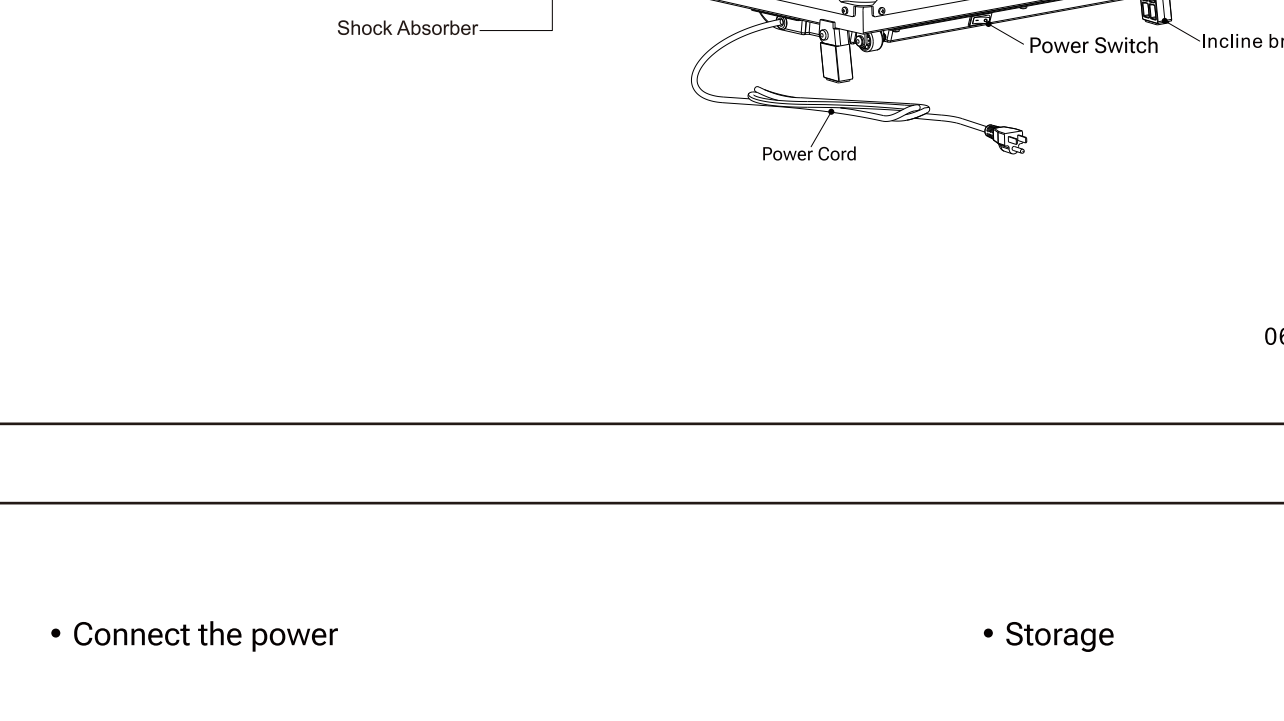
Please carefully check whether the contents of the package are complete and intact. If there is any missing or damaged, please contact customer service: Email: support@walkingpad.com

Tel: (US) 1-(888)-292-4009, Monday - Friday, 9 am to 5 pm.



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5/ PRODUCT INTRODUCTION



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6/ BEFORE START AND STORAGE

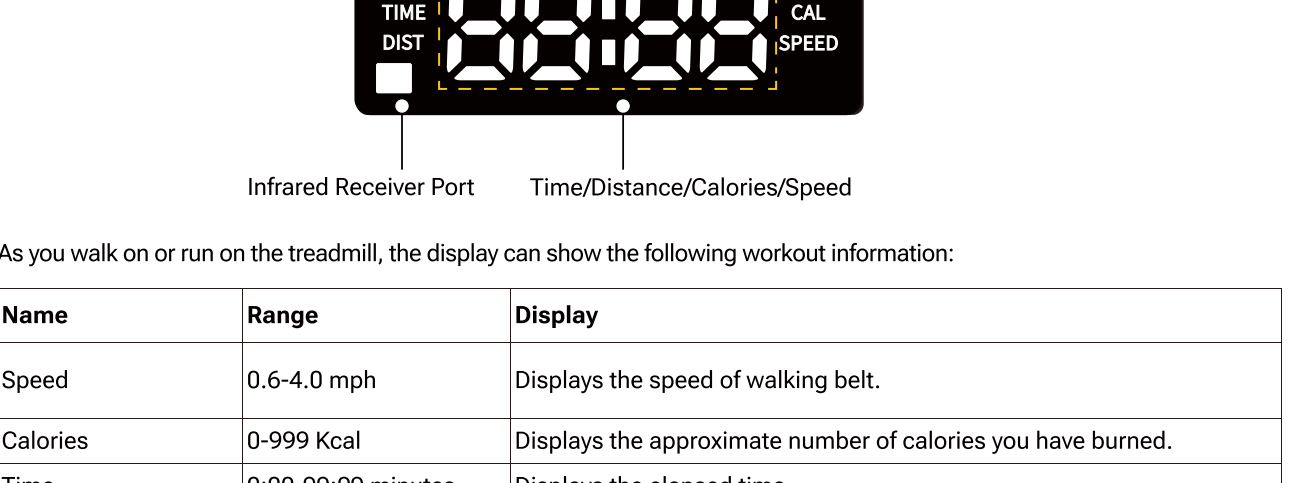
- Take out treadmill from packages.
- Transportation

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- Connect the power
- Storage

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7/ DISPAY SCREEN



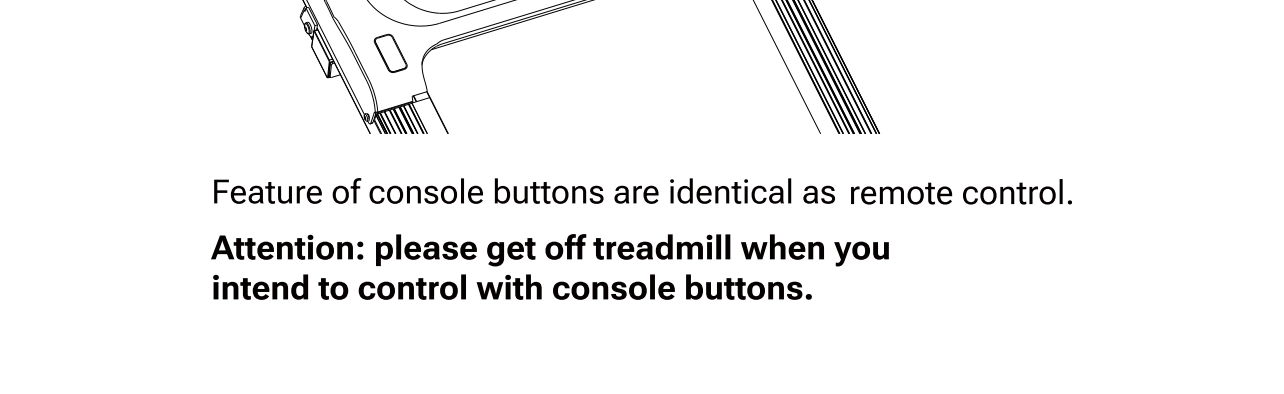
As you walk on or run on the treadmill, the display can show the following workout information:

Name	Range	Display
Speed	0.6-4.0 mph	Displays the speed of walking belt.
Calories	0-999 Kcal	Displays the approximate number of calories you have burned.
Time	0:00-99:99 minutes	Displays the elapsed time.
Distance	00.0-99.9 miles	Displays the distance that you have walked or run.
Infrared Receiver Port	/	Aiming the receiver when remote control is in use.

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8/ OPERATION

- console buttons



Feature of console buttons are identical as remote control.

Attention: please get off treadmill when you intend to control with console buttons.

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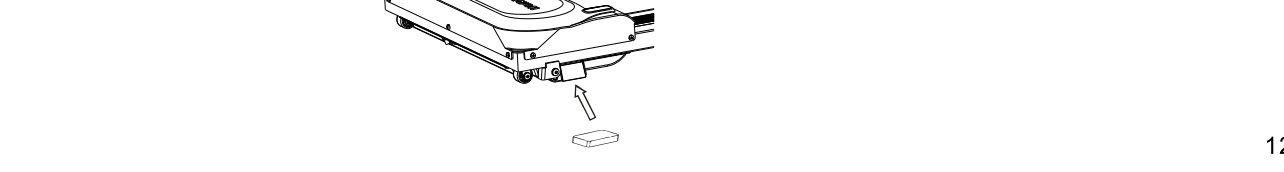
Operation of Remote Controller

- Press button to start walking belt, the default initial speed setting is 0.6mph.
- Press button to have a pause in working mode, to resume workout, press it again.
- Press this button to stop walking belt when your workout is completed.
- Press or hold this button to accelerate, the increment is 0.2mph.
- Press or hold this button to decelerate, the decrement is 0.2mph.
- Customize workout goals (Ex: Time ; Calories ; Distance)
- Press this button, the speed will gradually change untill 2 mph.
- Press this button, the speed will gradually change untill 4 mph.

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9/ HOW TO USE

For a better workout, this machine has added manual incline structure components, the incline angle is about 4 degrees, refer to below picture.



Warm Tips

When the home has wooden floors or ceramic tiles, silicone pads can be attached in flat mode to prevent scratches on the floor, as shown in the picture on both sides.



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10/ TROUBLESHOOTING

Problem	Fault Analysis	Resolutions
No working	1. Power switch dysfunction. 2. Power supply interrupted. 3. Power cord damaged	1. Replace new power switch if it doesn't light on. 2. Make sure that power cord is plugged into properly grounded outlet. 3. Replace new power cable.
Walking belt slips	Walking belt loose	Tighten walking belt tension with hex tool A (1/4" turn both idler roller screw clockwise)
Remote control does not work	1. Incorrect use of default. 2. Battery power shortage. 3. Remote control malfunction	1. Remotor control should directly aiming to receiver port when in use. 2. Replace new battery cells. 3. Replace new remote control.
Friction noise	Walking belt off center.	See details of walking belt tension chapter.

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11/ CARE AND MAINTENANCE

A. Symptom : walk belt off centered or slips.

- Centering walk belt process as follows :
 1. Power off treadmill and unplug the power cord .
 2. Manual centering process as follows :
 - If the walk belt has shifted to left, use the hex tool to turn the left idler roller screw clockwise 1/4 of a turn(refer to figure 1).
 - If the walk belt has shifted to right, use the hex tool to turn the right idler roller screw clockwise 1/4 of a turn(refer to figure 2).
 3. Appliance MUST work 1-2 minutes. Repeat manual centering process until the walk belt is centered.

Figure 1

Figure 2

Figure 3

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B. Belt lubrication process, follow instruction below to lubricate belt.

- 1. Power off treadmill and unplug cord.
- 2. Using the hex tool, turn both idler roller screws counterclockwise till belt loosen and lifting easily.
Tip: please markdown hex tool rotating cycles when loosen belt, which use for adapting belt tension after lubrication process.
- 3. Lifting edges of belt and spraying lubrication oil at center of walk platform evenly. Not necessary to spray lubrication oil on entire walk platform.
- 4. Lubrication oil volume Per time of maintenance: 5-10mL.
Attention: It would causes of belt slip if spray too much.
- 5. Using the hex tool, turn the both idler screws clockwise as previous markdown number of turns until walk belt tension properly.
- 6. Power on treadmill and workout for a few minutes, in order to spread lubrication oil to whole belt surface evenly.
Attention: No-loading work at 1.0mph speed setting.
Lubrication frequency: High recommend 125 Miles Per time.

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C: Appliance cleaning.

- 1. Power off treadmill and unplug power cord before cleaning.
- 2. Wipe and clean with damp cloth. Do not cleaning with acidic or caustic detergents.
- 3. Do not clean few black of walk belt.
- 4. Its normal few black powders residual under treadmill after long working.

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12/ ERROR CODE

When error occurs, error warning indicator will light up and display its error code.

Error Code	Fault Analysis	Resolutions
E01	Communication interrupted between controller and numeric display.	Unscrew motor hood and verify connection between controller and numeric display. Please contact with after sale service if E01 code has not been eliminated. Notice: Always power off and unplug power cord before processing.
E02	Flame protection	1. Unscrew motor hood and verify connection between controller and motor. 2. Power supply interrupt due to connector loosen or out, please unscrew motor hood to check. 3. Please contact with after sale service if problem CAN NOT solved by above process.
E05	Over current protection	1. Due to user over limited 120 Kg. 2. Open to check any foreign objects blocked moving parts. (such as: drive motor, idler roller, driver roller, walking belt) 3. Walking belt is overtightened or lack of lubricant. (please see detail chapters relate to belt tension and lubricant process)
E06	Software bug	Replace new controller.
E07	Communication interrupted between signal cable and console	Unscrew motor hood and verify connection of signal cable , please contact with after sale service if E10 error code has not been eliminated

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13/ SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch--never bounce.

1. Toe/Thigh Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward your hand and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To release further stretching of the Achilles tendons, bend your back leg as well. Stretches: Calves, Achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outwards. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

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FCC Statement

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.

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 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.

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

Radiation Exposure Statement

This device complies with FCC RF radiation exposure limits set forth for an uncontrolled environment.

The FCC certification of this device refers to RF exposure testing performed in typical operating conditions, where a person is no closer than 20 centimeters from the device surface at all times, except for non-repetitive patterns with transient time intervals in the order of a second. Only in the stated conditions, the device is shown to fully comply with the FCC RF Exposure requirements of KDB 447498.