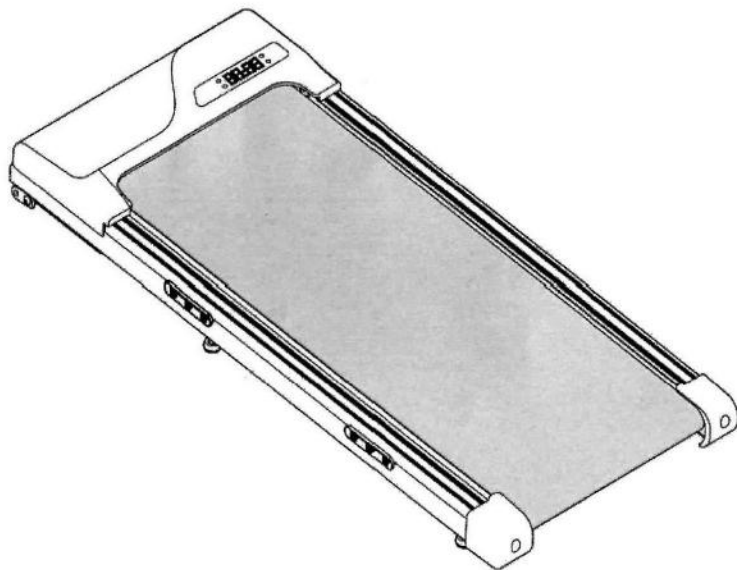


Walking Pad X1

User manual



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1、Safety Precautions, Warning Notes

Please read the instructions carefully before use and pay attention to the following safety matters:

● Warning for venue safety precautions! Forced!

1. A safe area of 2000mm*1000mm behind the treadmill must be kept free.
2. The power plug must be reliably grounded and the socket should be on a dedicated circuit to avoid sharing it with other electrical equipment. The treadmill is limited to use in 20 amp circuits only.
3. Keep children away from treadmills to avoid accidents.
4. The treadmill is suitable to be placed indoors, to avoid moisture, not to splash water on the treadmill and not to place any foreign objects.
5. Reduce indoor dust, maintain a certain level of humidity in the room, and avoid generating strong static electricity, or it may interfere with the normal work of the electronic meter and controller.
6. Please maintain good air circulation in the room when using the treadmill.
7. Do not use or store it in damp places such as outdoors or near bathrooms, or in places where water drips.
8. Do not use or store it in places exposed to direct sunlight, in places with high temperatures such as around cookers, and on top of heating appliances such as electric rugs. Failure to do so may result in electrical leakage or fire.
9. This product is a home treadmill.

● Precautions for the physical condition of the user Danger! Prohibited!

It should be used only after consultation with a specialized doctor when under medical treatment or for the following patients.

1. People who are suffering from low back pain or who have suffered from injuries to the legs, lower back or neck in the past, or people with numbness in the legs, lower back, neck and hands (people who have herniated inter vertebral discs, anesthesiologists, cervical anesthesiologists, and other persistent illnesses).

2. Those with deforming arthritis, rheumatism, gout.
3. Those with abnormalities such as osteoporosis.
4. Those with circulatory disorders (heart disease, vascular disorders, hypertensive disorders, etc.).
5. People with respiratory organ disorders.
6. Persons who are using an artificial pacemaker implanted in a body-type medical electronic device.
7. Those with malignant tumour.
8. Those with symptoms such as thrombosis or severe blood circulation disorders such as actinium aneurysm, acute static aneurysm, or various skin infections.
9. People with perceptual disorders caused by high peripheral circulatory disorders such as diabetes mellifluous.
10. People with skin trauma.
11. Persons with high fever (38° C or above) due to illness, etc.
12. Those with abnormal dorsal bones or those with curved dorsal bones.
13. Persons who are pregnant or may become pregnant or who are menstruating.
14. Those who feel abnormalities in their body and need to recuperate.
15. Those who are clearly in poor physical condition.
16. Users for rehabilitation purposes.
17. Anyone who has a special feeling of bodily abnormality other than those mentioned above.

18. When in use, the product should be placed on a level surface. -- May cause accidents or poor physical condition.

19. Do not use if you are unable to express your own awareness or if you are unable to operate it yourself.

20. Not to be used in conjunction with eating, drinking or other activities.

21. Do not use when you feel that you become sluggish after drinking alcohol, etc. --Accidents or injuries may occur.

22. If you feel back pain, numbness in legs and feet, dizziness, rapid heartbeat, or shortness of breath during exercise, or any other abnormal pain or coordinated sensation in the body that is different from usual, stop using it immediately and consult your doctor.

24. Do not use after eating or drinking or when you are tired, have just exercised or are not in a normal physical condition - it may cause damage to your health.

● Precautions for operation and use

To minimize accidents or injuries to others, please observe the following.

1. Please wear appropriate sportswear and sports shoes before exercising. It is strictly forbidden to exercise on the treadmill barefoot and with a full body stretch.

2. You should avoid running overload for a long time, otherwise it will cause damage to the motor and controller, accelerate the wear and aging of the bearings, running belt and running board, and do a good job of maintenance on a regular basis.

3. Switch off the treadmill when you have finished using it.

4. When exercising, please clip the safety lock pull cord clip to your clothes to prevent safety stop in case of emergency. Keep the red safety switch safe when not in use by the user to avoid hazards caused by unpredictable third party use.

5. Check that clothing is buttoned or zipped up before using the treadmill.

6. Do not place the power cord near objects that are hot.

7. Power must be disconnected before moving the treadmill.

8. Non-professionals should not disassemble the machine without authorization, otherwise serious consequences may occur.

9. Only one person may exercise on the treadmill when the machine is activated.

10. Make sure that there are no people or pets around the product (behind, under, or in front of the product) while it is being used, while it is being loaded and unloaded, or while it is being slid around.

11. Do not use it in a state where the housing is cracked, broken, or detached (internal structure exposed) or where the welded part is detached. Otherwise, accidents or injuries may occur.

12. Do not jump up or down during movement. When there is a danger to escape safely, first unplug the safety switch, and at the same time, hold the front or side handrails of the treadmill with your hands and feet to jump off and step on the treadmill's footrest platform. -- Injuries may result from falling.

13. Do not use when the power cord or plug is damaged or the socket of the outlet is loose. To avoid a hazard, it must be replaced by a qualified person from the manufacturer's service department or similar. --Failure to do so may result in electric shock, short circuit, or fire.

14. Do not damage or forcefully bend or twist the power cord. Also, do not place heavy objects on top of it or allow the power cord to become pinched. --Doing so could result in fire or electric shock.

15. Do not use it with more than 2 people at the same time, and be careful not to bring people around you close during use. Otherwise, an accident or injury may occur due to a fall. Accidents or injuries may occur.

2、 Product Description

16. Disintegration is prohibited!

Disassembly, repair and modification are absolutely prohibited. Risk of injury due to mechanical failure. May cause electric shock and fire.

17. Use with hard objects in trouser pockets is prohibited. —Could cause an accident or injury.

18. Do not attach pins, trash or water to the power plug. —Could cause electric shock or short circuit, fire.

19. Do not use with wet hands!

Do not pull out or insert the power plug with wet hands. It may result in electric shock and injury.

20. Unplugged!

Remove the power plug from the socket when not in use. Dust and moisture can deteriorate the insulation, which can lead to electrical leakage fires.

21. This product must be grounded. If the unit malfunctions, grounding will provide a path of least resistance to the power supply to reduce the risk of electric shock.

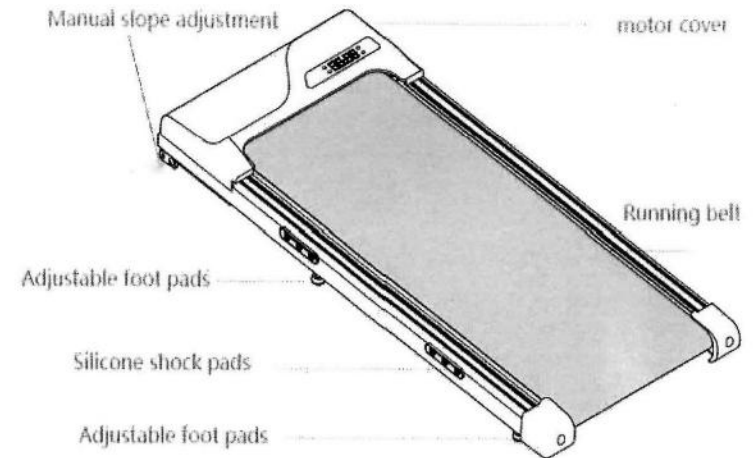
22. This product is equipped with a cord that has an equipment grounding conductor and a grounding plug. The plug must be inserted into a suitable receptacle that is properly installed and grounded in full compliance with local codes or ordinances.

23. If the grounding conductor of the device is not properly connected, there is a risk of electric shock. If you are in doubt as to whether the product is properly earthed, have it checked by a qualified electrician. Even if the plugs and sockets supplied with the product do not match, they cannot be modified. Have a professional electrician install a suitable socket.

24. This product has a grounding plug. Make sure that the product is connected to a socket that has the same shape as this one. An adapter socket cannot be used with this product.

25. Silicone oil must be stored out of reach of children after use to avoid serious consequences of accidental ingestion.

26. Safety Emergency Braking: The emergency braking is achieved by mechanically disconnecting the main power circuit of the lower control by unplugging the safety switch, without any software control.



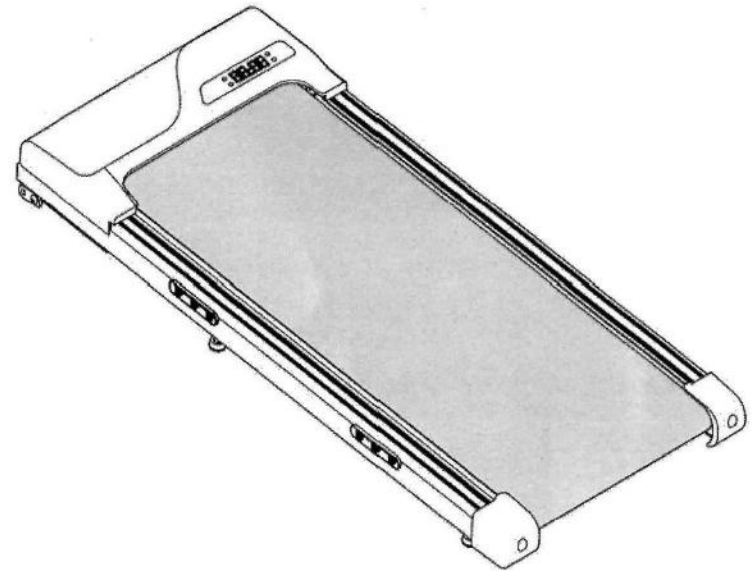
Parameters of the whole machine:

Input Voltage	220 V
Motor power	1.75HP brushless motor
Folded Size	
Unfolded size	1160×500×116mm
Belt size	2010×390×T1.6/T1.4mm optional
Running board size	880×491×T12mm
Package Size	1240×570×135mm
Running area	390×1000mm
Maximum load capacity	Load capacity up to 90kg
Net weight	18.00kg
Gross weight	22.00kg

3、Packing List

serial number	Accessory name	sketch	Norm	Quantities
1	entire machine			1
2	Allen key		5mm	1
3	433 Wireless Remote Control		Hong Kai	1
4	silicone oil		30 ml/translucent	1 bottle
5	Instruction manual, warranty card, certificate of conformity	Chinese		1 copy each
6	Packing List	Chinese		1

4、Installation steps



X1 Installation Steps

Open the box, lift out the whole machine, check the body for damage, plug in the power plug, open the power switch to take out the remote control in the parts package, put on the safety lock (this step only applies to models with safety lock), press the start button and stop button to test whether the treadmill is running normally, and you can run normally without any abnormal conditions.

5. Campaign recommendations and guidelines

【Warm up】 Warm up 5-10 minutes before each use of the machine.

【Breathing】 Do not hold your breath during exercise, usually inhale through the nose and exhale through the mouth when you are ready to return to the movement. Breathing should be co-originated with the movement, and if the breathing is too rapid, the movement should be stopped immediately.

【Frequency】 There should be a 48-hour break in exercising the same part of the muscle, i.e., you should only train the same part of the muscle every other day.

【Load】 According to the individual's physical state to determine the amount of training, and then according to the principle of gradual loading to practice, the initial training muscle soreness is a normal phenomenon, as long as you continue to practice, the soreness can be eliminated.

【Relaxing】 After each exercise, do 5 minutes of restoration movements, especially the foot muscle stretching and relaxation to avoid long-term muscle condensation, to maintain muscle elasticity.

【Diet】 To protect the digestive system, you should not exercise until one hour after a meal, and you should not eat until at least half an hour after training. Drink less water during the exercise, especially avoiding drinking large amounts of water, so as not to increase the burden on the heart and kidneys.

【Stretch】 No matter what pace you run at, it's a good idea to stretch first. Warmer muscles stretch more easily, so walk for 5-10 minutes to warm up. Then stop and stretch as follows for 5 times, 10 seconds or more per leg, and again at the end of the workout.



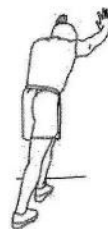
1. Stereotypical anterior torso

Bend your knees slightly and slowly lower your body forward, letting your back and shoulders relax and touching your toes with your hands as much as possible. Hold for 10-15 seconds. Then relax. Repeat 3 times.



2. Single Leg Back Stretch

Sit on a clean seat cushion, straighten one leg, and tuck the other leg inward against the inside of the straightened leg. Try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.



3. Rectus fibularis muscle stretch
Stand with your hands on a wall or table, one foot behind the other. Keeping your back leg upright and your heel on the ground, lean towards a wall or tree. Hold for 10-30 seconds, then relax. Repeat 3 times for each leg.

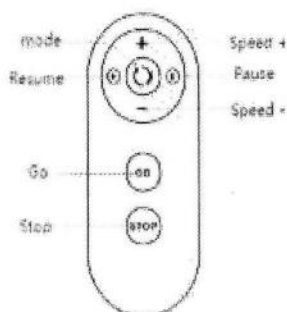


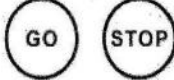



4. Quadriceps Stretch
Balance with your right hand on a wall or table, then reach back with your left hand and grab the groin of your left foot and slowly pull it up towards your hip until you feel a tightness in the front of your thigh. Pull up for 10-15 seconds, then relax and repeat 3 times for each leg.



5. Stretching of the seamstress muscle (the muscle on the inside of the thigh)
Sit with the soles of your feet facing each other and your knees facing out. Grab your feet with both hands and pull them toward your groin. Hold for 10 to 15 seconds, then relax. Repeat to do 3 times.

6. Instructions for use of the product



	Starting/stopping the treadmill
	Resume/Pause
	Increase/decrease running speed
	In running mode, switch display Time/Speed/Distance/Calories In standby mode, set countdown mode

(1) Window and key descriptions

1. LED window cyclic display:

2. After power on, the treadmill enters standby mode and displays "0:00", at this time, after starting the treadmill with the remote control, the treadmill will start to run.

3. Display Cycle: (Timing) T:00:00 → (Distance) D:0.00 → (Calorie) C:0000 → (Speed) S:0.00

4. Display speed range: 1-6KM/H.

5. Time scale: 00:00-99:59.

6. Distance range: 0mil-99.99mil.

7. Calorie range: 0Kcal-999Kcal.

8. 433 remote control: within two metres of the machine, the accuracy of the remote control is more than 95 percent.

9. Remote control operating instructions (all buttons are pressed once and the buzzer sounds once):

A. Start button: press this button in standby mode or pause to start running the treadmill.

B. Stop button: Pressing this button while the treadmill is running will stop the motor.

C. Mode switching:

1. Display 0:00 in standby mode, press this button to cycle through: standby mode → time countdown mode → distance countdown mode → calorie countdown mode → standby mode

2. In the running state, press this button to cycle through (time) T:00:00 → (distance) D:0.00 → (calories) C:000 → (Speed) S:0.00

D. Speed up and down button:

1. Under the running condition, short press the plus and minus buttons, the speed will change 0.3mph each time and long press it can be adjusted quickly.

2. In standby mode, while in countdown mode, press to adjust the countdown parameter settings, and long press for quick adjustment.

E. Pause button: in the running state, pause the treadmill, speed down to 0, other parameters remain unchanged, display PAU., restart or start, mode, time, distance, calories continue last time.

F. Start button: press this button in standby or pause to start running the treadmill.

(2) Start-up instructions

1. Start-up instructions:

A. Press Start/Stop button to start the treadmill: 3 seconds countdown will be displayed after pressing the button, and the buzzer will beep "Bi" for every minus one before starting the treadmill at the lowest speed.

(3) Sports mode:

1. Normal Motion Mode:

A. Turn on the power switch, enter the standby state, then use the remote control or APP to start the treadmill to run at the lowest speed, the display switches to the manual mode for 5 seconds to show the functions.

B. Speed adjustment can only be done through the remote control or the speed up/down button or shortcut button of the APP (only support models with APP function) to adjust the movement speed.

C. When the exercise data is accumulated upwards, the treadmill stops exercising when the running time reaches 100 minutes. Entering standby mode.

2. Countdown mode:

In standby mode, press the mode switching key to switch to the time countdown mode, at this time, press the speed plus and minus keys to adjust the movement time to be set, the initial value of the movement time is 15:00, plus and minus 1:00 for each press, long press can enter the setting of fast plus and minus, the setting range: 5:00-99:00.

3. Distance countdown mode:

In standby mode, press the mode switching key to switch to the distance countdown mode, at this time, press the speed plus and minus keys to adjust the distance to be set, the initial value of the movement distance is 1 mile, and every time you press the plus and minus 0.1 mile, long press can enter the fast plus and minus settings, the setting range: 0.5-99.99 miles.

4. Calorie countdown mode:

In standby mode, press the mode switching key to switch to calorie countdown mode, at this time, press the speed plus and minus keys to adjust the calories consumed by the exercise to be set, the initial value of the exercise calorie is 50 kcal, plus and minus 1 kcal every time you press, a long press can be used to enter the fast plus and minus settings, the setting range: 10-999 kcal.

(4) Bluetooth module (optional function):

1. Using ZWIFT or SPAX software, you can connect to Bluetooth and through the APP you can control the treadmill, while the data is synchronized.

(5) Display range for each value

Setting parameters	starting value	Set initial value	setting range	Display range
Time (minutes: seconds)	0:00	15:00	5:00-99:00	0:00-99:59
Speed (MPH)	0.0	0.5	1.0-6.0	1.0-6.0
Distance (miles)	0.0	1.00	0.50-99.9	0.00-99.9
Calories (kcal)	0.0	50.0	10.0-999	0.0-9999

(6) Treadmill Brushless Electric Control Troubleshooting

serial number	fault phenomenon	Possible causes	Methods of treatment
1	No display on treadmill	1. Unplugged or unpowered	Plug the plug cord into an electrical outlet or check that the outlet is free of electricity
		2. Machine power switch not turned on	Turn the power switch to the ON position
		3. Overload protector disconnected	Press the overload protector
		4. Drive Damage	Replacing the drive
		5. Poor contact or damage to the signal wire from the electronic meter to the driver open circuit	Re-plug the relevant signal cable connector or replace the signal cable
		6. Damage to the electronic meters	Replacement of electronic meters

serial number	fault phenomenon	Possible causes	Methods of treatment
2	Treadmill has a display but no backlit screen doesn't show it	Poor contact with the backlit screen wires or damage to the backlit screen	Unplug the backlit screen cable or replace the backlit screen or electronic meter.
3	Spreadsheets with incomplete display or missing strokes	1.Electronic components on the electronic watch are not soldered securely	Repair or replacement of electronic watches
		2.Electronic Watch Driver IC Failure	Repair or replacement of electronic watches
4	Spreadsheets shows "--" or "..."	1.Safety lock detached	Place the safety lock in the yellow magnet suction position on the panel.
		2.Poor connection between safety lock and electronic meter or faulty safety lock sensor	Re-plug the connection cable or replace the safety lock sensor
		3.Poor contact or damaged signal cable between the electronic meter and the driver	Re-insert the signal cable plugs or replace the signal cable.
5	The electronic meter reports E01 communication error.	1.Poor contact or damaged signal line between the electronic meter and the driver.	Re-insert the signal cable plugs or replace the signal cable.
		2.Malfunction of the communication part of the electronic meter circuit	Replacement of electronic meters
		3.Drive communication section circuit failure	Replacing the drive
6	The electronic meter reports E02 over-current protection fault.	1.The motor is overloaded for a long period of time and the coil is overheated and damaged.	Replacing the motor
		2.Drive Failures	Replacing the drive
		3.come to a standstill with a heavy foot	Reuse after power failure and power up
7	The electronic meter reports E03 overload protection or the three phase wires of the motor are missing two or three are not connected.	1.come to a standstill with a heavy foot	Reuse after power failure and power up
		2.Treadmill overload	Checking the running belt machine table for any jamming phenomenon
		3.Two or three of the three phase wires of the motor are missing.	Plug the motor cable back into the drive
		4.Coil overheating damage after prolonged overloading of the motor	Replacing the motor
		5.Drive Failures	Replacing the drive
	E10 overheating protection	1.Prolonged overloading of the motor	Stop using for a period of time and wait for the motor to cool down and re-power up before using it.

8		2.Drive Failures	Replacing the drive
9	Electronic meter report E11 Low voltage protection	1.AC power supply voltage is too low to use	Check AC power supply voltage
		2.Drive Failures	Replacing the drive
10	E12 over voltage protection	1.AC power supply too high	Check AC power supply voltage
		2.Drive Failures	Replacing the drive
11	The electronic meter reports an E14 phase failure.	1.Motor phase wire disconnected	Re-plug the phase wires into the drive
		2.misinformation of come to a standstill with a heavy foot	Reuse after power failure and power up
		3.motor failure	Replacing the motor
		4.Drive Failures	Replacing the drive
12	E-meter reports E16 drive fault	1.Drive Failures	Replacing the drive

7、Product Maintenance

Caveat: Machine consumables for the accompanying grease: dimethyl silicone oil, run out of need to buy, may not use other grease.

1. Lubrication: After the running belt has been used for a period of time, it must be lubricated with specially configured methyl silicone oil.

Recommendation: use less than 3 hours per week, lubricate once every 5 months; use 4-7 hours per week, lubricate once every 2 months; use more than 7 hours per week, lubricate once every 1 month

Do not over-lubricate, more lubricant is not better

Remember that proper lubrication is an important factor in improving the life of your treadmill

2. Lubrication method:

To check if you need to re-lubricate, simply grab the running belt and touch your hand as close as possible to the centre of the back of the belt. If there is silicone on your hand (a slight dampness), then you do not need to re-lubricate, if the board is dry and there is no silicone on your hand, then you need to add lubricant. Steps for lubricating the running board

:

Pull up the running belt and pour the silicone into the middle of the running board. Run the treadmill at a speed of 1km/h to apply the silicone evenly and tread lightly on the running belt from left to right for a few minutes to allow the silicone to be completely absorbed by the running belt.

3. Running Belt Elasticity Adjustment:

All treadmills have to be adjusted before delivery and after installation, but the running belt may still be loose after a period of use. For example, when the user is running, there is a phenomenon of stopping and slipping. When this phenomenon occurs, adjust the running belt adjusting bolts left and right synchronously in the clockwise direction in half-turn units. If the running belt is too loose, the running belt and roller will slip when the foot is stepped on the running belt, but it is not good to tighten it too much, as it will easily increase the load of the motor and damage the motor, the running belt and the roller.

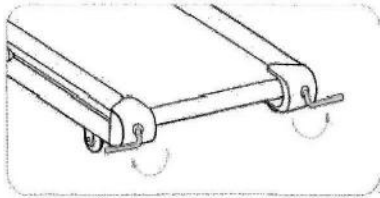
4. Belt deflection adjustment:

All treadmills should be adjusted before leaving the factory and after installation, but after a period of use it may still appear the phenomenon of runaway, resulting in the phenomenon for the following reasons:

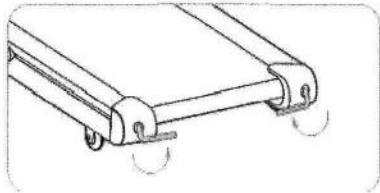
a. Uneven placement of the main unit

b. User's feet are not in the centre of the running belt when exercising

c. The user's two feet force is not equal to artificially caused by the phenomenon of deflection, wall load rotation for a few minutes can be restored to normal, for can not be automatically restored to the phenomenon of deflection should be supplied with a 5mm hexagonal spanner to a quarter of a turn as a unit of step-by-step adjustments.



If the running belt deviates to the left: adjust the left screw clockwise or the right screw anti-clockwise.



If the running belt deviates to the right: Adjust the right screw clockwise or anti-clockwise.

Running belt deviation is not under warranty, mainly by the user in accordance with the instructions of their own maintenance, running will seriously damage the running belt, must be found in a timely manner, timely correction!

5. If the product is received or parts are missing during use:

Do not use and immediately notify the supplier for repair or replacement.

8、 Service Commitment

This series of products, within one year of normal use, such as non-human damage, can provide users with free maintenance or spare parts. After the expiry of the warranty period, we can provide maintenance spare parts at favourable prices. For detailed information, please read the product warranty card.

Important information

The warranty card comes with each product and is filled in by the dealer. Replacement of spare parts is free of charge during the warranty period. We are not responsible for faults caused by incorrect installation, incorrect use or replacement of parts. In addition, the warranty does not apply to persons who are not authorised by the company to carry out repairs, and the customer is responsible for any repair costs incurred as a result. The user must produce the warranty card when repairing, otherwise the warranty is invalid.