

YRUN

Walking Pad User Manual

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Important Safety Information

⚠ WARNING: Read all instructions before using this equipment. Failure to follow these warnings may result in serious injury.

Before You Begin

- Consult your physician before beginning any exercise program
- Keep children and pets away from the walking pad during use
- Always wear appropriate athletic shoes
- Never operate the walking pad barefoot or in socks
- Ensure the walking pad is on a flat, stable surface
- Do not exceed the maximum user weight limit
- Always face forward while walking
- Use handrails when mounting or dismounting

Electrical Safety

- Use only the provided power adapter
- Ensure proper voltage (110-240V AC)
- Keep electrical components away from water
- Unplug when not in use
- Do not use extension cords

Product Overview

The YRUN Walking Pad is a compact, foldable treadmill designed for home and office use. Its space-saving design allows for easy storage while providing an effective walking workout experience.

Key Features

- Ultra-thin foldable design
- Quiet motor operation
- LED display with workout metrics
- Remote control operation
- Smartphone app connectivity
- Non-slip walking surface
- Emergency stop function
- Multiple speed settings

Technical Specifications

Specification	Details
Dimensions (Unfolded)	144 × 57 × 13 cm
Dimensions (Folded)	144 × 57 × 6 cm
Walking Surface	120 × 42 cm
Maximum User Weight	110 kg (242 lbs)
Speed Range	0.5 - 6.0 km/h
Motor Power	1.25 HP
Power Supply	110-240V AC, 50/60Hz
Noise Level	< 50 dB
Net Weight	28 kg

Package Contents

- YRUN Walking Pad (main unit)
- Power adapter
- Remote control
- User manual
- Safety key
- Lubricating oil

- Allen wrench set

Note: Inspect all components upon delivery. Contact customer service immediately if any parts are missing or damaged.

Assembly Instructions

Initial Setup

1. Carefully remove the walking pad from packaging
2. Place the unit on a flat, stable surface with at least 2 meters of clearance on all sides
3. Unfold the walking pad by lifting the rear section until it clicks into place
4. Ensure the safety lock is properly engaged
5. Connect the power adapter to the walking pad and plug into wall outlet
6. Install batteries in the remote control (2×AAA, not included)

⚠ **Important:** The walking pad weighs 28kg. Use proper lifting techniques or get assistance when moving.

Operation Instructions

Getting Started

1. Ensure the walking pad is properly unfolded and locked
2. Attach the safety key to your clothing and insert into the console
3. Step onto the walking pad while holding the side rails
4. Press the power button to turn on the display
5. Use the speed controls to begin walking

Display Functions

The LED display shows the following information:

- **TIME:** Workout duration
- **SPEED:** Current walking speed (km/h)
- **DISTANCE:** Total distance covered
- **CALORIES:** Estimated calories burned

Speed Control

- Speed range: 0.5 - 6.0 km/h
- Use + and - buttons to adjust speed
- Speed increases/decreases in 0.1 km/h increments
- Maximum acceleration: 0.5 km/h per second

Remote Control Guide

Remote Control Functions

- **Power:** Turn unit on/off
- **Start/Stop:** Begin or pause workout
- **Speed +/-:** Adjust walking speed
- **Mode:** Switch between manual and automatic modes
- **Programs:** Access pre-set workout programs

Tip: The remote control has a range of approximately 3 meters. Point directly at the walking pad's display for best results.

App Connection

Smartphone App Setup

1. Download the "YRUN Fitness" app from your device's app store
2. Create an account or log in
3. Enable Bluetooth on your smartphone
4. Turn on the walking pad
5. Open the app and select "Connect Device"
6. Choose your walking pad from the available devices list
7. Follow the pairing instructions

App Features

- Real-time workout tracking
- Customizable workout programs
- Progress history and statistics
- Goal setting and achievements
- Social sharing capabilities
- Firmware updates

Maintenance & Care

Regular Maintenance

- **Daily:** Wipe down the walking surface and handrails with a damp cloth
- **Weekly:** Check all bolts and connections for tightness
- **Monthly:** Lubricate the walking belt as needed
- **Quarterly:** Inspect the power cord and all electrical connections

Belt Lubrication

1. Turn off and unplug the walking pad
2. Lift one edge of the walking belt
3. Apply a small amount of lubricating oil to the deck surface
4. Distribute oil evenly across the width of the deck
5. Run the belt at low speed for 2-3 minutes to distribute oil

⚠ **Important:** Use only the provided silicone-based lubricant. Other oils may damage the belt or deck.

Storage

- Clean the walking pad before storing
- Fold the unit and store in a dry location
- Avoid extreme temperatures
- Cover with a protective sheet if storing long-term

Troubleshooting

Common Issues and Solutions

Walking pad won't turn on

- Check power connection
- Ensure safety key is properly inserted
- Verify the power outlet is working
- Check for loose connections

Belt slipping or jerky movement

- Check belt tension and adjust if necessary
- Lubricate the belt and deck
- Ensure the walking pad is on a level surface
- Check for debris under the belt

Display not working

- Check all cable connections
- Reset the unit by unplugging for 60 seconds
- Replace remote control batteries
- Contact customer service if problem persists

Excessive noise

- Ensure the walking pad is on a stable, level surface
- Check for loose bolts or components
- Lubricate the belt
- Remove any debris from the motor area

App won't connect

- Ensure Bluetooth is enabled on your device
- Restart both the app and walking pad
- Check for app updates
- Clear app cache and restart

Warranty Information

Warranty Coverage

YRUN provides a comprehensive warranty for your walking pad:

- **Motor:** 2 years
- **Frame:** 2 years
- **Electronics:** 1 year
- **Parts and Labor:** 1 year

What's Covered

- Manufacturing defects
- Faulty components under normal use
- Motor and electronic malfunctions
- Structural frame issues

What's Not Covered

- Damage from misuse or abuse
- Normal wear and tear
- Damage from improper maintenance
- Accidents or natural disasters
- Commercial use (residential use only)

How to Make a Warranty Claim

1. Contact YRUN customer service
2. Provide proof of purchase and serial number
3. Describe the issue in detail

4. Follow troubleshooting steps if requested
5. Arrange for repair or replacement as determined by YRUN

Customer Service:

Email: support@myyrun.com

Phone: 1-800-YRUN-PAD

Hours: Monday-Friday, 9 AM - 6 PM EST

Additional Information

Environmental Considerations

- Operating temperature: 10°C to 35°C (50°F to 95°F)
- Storage temperature: -10°C to 60°C (14°F to 140°F)
- Humidity: 20% to 90% (non-condensing)
- Do not use outdoors or in wet conditions

Disposal Instructions

When the walking pad reaches the end of its useful life, please dispose of it responsibly:

- Contact local waste management for electronics recycling
- Remove batteries from remote control before disposal
- Separate metal and plastic components where possible
- Do not dispose of in regular household trash

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