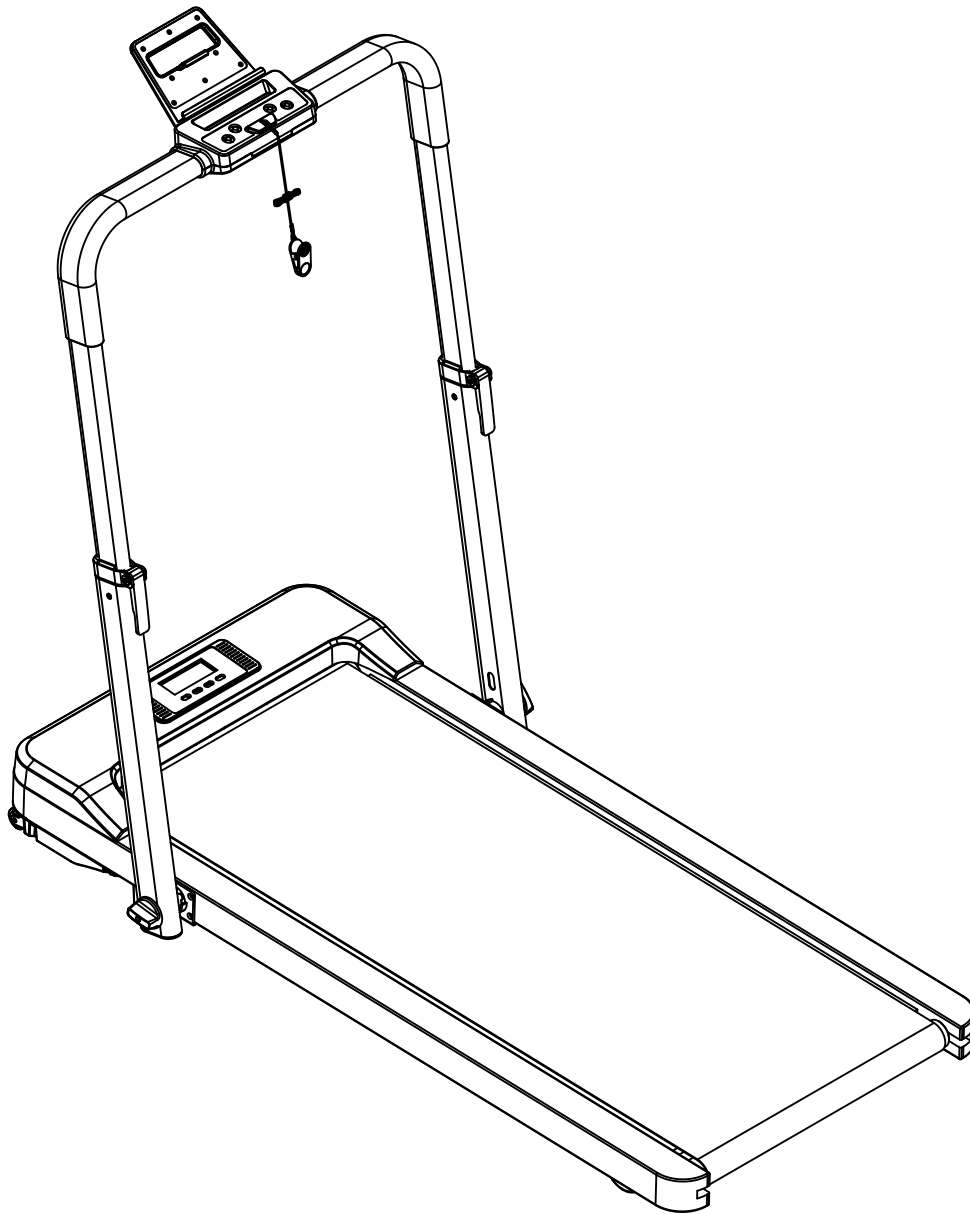


WalkingPad treadmill - TWHEELS

Instruction manual



**READ THE OPERATING INSTRUCTIONS THOROUGHLY BEFORE FIRST USE!
BE SURE TO FOLLOW THE SAFETY INSTRUCTIONS!
NON-OBSERVANCE CAN LEAD TO LIFE-THREATENING INJURIES!
KEEP THE OPERATING INSTRUCTIONS IN A SAFE PLACE!**



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1. Introduction

To avoid damage to the device and physical injury due to improper use, do not use the to prevent damage to the device, read the operating instructions carefully before using the device for the first time. It is important that you understand and follow the instructions in this manual.

TWHEELS wishes you a lot of fun.

2. Safety Instructions

To reduce the risk of fire, electric shock, and other personal injury, please read the following important safety instructions and information before use. The user is responsible for ensuring that the user has been adequately informed of all safety instructions and hazards.

- Use the treadmill only as described in this manual.
- Place the treadmill only on level ground and with at least 2 meters of clearance behind it. Never place it in locations that block air openings. Place a mat under the treadmill to protect the floor or carpet from possible damage.
- When choosing an installation site, make sure that an electrical outlet is nearby.
- Use the treadmill only indoors and protect it from moisture and dust. Set not put the treadmill in a garage, under a covered porch or near water.
- Do not allow children under 12 and pets near the treadmill at any time.
- The treadmill should not be used by persons weighing more than 278lbs (135kg).
- Allow only one person at a time to use the treadmill. Wear appropriate Exercise clothing when using the treadmill. Do not wear any wide garments that could get caught in the treadmill. Purpose sportswear is recommended for men and women alike. Always wear sports shoes. Use the treadmill never barefoot, only in stockings or sandals.
- When plugging in the power cord, make sure that you are using a grounded circuit use. No other equipment should be on the same circuit.
- Tension the belt and allow it to start up each time you use it, before you apply to the belt rise.
- Inspect the treadmill before each use to ensure that all parts are properly function.
- Allow the belt to run out completely before descending.
- Never insert objects or body parts into the openings of the device.
- Follow the recommendations in the safety instructions when connecting your treadmill.
- Make sure that the power cord does not come near the incline wheels of the treadmill and do not allow the power cord to run underneath the treadmill. Never operate the treadmill with a damaged or frayed power cord.
- Always unplug the treadmill before cleaning or servicing.
- Never leave the treadmill unattended during operation.

LACK OF OR IMPROPER GROUNDING OF YOUR EQUIPMENT INCREASES THE RISK OF ELECTRIC SHOCK. IF IN DOUBT, CONSULT A QUALIFIED ELECTRICIAN TO VERIFY THAT THE EQUIPMENT IS PROPERLY GROUNDED. DO NOT TAMPER WITH THE SUPPLIED POWER CORDS. IF THE SUPPLIED POWER CORDS DO NOT FIT, CONTACT A QUALIFIED ELECTRICIAN OR ELECTRICAL SUPPLY STORE.

Use only the supplied power cord, as it has a grounding terminal. Before connecting the device, make sure that the local voltage matches the requirements of the device.

This device is designed for a voltage of 230V + 5%.

Do not use the device with a voltage transformer.

Do not use the device with an extension cord if you are not sure whether the grounding is guaranteed.

2. Safety Instructions

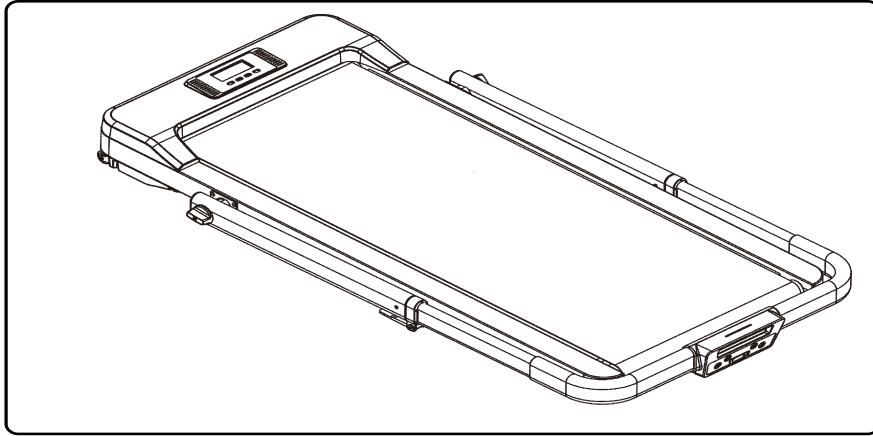
NOTES ON ASSEMBLY

- The assembly of the product must be done carefully and by an adult person. In case of doubt, enlist the help of another, technically experienced person.
- Before you start assembling the product, read the assembly steps carefully and look at the construction drawing.
- Remove all packing material and then place the individual parts on a free area. This provides you with an overview and facilitates assembly. Use a carpet pad to protect the mounting surface from soiling or scratching.
- Now check against the parts list whether all components are present. Dispose of the packing material only when assembly is complete.
- Please note that when using tools and performing manual activities there is always a possible risk of injury. Therefore, proceed carefully and cautiously during assembly of the product.
- Ensure a hazard-free working environment. Do not leave any tools lying around.
- After you have set up the product, make sure that all the screws, bolts and nuts are correctly fitted and tightened.
- If necessary, lay a protective mat to protect your floor (not included in the included in the scope of delivery) under the product, as it cannot be ruled out that e.g. rubber feet leave traces.

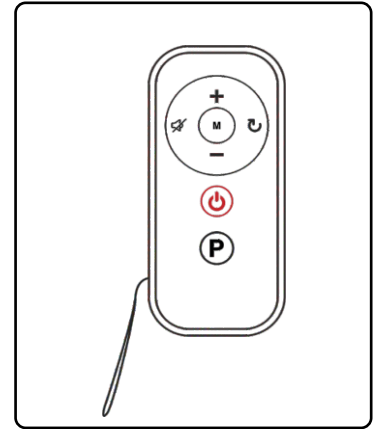
3. Technical Data

Model:	TWWAP1
Voltage:	220-240 V
Frequency:	50/60 Hz
Performance:	550 W
max. load:	135 kg
Class:	HC.

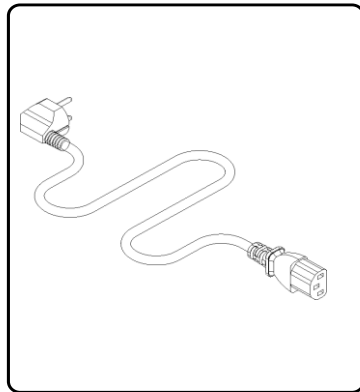
4. Scope of Delivery



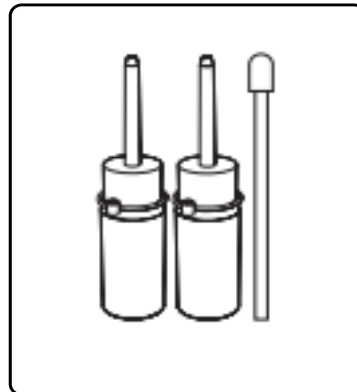
TREADMILL × 1



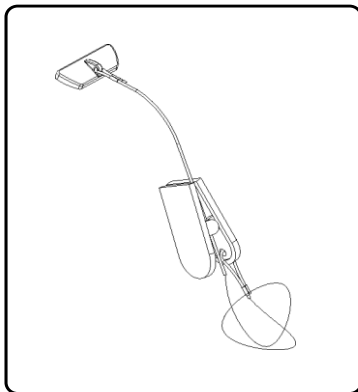
REMOTE CONTROL × 1



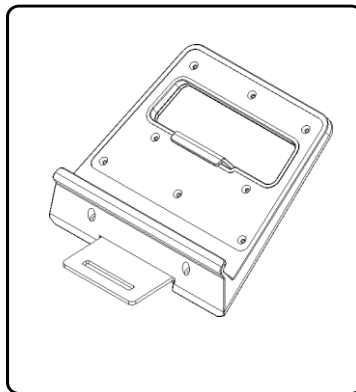
POWER CORD × 1



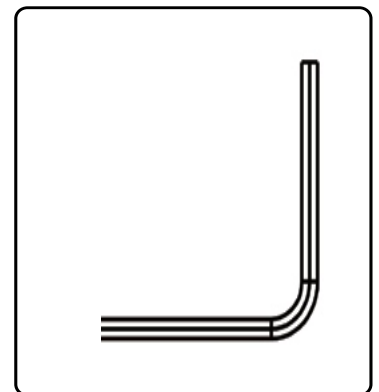
SILICONE LUBRICANT × 2



SAFETY KEY × 1



IPAD STAND × 1

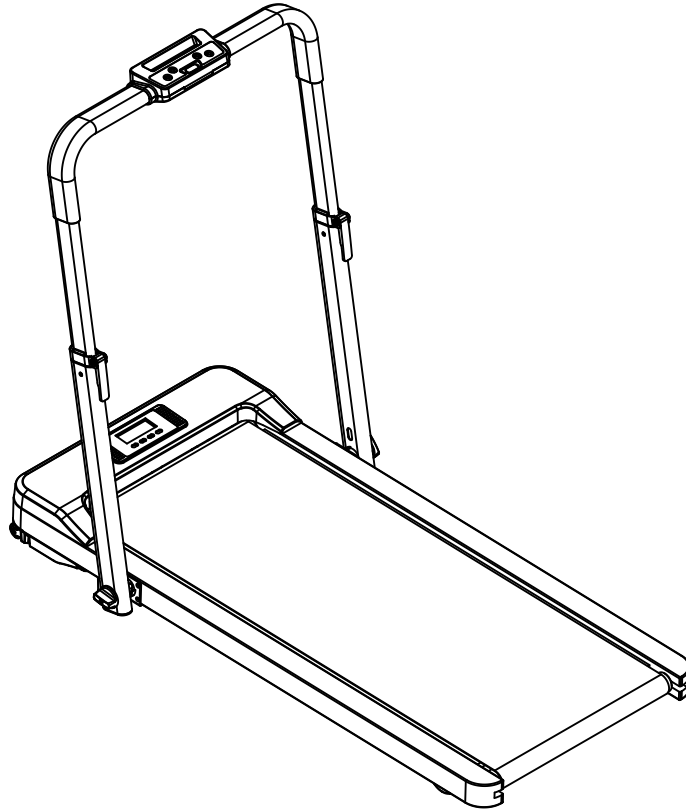


L STYLE WRENCH × 1

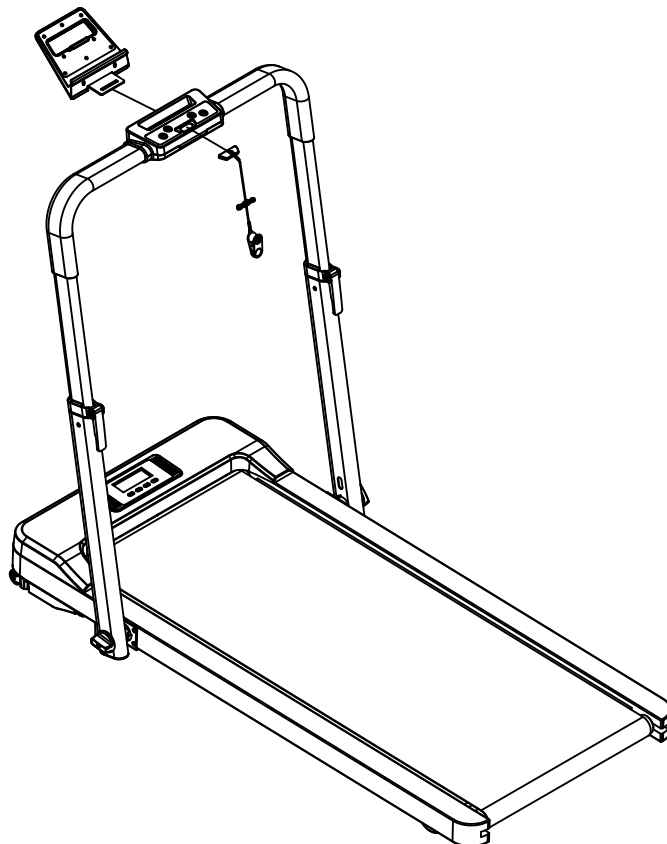
SERIAL NO.	DESCRIPTION	QUANTITY	UNIT
1	TREADMILL	1	PC
2	REMOTE CONTROL	2	PC
3	POWER CORD	1	PC
4	SILICONE LUBRICANT	2	PC
5	SAFETY KEY	1	PC
6	IPAD STAND	1	PC
7	L STYLE WRENCH	1	PC

5. Product Assembly

5.1 To set the handlebar upright, turn the knob on both sides twice (without turning down the knob), lift the pole to the highest position, and then tighten the knob on both sides of the pole to fix the bar.

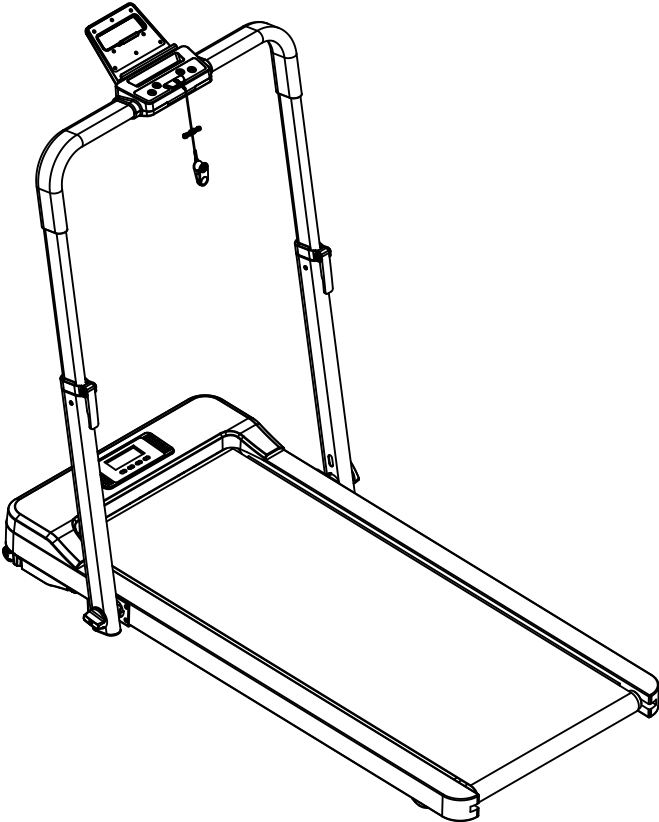


5.2 Attach the safety key and iPad holder as illustrated in the image.

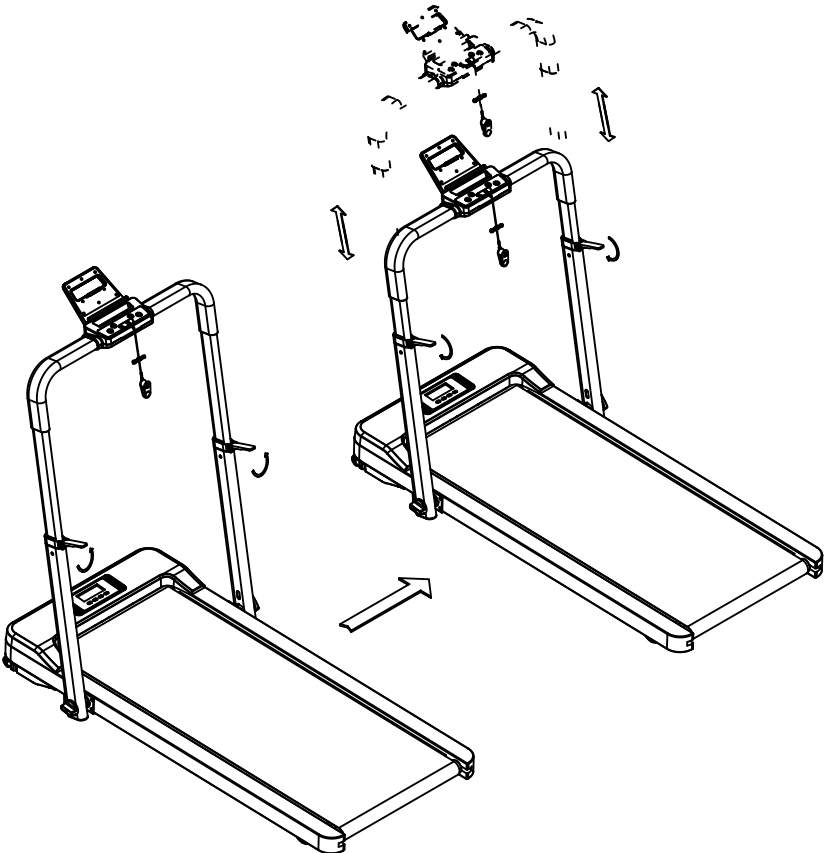


5. Product Assembly

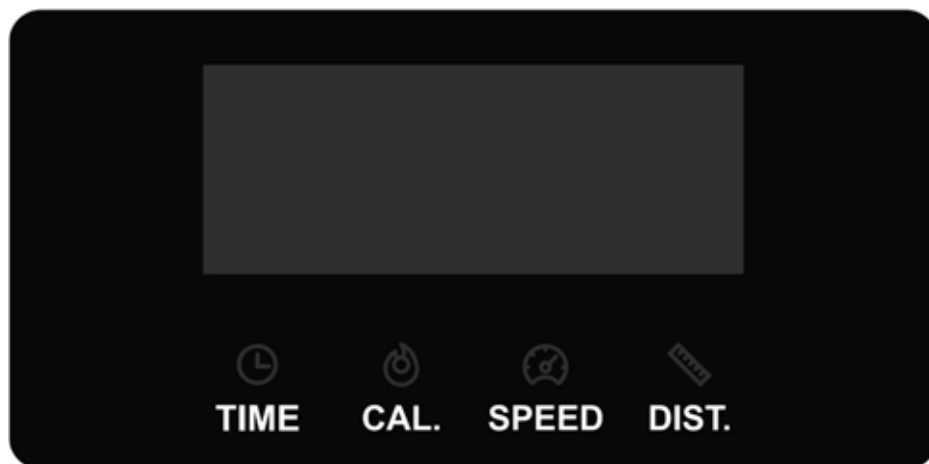
5.3 Assembly completed.



5.4 Adjusting the Height of the Handrest: Initially, release the handle located on both side of the pole. Subsequently, hold the handrail on both sides and slide it to the desired height. Finally, return the handle to its original position to secure the handrail and pole in place.



6. Commissioning & Operation



1 Display

1.1 The "TIME" window has two modes that display the running time:

- ① The time counting forward goes from 0:00 to 99:59 minutes.
- ② The countdown counts down from the set time to 0 (setting range: 5:00~99:00 minutes). The device displays "End" and slowly stops when it has counted down to 0:00. After 5 seconds, the device switches to standby mode.

1.2 The "DISTANCE" window has two modes that display the current movement distance:

- ① In the up-counter mode, the distance is counted from 0.0 to 99.9 km and, when the highest distance is recounted from 0.00.
- ② In countdown mode, the distance is calculated based on the set data (setting range: 1.00-99.00 km) counts down to 0. The device displays "End" and stops slowly when the Countdown has reached 0.00. After 5 seconds, the device switches to standby mode.

1.3 The "CALORIES" window has two modes that display the calories:

- ① The forward mode counts from 0 to 9999 and then starts again from the beginning.
- ② The "Countdown" mode counts from the set calorie data (setting range 20-9990) to 0. The device displays "End" and slowly stops when it reaches 0:00. After 5 seconds the device then switches to standby mode.

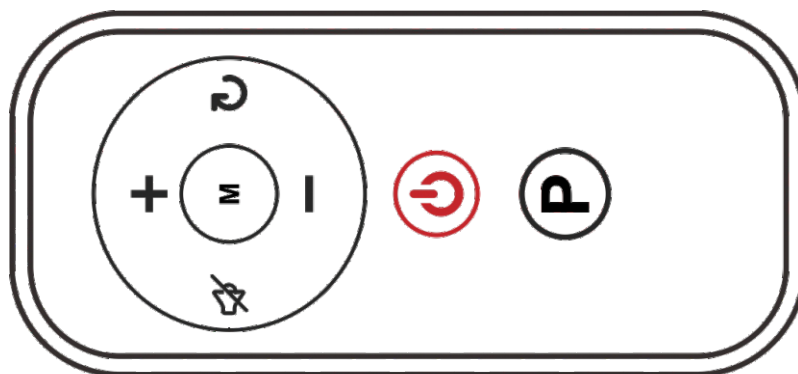
Notice:

The window switches cyclically between DISTANCE and CALORIES. By pressing the "M" key, you can switch between the cyclic display mode and the single display mode.

1.4 The "SPEED" window shows the current speed, the setting range is from 0.5KM/H~12KM/H. The speed increases or decreases by 0.1 km/h when you press the "+/-" button, P1~P12 are displayed under the auto select setting.

1.5 After the start of the treadmill, each window is cyclically displayed at an interval of 5 seconds. You can press the "M" key to switch between cyclic display mode and to switch to the single display mode.

6. Commissioning & Operation



2 Remote control

2.1 "Start/Stop":


- (1) In standby or countdown mode: Press the "Start/Stop" key to start the machine. start. Note: The default speed is 0.5KM/H.
- (2) Select a preset program: Press "Start/Stop" to start the machine and the speed changes to the preset speed.
- (3) During operation: Press "Start/Stop" to stop the treadmill slowly and return to the Return to standby mode.



2.2 The "+"/"-" keys are used to set the speed. Hold "+"/"-" for 0.5 seconds button to increase or decrease the speed. Note: The speed changes by 0.1 km/h per click.

2.3 M key

- ① In standby mode: Can switch between different modes, including time, Distance and calories.
- ② In run mode: Press the "M" key to switch the display mode between cyclic display and Switch individual display.

2.4 "P": There are a total of 12 preset programs (P01~P12), which you can use in standby mode can select.

2.5 Volume" Press " " button once to mute the device and press it again to set the device to loud again

2.6 After use, press the Start/Stop button "", the treadmill will stop slowly and retains all settings until you turn it off . When restarting, the previous speed is restored. Press the " " button to reset the data. The data can only be reset when the treadmill is in standby mode.

NOTE: The treadmill will emit a "Beep" sound for each valid operation.

6. Commissioning & Operation

3 Function Instruction

- 3.1 Sport mode:** Press the "Start" key to start the device. In the display starts a countdown from "3, 2, 1". The device starts in P00 mode. The device starts with the Counting at 0:00 and counts up to 99:59, on overflow counting starts again at 0:00.
Note: The default speed is 05 km, with the keys "+" and "-" the speed to be adjusted.
- 3.2 Countdown mode:** In standby mode, press the "M" key to start the countdown for the time (time range 5:00~99:00, default 30:00), the distance (distance range 1 MI ~99 MI, default value 1.0 MI) and the calories (calorie range 20~9990 kcal, default value 50 kcal) to select. Press "+" "-" to set the corresponding parameters. After setting press "Start/Stop" to start the treadmill, it counts from the set parameters downwards, the device stops by itself when it arrives at 0.
- 3.3 Programs (P01~P12):** first select a program and then press "+" "-" to change the set running time (in the range of 5:00~99:00, and the default time is 30:00), press "Start/Stop" to start the device, it will run according to the preset speed run and the speed will change depending on the time "(Time/20)".

Time program	set time/20=running time for each section																				
P1	SPEED	2	2	4	4	6	6	6	6	6	6	6	6	6	6	6	4	4	2	2	
P2	SPEED	2	4	6	8	8	8	8	6	4	2	2	4	6	8	8	8	8	6	4	2
P3	SPEED	2	2	2	4	4	4	6	6	6	8	8	8	10	10	10	10	8	6	4	2
P4	SPEED	2	6	10	12	10	6	2	2	6	10	12	10	6	2	2	6	10	12	10	6
P5	SPEED	2	4	6	10	12	6	6	10	12	6	6	10	12	6	6	10	12	7	4	2
P6	SPEED	2	4	6	8	10	12	12	12	12	12	12	10	10	8	8	6	6	4	4	2
P7	SPEED	2	6	10	8	12	10	12	12	8	12	12	12	12	8	12	10	12	12	8	2
P8	SPEED	2	4	8	10	8	12	8	12	8	12	12	8	12	8	12	8	10	8	4	2
P9	SPEED	2	8	4	12	6	12	8	12	10	12	12	10	12	8	12	6	12	4	8	2
P10	SPEED	2	6	4	12	12	8	12	12	12	8	12	12	12	12	10	6	10	4	8	2
P11	SPEED	2	6	12	12	12	12	8	12	12	12	12	12	12	8	12	12	12	12	6	2
P12	SPEED	4	4	8	12	4	8	12	6	12	8	12	10	12	12	12	8	10	6	8	2

7. Maintenance & Care

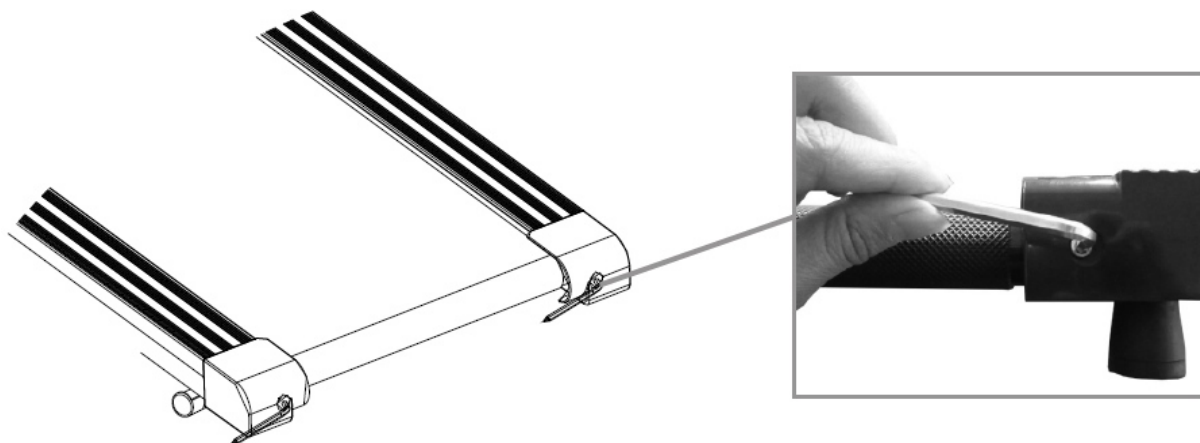
Regular maintenance is very important to make sure that your treadmill is always functions optimally. Improper maintenance can result in damage and the Shorten the life of your treadmill.

- **IMPORTANT:** Never use abrasives or solvents to clean your treadmill. To avoid damage to the display, keep it away from any liquids and never expose it to direct sunlight.
- Examine your treadmill regularly and tighten loose parts. If necessary, replace worn parts immediately.

6.1 Adjusting the Tread:

The treadmill has already been set up correctly at the factory. Uneven surfaces, the transport, or other reasons, however, can cause the tape to slip out of its central position. This could cause the tape to rub against the side plastic cover and cause damage suffer. To return the strap to its original correct position, align yourself please according to the following instructions:

1. If the tape should tend to move to the right, turn the right adjustment screw clockwise. We recommend the settings in $\frac{1}{4}$ turn increments and then test the success in each case. If the tape still moves to the right you can also move the left adjustment screw counterclockwise. Test again after to measure your success.
2. If the belt tends to move to the left, turn the left adjustment screw clockwise. We recommend making the settings in $\frac{1}{2}$ rotation increments and then test the success in each case. If the tape still tends to the left, you can also move the right adjusting screw counterclockwise. Test the measure again.
3. If your treadmill seems to have loosened, tighten both adjustment screws evenly by $\frac{1}{2}$ turn. If it appears too tight or overstretched, then loosen both adjusting screws evenly.



7 Maintenance & Care

6.2 Treadmill Lubrication:

The treadmill was pre-lubricated during manufacture. However, it is recommended that the unit be inspected periodically after it has been adequately lubricated to ensure optimum performance. Under normal circumstances, lubrication of your treadmill is not necessary in the first year or during the first 500 hours of use.

After 30 days or after 30 hours of use, with the power plug unplugged, the edges should be of the treadmill and feel the surface of the running board. Walk as far as possible into the surface. If silicone is still palpable, lubrication is not necessary. The surface should feel dry. Please follow the instructions below:

Please use a silicone that does not contain any earth components.

1. Position the treadmill so that the hem is at the top center of the tread.
2. Position the silicone can between the tread and the running surface approx. 15 cm from the front edge of the treadmill removed by lifting one side of the treadmill slightly. Apply silicone oil to the running board and work your way from front to back. Repeat these steps on the other side of the treadmill.
3. Allow the silicone to soak for one minute before using the treadmill again.

6.3 Treadmill Cleaning:

Regular cleaning of the treadmill can increase the service life of the device.

- Warning: To prevent electric shock, check that the mains plug of the device is pulled out before you start cleaning.
- Important: Never use abrasives or solvents to clean your treadmill. To avoid damage to the display, keep it away from any liquids and never expose it to direct sunlight.
- After each workout: Wipe the display and the other surfaces of the treadmill with a clean, damp, soft cloth to remove the training sweat.
- Weekly: The use of a treadmill mat is recommended for easier cleaning. Dirt from your shoes comes in contact with the treadmill and can also get under the treadmill advised. Therefore, vacuum weekly under the treadmill.

8. Disposal

In case of disposal of the item, please contact your local dealer or a local recycler. Do not take the device to a municipal collection point under any circumstances! Never dispose of the device with normal household waste! You are making an important contribution to the preservation of the environment.

9. Troubleshooting

Error Code	Meaning	Problem	Solution
E2	Control board error	Short circuit on the Control board	1. Open the motor cover and replace the control board.
E4	Control board error	Short circuit on the Control board	1. Open the motor cover and replace the control board.
E5	Overcurrent protection	blocked motor or short circuit on the control board	1. Open the motor cover and check if the motor is blocked. 2. Replace the control board if the error is still displayed.
E6	Motor error	Blocked motor or motor cable not connected	1. Open the motor cover and check that the motor cable is correctly connected to the control board. 2. Replace the control board, if the error is still displayed.
E7	Communication error	The cables from the control board to the control panel are interrupted or not connected properly	1. Make sure that the wires from the control board are connected and not damaged. 2. Replace the control board if the error is still displayed.
E8	Overload protection	Excess Electricity or Exceeding the maximum Load weight through the user	1. Make sure that the user does not exceed the maximum weight capacity. 2. Reconnect the device to the power supply and start it again. 3. Replace the control board if the error is still displayed.

10. Important Notes

ATTENTION:

Before using this product, you should be thoroughly examined by your family doctor. Regular and strenuous exercise should first be approved by your physician. If any problems develop as a result of exercising with this product, stop exercising and consult your physician. Appropriate use of this product is essential. Read the instructions carefully before you start exercising.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that may get caught in the device.

Make sure that all screws and parts are tightened before training. Regular maintenance is required for all equipment to maintain good condition.

Before you begin:

How you start your exercise program depends on your physical condition. If you have not been active for several years or if you are significantly overweight, you need to start gently and increase your exercise time only slowly, week by week by a few minutes.

Initially, you may only be able to train for a few minutes at your target heart rate. However, your fitness should increase within the first 6-8 weeks. However, don't be disappointed if it takes longer. It is important that you train at your own pace. The better your fitness gets, the more intense you will need to train to reach your target heart rate. Please keep the following principles in mind:

- Consult your doctor before starting any fitness program. Get advice from consult with your physician regarding your fitness and diet plans and develop a personalized program compile.
- Start your training program slowly and set yourself small, realistic goals for the time being with your doctor.
- Combine your program with other endurance sports like running, jogging, dancing, swimming, and cycling. Monitor your pulse values regularly. If you do not If you have a heart rate monitor, ask your doctor to show you how to measure your heart rate without one. Pulse, at neck or wrist, can be felt. Determine your upper pulse limit, which depends on age and condition is dependent.
- Consume as much fluid as possible during exercise. To prevent dehydration avoid, you need to replace the fluid you lose during exercise. Pay attention but make sure that the drinks are not too cold, but around room temperature.

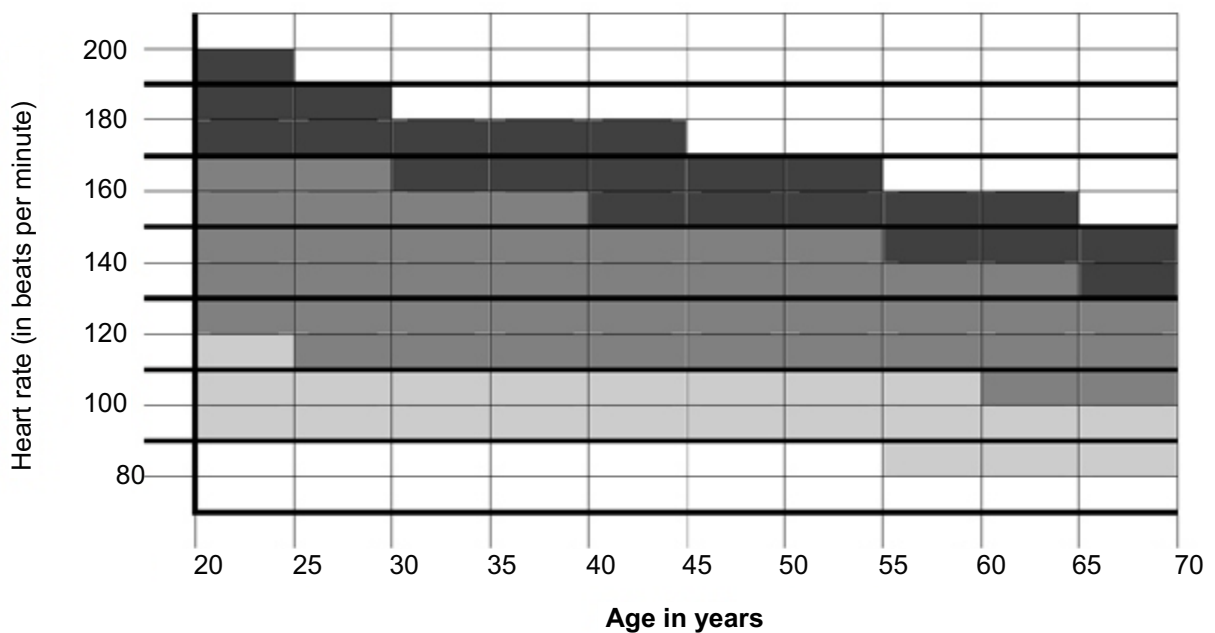
11. Target Pulse

Pulse:

To be sure your heart is beating at your target pulse, you should learn more about how to be able to observe and measure your pulse. The easiest way to feel his pulse is on the left and right side of the neck, between the trachea and the muscles of the neck to feel the carotid artery. Count how many times your heart beats in 10 seconds and multiply this number by 6. This gives you the Number of heartbeats per minute.

How fast should your heart beat during endurance training? Fast enough to reach the target pulse reach and stay in it. The target heart rate is a heart rate that is determined by your age and your condition can be determined. Use the following table to determine your own target heart rate:

Determine your target pulse:



STRENGTH / ENDURANCE: Athletic training, for peak performance in athletic conditioning or interval training.



FITNESS: Optimal endurance training, good for cardiovascular system.



HEALTH: Light workout, low intensity and long duration leads to fat burning, even for beginners.

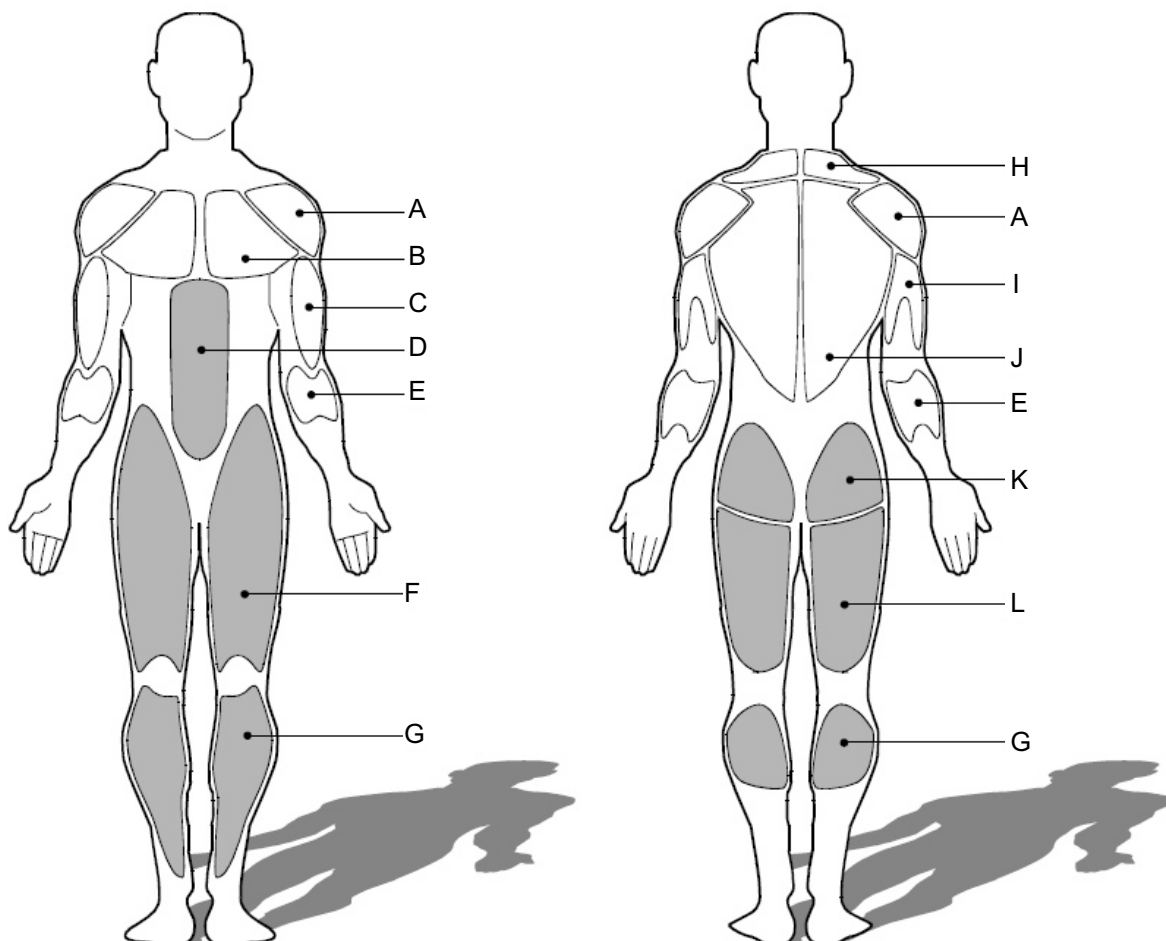
Aerobic Training:

Aerobic exercise is any activity that uses your heart and lungs to deliver oxygen to your muscles. These exercises will improve your lungs and heart, which is the most important muscle in your body to exercise. Aerobic fitness is achieved through all activities where the large muscle groups, such as arms, legs and buttocks are involved. Your heart beats there by fast and you breathe deeply. Aerobic exercises should definitely be part of your training concept.

12. Muscle Overview

Muscle Groups Used:

The training program of this product is mainly focused on the lower muscle groups of the body aligned. These muscle groups are highlighted in gray in the following overview.



Shoulder muscles A

B Pectorals

Biceps muscles C

D Abdominal muscles

Forearm muscles E

F Quadriceps muscles

Calf muscles G

H Trapezius muscles

Triceps muscles I

J Back muscles

Gluteal muscles K

L Thigh muscles, posterior

13. Stretching Exercises

Warm Up and Cool Down:

A successful training session consists of the warm-up, aerobic exercises, and the cool down. Do the complete program at least 2-3 times a week, each time with a day break between training days. After a few months you can increase your training to 4-5 times a week.

Warm-up is a very important part of training and should precede every session. It prepares your body for more strenuous exercise by warming up and stretching your muscles, as well as stimulates your circulation and pulse rate. It also allows more oxygen to get into your muscles. Repeat the exercises at the end of your workout to prevent muscle pain. We recommend the warm-up and cool-down exercises on the following pages:



Touch Toes:

Slowly bend forward from the waist. Let your back and your shoulders relaxed while you try to work with the hands to come down as far as possible. Hold the lowest point for 15 seconds.



Lift Shoulders:

Raise your right shoulder to your ear for a count. Then put the left shoulder to the ear for a counter, while you put the right. Relax shoulder again.



Roll Head:

Roll your head to the right for a second and notice the stretch in the side of your left neck. Then roll your head for a count backwards by stretching your chin upwards and keeping your mouth open. Then turn your head to the left for one count. Finally, drop your head to your chest for a count.

13. Stretching Exercises



Stretch Thigh Muscles:

Sit down and stretch out your right leg. Place the sole of your left foot to the inside of your right thigh. Now try to touch the toes of your right foot. Hold you the widest position for 15 seconds. Relax and repeat the exercise with the left leg.



Stretch Inner Thighs:

Sit down and place the soles of your feet against each other while your knees point outward. Pull both feet as close as possible to your lap. With your elbows you now gently press your knees towards the floor. Hold the position for 15 seconds.



Stretch Sides:

Open your arms and bring them above the head. Reach now with the right arm for a counter as far as possible in the direction of the ceiling. Notice the stretch of your right side. Repeat the exercise with the left arm.



Stretch Calves:

Lean against a wall with your arms in front, with your left leg in front of your right. Keep your right leg extended and the left foot loosely on the floor. Now bend your left leg and lean forward by moving your hips towards the wall move. Hold the position for 15 seconds and repeat the exercise with the other leg.