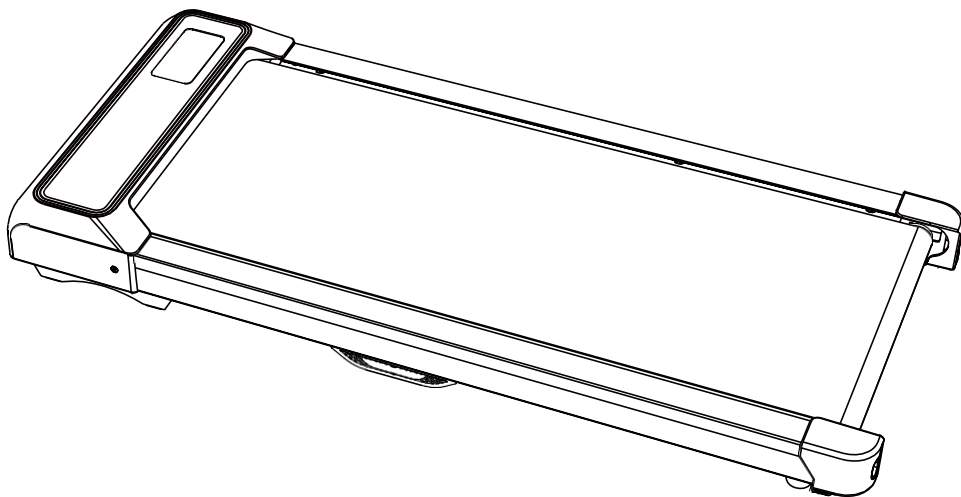# WALKING PAD
UNDER DESK TREADMILL

Model:N4054

USER MANUAL

*Thank you for selecting treadmill. To provide a better using experience, please read this manual carefully before operation or maintenance, and SAVE THESE INSTRUCTIONS for future reference.

Contents

1. Customer Support

HOW TO CONTACT US ON AMAZON?

3 WAYS TO CONTACT US BEFORE/AFTER ORDER

24/7/365 Online Service, response within 5 hours

OPTION 1:
Find the Seller Profile -- have a question for seller, ask a question -- an item for sale -- Product details
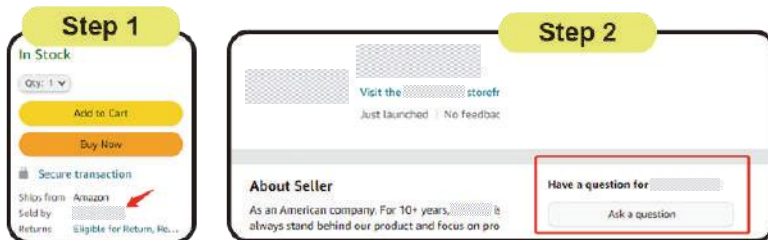
OPTION 2:
Product details page -- Customer questions & answers part -- post your question

OPTION 3:
For technical support, the user manual and other information, you can also contact us via support@cardirunfit.com

2. Important Precautions

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. Seller assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
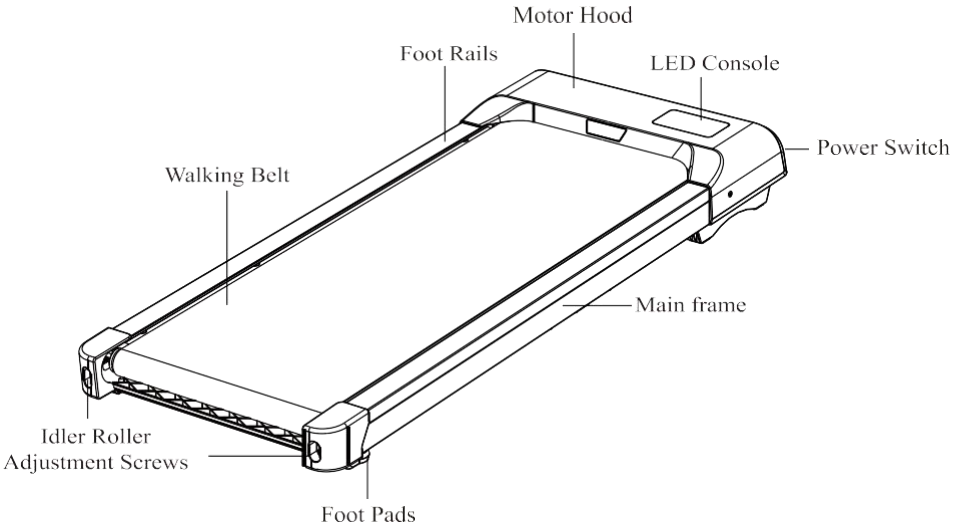2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
4. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
5. During running, it's recommended to wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals to avoid injury
6. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
7. Read, understand, and test the emergency stop procedure before using the treadmill
8. Never leave the treadmill unattended while it is running. Always press the power switch into the off position, and unplug the power cord when the treadmill is not in use.
9. **Please add 10ml of lubricant before first use. Add lubrication oil every 3-4 months . We recommend you to use the WELLFIT App so that she will send you a notification when the running belt is "hungry".**
10. **Treadmills are made by fusing the belt together, which creates a seam. The seam is made when the belt is heated up, and all belts are tested to make sure they' re good quality. This way of making treadmill belts is the standard in the industry, so you can trust that they' re strong and will last a long time.**

3. Product Introduction

3.1 Product Diagram

Motor Hood

Foot Rails

LED Console

Power Switch

Walking Belt

Main frame

Idler Roller
Adjustment Screws

Foot Pads

3.2 Console Diagram

SPEED TIME DIST. KCAL.

Window Display

During operation, automatically switch the display window every 5 seconds between the "SPEED", "TIME", "DIST" and "KCAL" data.

The information displayed on each window is as follows:

1. Speed: the speed range is 1.0-3.8 mph.

2. Elapsed Time: range from 0:00 to 99：59（mins : sec)

• Display starts at 0:00, minutes: seconds.

• When time elapses reaches 99:59 , the machine will continue running. It will start counting again from 0:00, and all the data will be automatically accumulated in the WELLFIT App.

3. Distance: Displays the distance traveled 0.0-99.99 Miles.

When the data reachs max, it will start counting again from 0.00, and all the data will be automatically accumulated in the WELLFIT App. The machine will continue running.

4. Calories: the display is 0~9999 kcal

When data reaches the maximum, the machine will continue running. It will start counting again from 0, and all the data will be automatically accumulated in the WELLFIT App.

3.3 Package Contents

Description	Qty.	Description	Qty.
Treadmill Body	1	Lubrication Oils	2
Remote Control	1	Power Cord	1
User Manual	1	5mm Allen Wrench	1

3.4 Specifications

|	
Power Supply	AC 110-120V, 60Hz
Peak Motor Power	2.5 HP
Speed Range	1.0-3.8 mph
Product Size	45*19.4*5 inch
Controlling Mode	App \ Remote Control

4. Product Setup Instructions

4.1 The Remote Control Setup

⚠️ **Important:** Before using the remote control, remove the insulating paper to enable normal operation.

How to pair the remote control?

1. Turn on the treadmill.

2. Hold the start/stop button for 5 seconds.

3. Beep confirms pairing.

Start/Stop
Speed +
Speed -
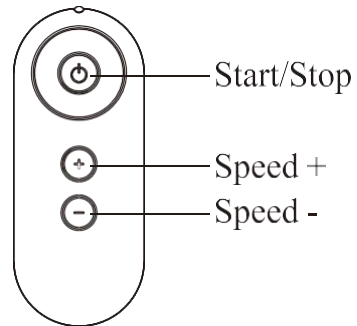
Function of the Buzzer:

1. The system defaults to the buzzer being in the on state.

2. While in standby mode, press and hold the remote control to toggle the buzzer function on/off.

3. Turn on the buzzer: long press the "+" button for 2 seconds, LED displays "On", and the buzzer beeps once.

4. Turn off the buzzer: long press the "+" button for 2 seconds, LED displays "OFF", and the buzzer remains silent.

5. Upon power restoration, the buzzer will retain its previous state (startup self-check is uncontrollable, meaning it will beep during each self-check at startup).

On
SPEED TIME DIST. KCAL.

OFF
SPEED TIME DIST. KCAL.

Function Key

Start/Stop Button: While in standby mode, you can start the treadmill by pressing the "Start/Stop" button. During your workout, pressing the same button will pause the treadmill and reset the display to 0.

Speed+/- Buttons: Press the +/- buttons to increase or decrease the speed in increments of 0.2 mph. Pressing and holding either of each button for 0.5 seconds, speed will continue increase or decrease until this button is released.

Remote Controller Operation Guide:

If the remote controller is unresponsive, check the battery level and replace it if low. If the issue persists even after replacing the battery and pairing, please contact seller to replace the remote controller.

Battery type: CR2032 3V

4.2 The Smart App Setup

Step 1: Scan the QR code to download "WELLFIT FITNESS" App, you can also search "WELLFIT FITNESS" from [Download on the App Store] or [GET IT ON Google play] to install the App
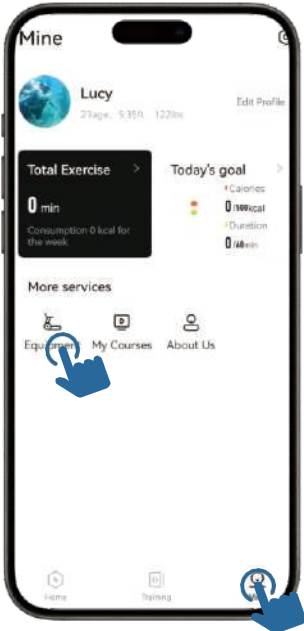
 or

Step 2: Run the "WELLFIT FITNESS" App, tap "Register" to register a "WELLFIT FITNESS" account with your email.

Then sign in

Step 3: Turn on your mobile phone Bluetooth and Location enable your treadmill to be found.

Follow the steps as below pics shown.

Step 1

Mine

Lucy
23age, 5.35ft, 122lbs
Edit Profile

Total Exercise >
0 min
Consumption 0 kcal for the week

Today's goal >
· Calories
0 /500 kcal
· Duration
0 /60 min

More services

Equipment   My Courses   About Us

Home   Training

Step 2

No more devices at this time

Add a new device

Step 3

Add device

If no device is found, please unplug or disconnect the device

WELLFIT TM Linker

Add device manually

H9002
Bluetooth

WFWP001
Bluetooth

WFTM007
Bluetooth

Step 4

WFTM007
50.54.78.5F...
Bluetooth

Bind successfully!

Add a new device

5. WELLFIT Health & Fitness App

Explore more functions and wonder how to use the below functions in detail, please kindly contact us via **support@cardirunfit.com**, so that we can offer a video demonstration.
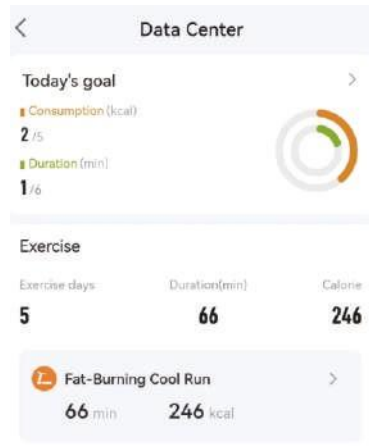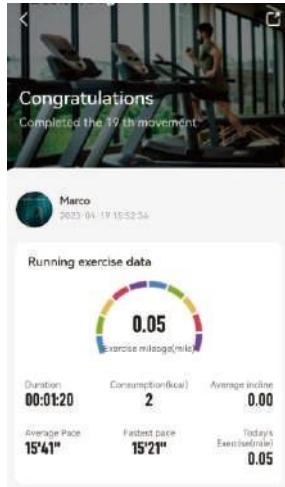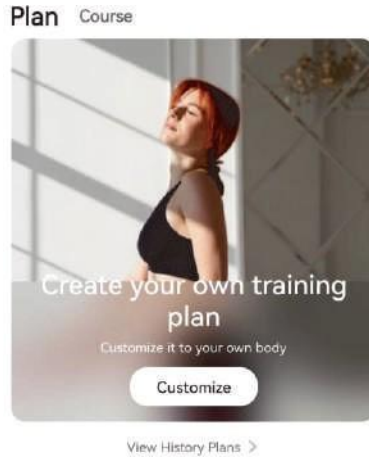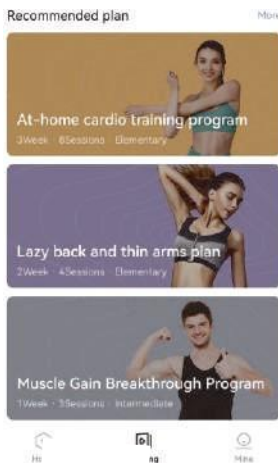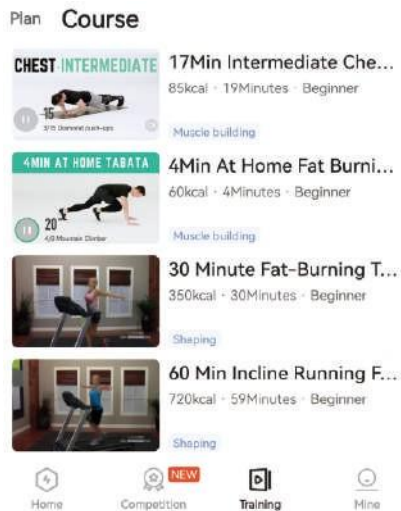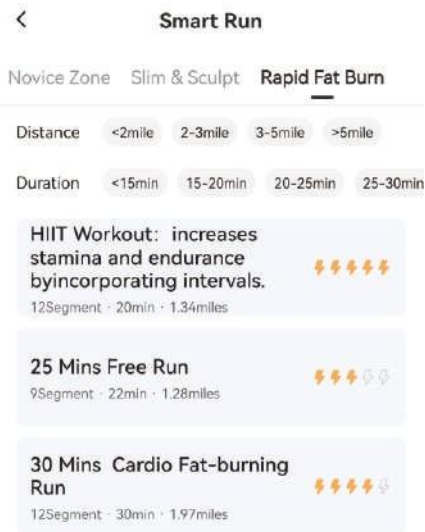

1. Workout statistic track and analyse

2. Workout plan and reminder

Smart Run

Novice Zone	Slim & Sculpt	**Rapid Fat Burn**		

Distance	<2mile	2-3mile	3-5mile	>5mile
Duration	<15min	15-20min	20-25min	25-30min

HIIT Workout: increases stamina and endurance byincorporating intervals.
12Segment · 20min · 1.34miles

25 Mins Free Run
9Segment · 22min · 1.28miles

30 Mins Cardio Fat-burning Run
12Segment · 30min · 1.97miles

Plan **Course**

CHEST INTERMEDIATE — **17Min Intermediate Che...**
85kcal · 19Minutes · Beginner
Muscle building

4MIN AT HOME TABATA — **4Min At Home Fat Burni...**
60kcal · 4Minutes · Beginner
Muscle building

30 Minute Fat-Burning T...
350kcal · 30Minutes · Beginner
Shaping

60 Min Incline Running F...
720kcal · 59Minutes · Beginner
Shaping

Home   Competition NEW   **Training**   Mine

3. Diverse free training course

6. Exercise Instructions

GETTING STARTED:

Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising immediately if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, light headache, dizziness, or feelings of nausea.

Get to know your treadmill. Before attempting to use the treadmill take some time to stand alongside and familiarize yourself with the controls.

1. No matter how fast you walk, it's best to stretch first. Warm muscles stretch more easily, so take 5-10 mins to warm up. Do it again after the exercise.

2. Once you get on, you can stand with your feet on the side rails and stabilize yourself.

3. Press the START button on the remote control or app page to start the machine.

4. The machine will start at the system default setting speed of 1.0 MPH. when you feel comfortable, you may slowly increase this speed.
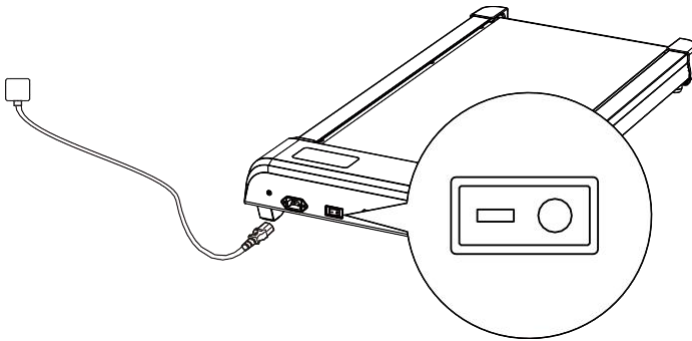
Before Use: Plug in the power cord, turn on the switch, and the treadmill enters standby mode.

After Use: When you are finished with your exercise, switch off the walking pad and unplug the power cord.

7. Maintenance & Care

General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes does not wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth.

> To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.

> The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
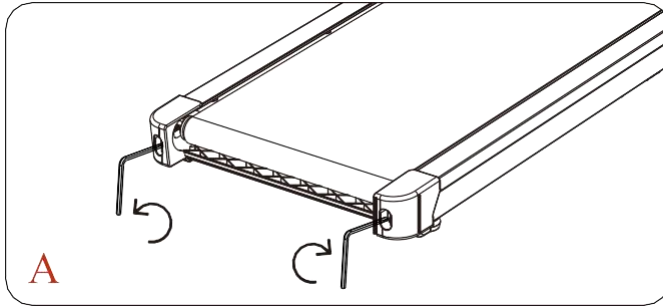
7.1 Centering The Running Belt

Place the treadmill on level ground and set it at 2.0-3.6 mph to check if the Running Belt drifts. Before and after installation, all treadmills need to undergo belt alignment. However, over time, the treadmill may still experience belt deviation. The possible causes for this phenomenon are as follows:

1. Uneven placement of the main unit.

2. User's feet not centered on the treadmill while exercising.

3. Uneven distribution of force applied by the user's feet.

If the belt deviation is caused by user error, it can be resolved by running the treadmill without any load for a few minutes. If the issue persists and cannot be automatically corrected, please use the provided Allen Wrench to adjust the belt alignment gradually as following.

1. If the Running Belt moves to the right, turn the adjusting bolt on the right side 1/4 turn clockwise, then turn the left adjustment bolt 1/4 turn counter-clockwise. If the belt does not move, keep adjusting 1/4 turn at a time until it centers. Refer to picA.

2. If the Running Belt moves to the left, turn the adjusting bolts on the left side 1/4 of a turn clockwise, then turn the right adjustment bolt 1/4 turn counter-clockwise. If the belt does not move, keep adjusting 1/4 turn at a time until it centers. Refer to pic B
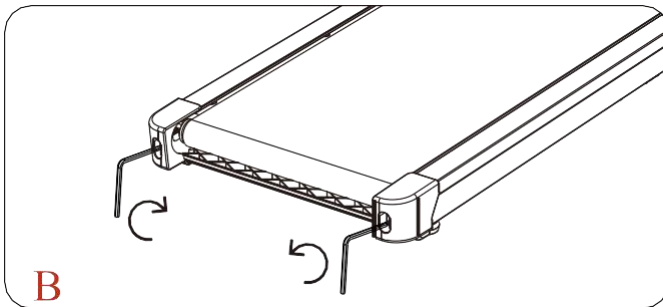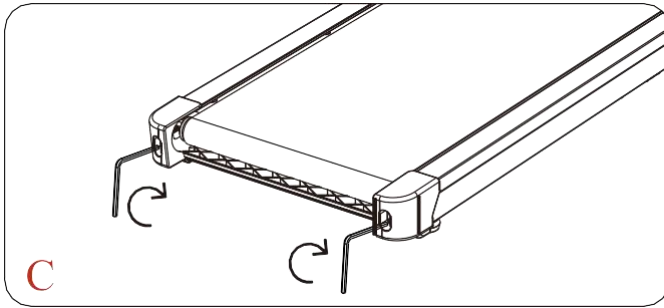

7.2 Tighten the Running Belt

The most suitable tightness for the belts is pulled out 0.2-0.3 inch (two fingers height) from the Running Board.

> A loose Running Belt will result in the runner sliding off when running, while too tight of a Running Belt will result in decrease to the motors performance and also create more friction between the roller and running belts.

Over time the Running Belt will loosen. To tighten the belt turn the Left & Right side adjustment bolts one full turn clockwise, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to pic C

C

7.3 Running Belts & Treadmill Lubricant

⚠ **NOTE: You will need to lubricate your treadmill before the first use.**

Lubricating the running board and running belt is essential as the friction between the two affects the lifespan and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly. Should you find any wear on the Running Board, please contact us at:

support@cardirunfit.com

**Lubrication Check:** To determine if lubrication is needed, simply grab the treadmill belt and touch your hand to the center of the backside of the belt. If your hand feels slightly damp or has a silicone residue, it means no additional lubrication is required. However, if the belt feels dry and there is no residue on your hand, lubrication is needed.

⚠ **Note: Excessive lubrication is not recommended.**

Suggestion:

The following time table is recommended	
Light user (less than 3 hours/ week)	every 6 months
Medium user (3-5 hours/week)	every 3 months
Heavy user (more than 5 hours/ week)	every 2 months
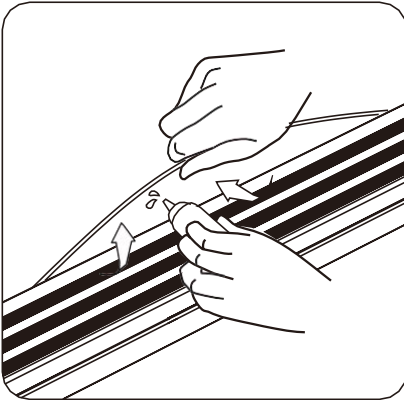
Lubricant Steps:

1. Turn off the treadmill.
2. Lift a small section of the belt and apply methyl silicone oil 10ml on the inner side, towards the center.
3. Set the treadmill to a speed of 1.0 mph and run it smoothly. Lightly step on the belt from left to right for a few minutes to ensure even distribution and absorption of the oil.

8. Troubleshooting

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
Treadmill will not start	Not plugged in/power is not switch on.	Plug cord into outlet, turn on the treadmill.
	circuit signal system open circuit.	Check controller inputs and signal lines (contact customer support).
Running belt not centered	Running belt tension not correct on the left or right sides of the running board.	Tighten the adjustment bolts on the left and right side of the rear roller.

The running belt does not run smoothly.	Lack of lubrication.	Add lubrication oil.
	Running belt is loose.	Adjust the running belt tightness.
The running belt slipping.	Running belt is too loose.	Adjust the running belt tightness.
	Motor Belt is too loose.	Please first adjust the running belt tightness, if still no function, please contact service support for help.
E01 or E13: Message failure	Wires from the computer and bottom control board not properly connected.	Check wire connections from the computer to the control board. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board.
E02: Burst clash protection	Incoming voltage is lower than 50% of the required voltage.	Check that the incoming power supply is the correct voltage. Otherwise, the control board needs to be replaced.
E05:Motor Abnormality	The motor is damaged or a moving part of the treadmill is stuck and therefore the motor is unable to rotate properly	Inspect moving parts of the treadmill to ensure that they are operating correctly. Replace the motor if necessary.

⚠ **NOTE: If you are unable to resolve an issue using the troubleshooting guide above, please contact Customer Service at**

support@cardirunfit.com

FCC STATEMENT

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. To maintain compliance with FCC RF exposure compliance requirements, please follow operation instructions as documented in this manual. This transmitter must not be collocated or operating in conjunction with any other antenna or transmitter. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body. The availability of some specific channels and/or operational frequency bands are country dependent and are firmware programmed at the factory to match the intended destination. The firmware setting is not accessible by the end user.

IC Warning

- English:

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference. including interference that may cause undesired operation ofthe device.

Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser] gain approved for thetransmitter by Industry Canada. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotopically radiated power (e.i.r.p.] is not more than that necessary for successful communication.

The device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

(1) This device may not cause interference.

(2) This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

1.L'appareil ne doit pas produire de brouillage;

L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

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 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.

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

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.