YEMSD

Walking Pad

USER MANUAL

Model:C102

⚠ Please read all instructions in the user manual carefully before assembling and using the treadmill,and keep it for future reference.

CONTENTS

Ⅰ、Product Outline 01

Ⅱ、Safety Instructions 04

Ⅲ、Installation Instructions 06

Ⅳ、Operation Instructions 07

Ⅴ、Daily Maintenance 10

Ⅵ、Manual Refueling 12

Ⅶ、Warm-up Demonstration 13

3.Product Basic Specification

Model No:	C102
Color:	Black
Peak Horsepower:	2.5 HP Peak
N.W:	17.6KG
G.W:	19.7KG
Running Belt:	93*38CM
Speed Range:	0.8-6 km/h
Product size:	114*49*11CM
Package Size:	121.5*57*14.5 CM
Max User Weight:	330LBS

For more support on this product, you are welcome to contact us via email:
support@yemsd.shop

1.Product Outline

2.Detailed List

Treadmill

Instruction Manual

Tool kit

Silicone oil

Tips.:

The product is designed with many safety issues in mind,so please follow the instructions below, just in case. We do not accept the consequences of any abnormal operation.

1.When you start training with this product, please consider your physical conditon, training properly and regularly to ensure that you have enough physical strength to train. Wrong or excessive training will not help your health.
2. This product is not suitable for children. Physical discomfort or mental deficiency and lack of common sense are prohibited. Unless they are supervised or guided by the person responsible for their safety. Children should be guardianship and make sure that they will not play with equipment.
3. This product is suitable for home use and is not suitable for professional training and testing, nor for medical purposes.
4. The heart rate display of this product can not provide data for clinical medicine.
5. If the power cord is damaged, it must be replaced by the manufacturer or a qualifed service person in order to avoid danger.
6. Please check all parts before use. And make sure the screws and nuts are tight.
7. When running on a treadmill, wear comfortable tight-fitting clothing to prevent the clothes from being caught by the machine. Do not let children or pets play around the treadmill to avoid accidents.
8. Place the treadmill on a smooth, clean, level surface. Make sure there are no sharp obiects nearby. Please do not use it near water and heatsources.
9. Please avoid all moving parts with your hands. Do not place your hands and feet in the gap below the running belt.
10.When the treadmill is running, it is for one person only.
11. Make sure the screws and bolts are tight after the treadmill is assembled.

12.When this product is not in use,please keep there mote control in a safe place to prevent dangers caused by children and those who are not suitable for walking machines.
13. When in an emergency,you should quickly press there mote control stops witch and step on the left and right borders of the walking machine.
14.When the walking machine is placed before use, it needs one meter on each side and a safety distance of two meters in the rear.There is no obstacle in the safe distance.
15.Please use the accessories provided by the original manufacturer,and it is strictly forbidden to change it privately.

Special Notice:

1.Place the walker in a place where the plug can be plugged into the socket.
2.Plug the power cord directly into the socket and do not allow looseness.
3.Please use qualified socket to avoid the danger.
4.If the plug and socket are not compatible,please do not touch the plug and ask the electrician to handle it.
5.Please use a power supply with a voltage of 110V.
6.Please do not let the power cord and roller contact,do not put the power supply on the running belt,do not use the damaged plug.
7.Unplug the plug from the socket before cleaning and maintenance
8.WARNING: Failure to unplug the plug before cleaning and maintenance may result in personal injury and equipment damage.
9.Please check each part carefully before use.
10.Please do not use this product outdoors,in high humidity and in the sun.
11.Please turn off the machine and remove the plug when you leave.
12.For your safety,the power plug of the machine must be grounded.

Walking machine installation way:

1. Lift the unit out of the carton and plug it in to use.

Built-in Wheels

Easy to transport and move to the place you want

A.Precautions before use:

1.When you are using the walking machine, for your safety, you must use a power outlet with a ground wire.

1.1) Start,place the unit on the level ground.

1.2)Turn on the power, turn on the power switch, the power switch indicator lights up, and then the buzzer will sound.

1.3)Check the screen for abnormal data.

1.4)Choose the following operation methods according to the model configuration of the machine you purchased.

B.Operation Instruction:

1. With handle bar/without handle bar item START operation way:

1.1 Press the start buton of the remote control to start the walker, the electronic window displays: 3-2-1, then start the motor.

1.2 The startind speed is 0.8km /h. At this time, you can adiust the speed rande according to the speed + and speed-of the panel, and choose the appropriate speed for your situation.

C.Incorrect startup method:

1. After Start, jump on the running belt that is sliding.
2. Stand on the running belt and turn on the treadmill.
3.Turn on the walking machine in fast mode.
4. Minors and people with reduced mobility or other people who are not suitable for strenuous exercise use walking machines.

D.Fall prevention:

Suggestion: Stop the treadmill after you get down.

Start: Counting down to 3 seconds, start moving at a starting speed of 0.8km/h

Stop: The treadmill stops after the countdown of the speedometer ends.

Error message instructions for DC system of treadmill

Possible reason	Failure or symptom	Solution
E02 Overcurrent fault	1. The power grid voltage of the user is unstable and the peak voltage is very high;	Need to add external filter voltage regulator
	2. Wrong setting of wheel diameter;	Reset the wheel diameter as far as possible not to exceed the rated voltage of t
	C The controller is damaged.	Replace the controller
E03 Overcurrent protection	1. Over load.	Reduce the load and try not to exceed the rated load
	2. The motor or roller is stuck with foreign matter	Remove stuck foreign matters
	3. The roller is not lubricated enough, and the resistance increases	Add lubricant
	4. The controller is damaged.	Replace the controller
	5. Motor damage and resistance increases	Re-reinforce the main motor connection line
E04 Main motor open circuit	1. The main motor line is not connected or loose	Harden the cable port
	2. Main motor open circuit and damaged	Replace the controller
	3. The controller open circuit and damaged	Replace the driver
E06 Communication error	1. The upper and lower control main cable interface is loose	Harden the cable port
	2. The upper and lower control main cable damaged	Replace the upper and lower control main cable
	3. Meter is damaged	Replace the meter
	4. The controller is damaged	Replace the controller.
E07 Safety switch off	1. The safety switch is not installed;	Stop using and ask electrician to troubleshoot
	2. Bad induction wire of safety switch:	Replace the safety switch induction line
	3. Meter safety switch interface damage:	Replace the meter
E0C Power tube breakdown explosion protection	1.Power transistor breakdown, controller damage	Replace the controller

Proper maintenance is the only way to keep your walking machine at its best. Wrong maintenance can hurt or shorten the life of the walking machine.

Tips.:

Do not use sandpaper or solvents to clean the walking machine. The controller part of the walking machine should not be exposed directly to the sun or moisture to avoid damage. Please check and tighten all parts of the walking machine frequently. Damaged parts must be replaced immediately.

Running belt adjustment:

1) Insert the 6 mm inner hexagonal wrench into the adiusting screw on the left side of the running belt and rotate the wrench clockwise for 1/4 turns to adjust the rear roller to tighten the running belt.
2) Repeat step 1 to adjust the right screw. It must be determined that the adjustment screw rotates the same distance so that the rear roller is adjusted parallel to the frame.
3) Repeat steps 1 and 2 until the running belt does not slip.
4) Note: The running belt can't be adjusted too tightly, which will break the running belt and increase the pressure of the front and rear rollers, causing problems such as roller bearing damage and abnormal noise. If you want to reduce the tension of the running belt, turn the wrench counterclockwise. Note that the left and right sides are rotated to the same distance.

Adjust the running belt to the middle position:

When you are using the walking machine, if the two feet are not the same force when walking, the pressure on the running belt is unbalanced and the running belt is off center. This deviation is normal. When no one is on the running belt, it will return to thecenter. If it does not return to the center, you will need to adjust the belt back to the center.

How to adjust the running belt to the middle?

1) Move the walking machine to no-load operation and adjust the speed to 6KM/H.
2) Observe the distance from the running belt to the left and right border. If left deviation, use inner hexagonal wrench,rotate the left 1/4 screw clockwise. If right deviation, use inner hexagonal wrench and turn the 1/4 screw on the right side clockwise. 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, adiust the speed to 1KM/H and observe the deviation of the running belt and whether there is slipping during running. If there is a deviation, repeat the running step.
4) Warning! Do not overtighten the rollers! This will cause permanent bearing damage. If the above steps are not effective, you need to tighten the running belt again.

The left and right elastic latches are located behind the walking machine.

Manual Refueling

As shown As below, After 2 to 3 months on the treadmil1, insert the top of the bottle of lubricating oil under the running belt and fill it with l/3 of the bottle of lubricating oil at a time, evenly filling the bottom of both sides of the running belt. When that was done, the belt was left to work for another three X:83.31 mm minutes wY:69.42 mm anyone standing on it.

A successful sports program must include warm-up, aerobic and relaxing exercises. Exercise at least two or three times a week. Exercise one day and then take a day off. After a few months, you can increase the amount of exercise to four or five days aweek. Warming up is an important part of your fitness program. Warming up before each exercise can prepare your body for the next more intense exercise. Warming up can help your muscles warm up and stretch, improve blood circulation and pulse, and send more oxygen into your muscles. And after aerobic exercise, repeat warm up exercise can also reduce muscle soreness. We recommend the following warm-up and relaxation exercises.

The importance of warming up before exercise:

Dynamic warm-up exercises must be carried out before exercise.Dynamic stretching is a kind of stretching that approx imates the body movement mode,which is beneficial to the improvement of the overall condition of the body, and has the functions of activating muscles, improving muscle elasticity and excitability.

The importance of stretching after exercise:

Lack of stretching can lead to muscle tension and decrease delasticity, resulting in increased local pressure, local infiam matory factors,metabolic waste cannot bedis charge din time, making fatiguere covery slower.The body always wears fatigue and then carries out the next training,which is easy to cause fatigue accumulation and cause pain.

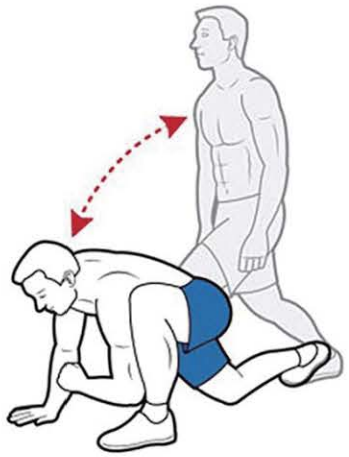
Warm up before exercise:

1.Stand upright and step:

This action will make you feel stretched.straighten your back and put your armson both sides of your body.Step forward,raise your left and right knees to the waist height and lift your arms up.Take 20 steps forwarde ach time.Rest for 1 minute, then repeat 2 times.

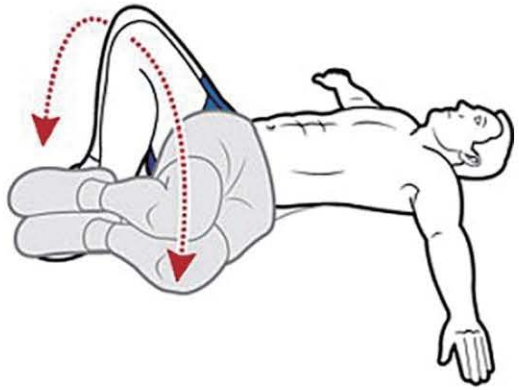
2.Dive forward and bend your elbow to the instep:

The left foot with a big bow step forward, while keeping the right knee off the ground. Put your right hand on the ground,then move your left elbow to your left instep. Move your left hand to the outside of your left foot and place your hands on the floor, make your hips up. Then move your right foot forward and get up.Do 10 times on eachleg.



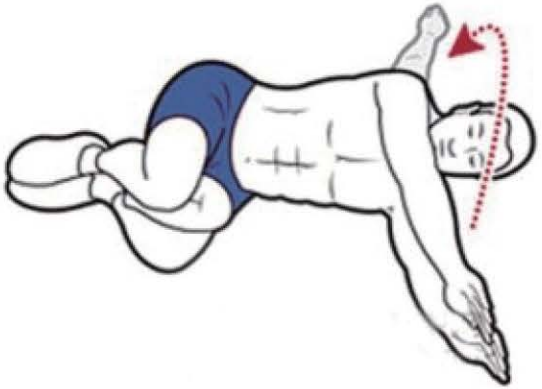
3.Rotate your hips and knees:

Lying flat, knees bent, feet on the ground, arms stretched out on both sides. Rotate to the left and keep your legs bent until the left knee touches the ground. Then rotate to the right until the right knee touches the ground.Repeat 10 times on each side.



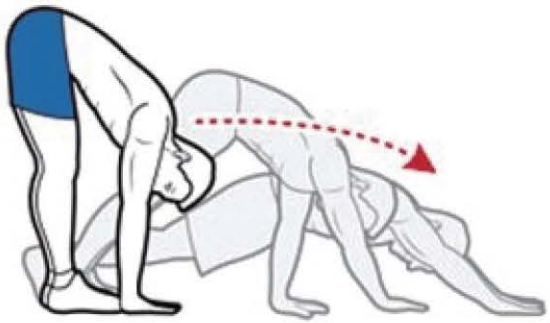
4.90/90 degree stretch:

This action can stretch the torso and back muscles,the body facing the left side, legs close together, knees at a 90 degree angle. A towel is placed between the knees and the arms are stretched out. Then, keep your knees and hips still, rotate your torso and right arm backwards, and try to land your right shoulder. Exhale for 2 seconds and then return to the initial position. Do 10 times on both sides.



5.Walking with both hands:

Straighten your legs, bend over, and put your hands flat on the floor. Take your abdomen and let your hands move forward.At this time, both legs can not bend, hands on the ground, and feet forward a fews teps(the knees can' t bend). Do it for 1 minute in arow.This exercise will exercise the tendons,lower back, rear gluteal muscles and calf muscles.



Stretch after exercise

1.Shoulder stretch:

This is a simple and effective stretching exercise, especially stretching the muscles around the shoulder joint.

Practice: Standing with your feet at the same width as your hips and slightly bend your knees. Turn your left hand over your body and bend your elbow slightly. Fixed to the left elbow with your right hand, then lean your left arm against your body until you feel the muscles of your shoulders are tight. Repeat the same action on the other side.

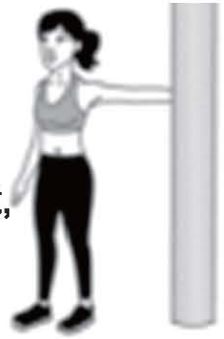
2. Stretch the triceps muscle of arm:

Action points: bend the left arm behind the head, the right palm to hold the left elbow, and use the force slightly to pull the left elbow to the right as much as possible. Feel the stretch of the triceps on the posterior side of the left arm.

3. Chest stretch:

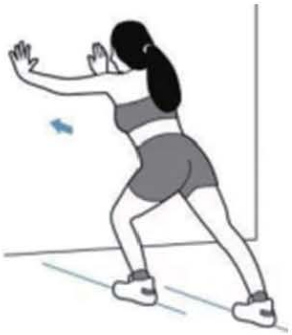
This action is mainly to stretch the muscles on the upper edge of the chest, which can relax the muscles and increase the softness.

Practice: Stand next to a stable upright support. After placing one hand on the support, keep the upper arm and shoulder at the same level. Push your body forward slowly until your chest muscles stretch.



4. Calf stretch:

Practice: Take a standing position about a large step in front of the wall, push the wall with your hands, and stand with your feet at the same width as your hips. Stretch your left leg forward and bend your knees, and keep your left knee directly above your feet, do not skew to one side. You will feel that the right calf muscles are stretched. Change the other side to stretch the left calf.

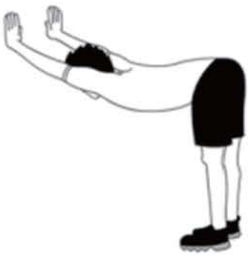


5. Quadriceps stretching

Action essentials: Stand firm, lift the other foot back, use the same side of the hand to gently support the ankle, slowly close the calf to the thigh, gently touch the hip. After about 10 seconds, change the other foot to stretch. During the process, the upper body is straight and the lower limbs are bent gently to avoid the knees stretching too much.

6. Back muscle stretching

Action essentials: The two feet are close together and stand one meter away from the support surface.The hip is the same height as the shoulder. Extend your arms to your head. Keep your arms and legs straight, bend your hips, and stretch your back. Grab the support surface with your hands, exhale, push down on the support surface to form the back bow. Hold for 10 seconds and do 4 sets of actions.



FCC Warning Statement

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

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.