

# **Walking Vibration Pad**

## **User Manual**

Please read this User Manual carefully before using the product.

Model:RM-01

FCC ID:2BH4T-RM01-WLT

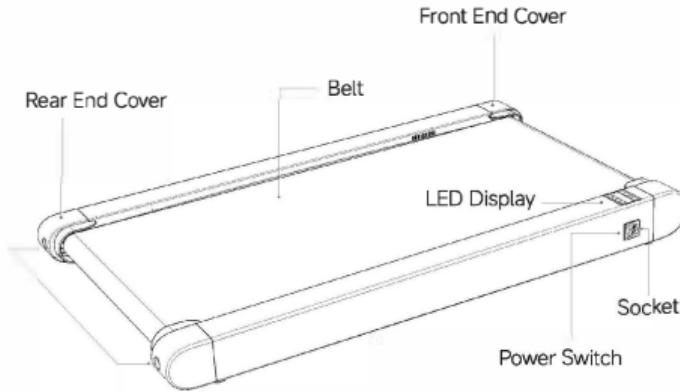
IC:33323-RM01WLT

# Welcome

Thank you for choosing the Walking Pad. This innovative health and fitness device perfectly combines walking exercise with vibration massage functions, allowing you to enjoy professional-level walking workouts at home. Additionally, you can experience a comfortable vibration massage after exercise, effectively alleviating muscle fatigue.

## Specifications

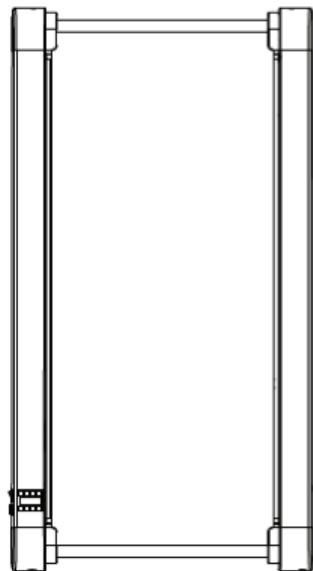
	<b>G.W.</b>	17 kg
<b>Name</b>	Walking Vibration Pad	
<b>Model</b>	RM-01	
<b>Product Size</b>	988*528*89mm	<b>Standard User Weight</b> 120 kg
<b>Running Area</b>	900*390mm	<b>Max User Weight</b> 150kg
<b>Package Size</b>	1030*580*120mm	<b>Power</b> 400 W
<b>Speed</b>	0.2-3.8 mph	<b>Voltage</b> 120 V
		<b>Suitable Age</b> 12-60 years



Running belt adjustment:  
Rear End Cover hex screws

# Product & Accessories

## Product



## Accessories



Power Cord



Remote Controller



Wrench



Lubricant



User Manual

# LED Display

## Status Display



## Vibration Massage Level Display



Gentle vibration: for daily relaxation & relief of muscle tension.

Moderate vibration: enhances the massage effect & promotes blood circulation.

Stronger vibration: deeply relaxes muscles & alleviates fatigue.

Intense vibration: targets deep muscle tissues, providing a powerful massage experience.

# Remote Controller

## **Walking Mode**

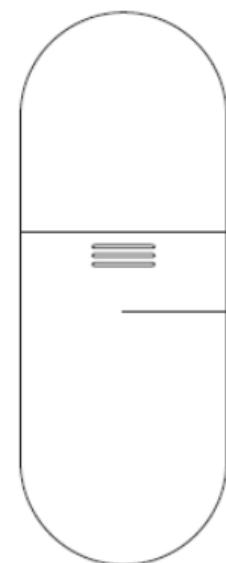
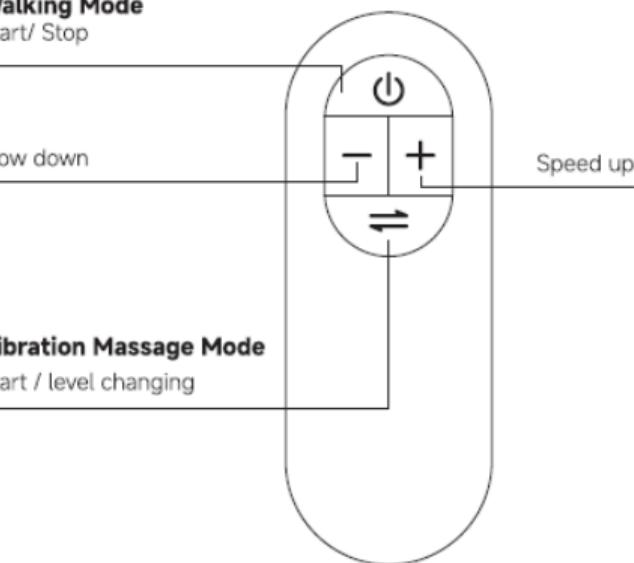
Start/ Stop

Slow down

Speed up

## **Vibration Massage Mode**

Start / level changing



# How to Use

## Walking Mode

Start

1. Plug in & turn on the switch.
2. Press [  ] on the controller to start.

Speed up

Press [ + ] on the controller, each press increases 0.1km/h.

Slow down

Press [ - ] on the controller, each press decreases 0.1km/h.

Stop

Press [  ] on the controller to stop gradually.

## Vibration Massage Mode

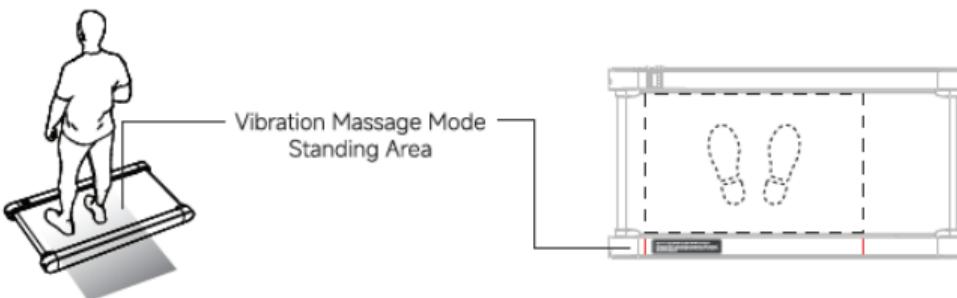
Turn on the vibration massage: After the walking exercise is finished or in standby mode, use the remote control to press the [  ] button.

Level changing: There are four levels in the vibration massage mode. Each time the [  ] button is pressed, the level will switch in sequence.

Operating Time: Each time the vibration massage mode is activated, the total operating time is 5 minutes. During this period, the level can be switched at will, but the total operating time will not change.

Massage Area: Please stand on the designated vibration massage area marked on the walking pad to ensure the best massage experience.

Cooling Time: After the vibration massage mode has been running for 5 minutes, the machine will automatically stop. It is necessary to rest for 30 minutes before the vibration massage mode can be activated again.



# Safety Guidelines

## 1. Safety Placement and Environmental Requirements

**Flat Surface:** Place the device on a flat, stable surface to prevent tipping or movement during use.

**Clear Space:** Ensure there is at least 50cm around the device for safe access and operation, avoiding any obstructions that could lead to accidents.

**Suitable Environment:** Ensure the environment is well-ventilated and away from areas that are damp, excessively hot, dusty, or contain flammable materials.

## 2. Personal Preparation and Precautions

**Wear Appropriate Attire:** Wearing non-slip shoes and comfortable clothing can help prevent falls and ensure comfort during exercise.

**Consult a Doctor:** Before starting any exercise regimen, it's important to consult with a healthcare professional to ensure that the activity is suitable for your health condition.

**Gradual Progression:** Start at a low speed and gradually increase the speed/duration to avoid overexertion.

**Maintain Balance:** Especially for treadmills without handrails, always pay attention to maintaining body balance. Use core strength to stabilize the body and avoid sudden changes in speed or direction that could lead to falls.

## 3. Operational Standards

**Proper Use:** Understand and follow the correct usage of the device to avoid injuries. This includes setting appropriate speed.

**Proper Start and Stop:** Follow the instructions to start and stop the walking pad correctly, avoiding sudden acceleration or deceleration. When stopping, gradually slow down to a halt to prevent sudden

stops that may cause instability.

## 4. Health Monitoring and Response

**Monitor Health:** Keep track of any changes in health status or symptoms that may indicate the need to adjust or stop the exercise.

**Rest:** Ensure adequate rest and recovery time, especially for those with health conditions that may affect their ability to recover from physical activity.

## 5. Cleaning and Maintenance

**Regular Cleaning:** Wipe the surface and walking belt with a soft damp cloth or a special cleaning agent, avoiding the use of corrosive cleaning agents or direct water washing of the equipment. When cleaning, please make sure the power is disconnected to prevent electric shock.

**Inspection and Maintenance:** Regularly check whether the screws, belts, motor, and other parts of the device are loose or worn out, and repair or replace them promptly if any abnormalities are found. Keep the surrounding environment of the device clean to avoid affecting safety.

## 6. Special Population Precautions

**Pregnant Women, Postoperative Patients, and Individuals with Special Medical Conditions:** Please consult with a doctor or professional before using the device to ensure the safety of your exercise.

**Children and Pets:** Ensure that children use the device under adult supervision, and keep pets away to prevent accidents.

By following these safety guidelines, you will be able to enjoy the device better.

# Maintenance and Care

## Cleaning the Walking Pad

**Turn Off and Unplug:** Ensure the walking pad is turned off and unplugged before cleaning.

**Dampen a Cloth:** Use a 100% cotton cloth dampened with a small amount of mild cleaning agent. Avoid using harsh chemicals, acids, or corrosive cleaners that could damage the treadmill's surface.

**Wipe Dust and Stains:** Clean the dust and stains from the main frame and the surface of the belt. Do not wipe under the belt.

**Clean the Ground:** After some use, dust and stains may accumulate on the ground at the tail end, which is normal. Simply wipe it clean.

## Walking Belt Lubrication

Turn off and remove the power cord. Lift the edge of the walking belt and apply the lubricant to the inner surface. Reconnect the power supply.

Allow the walking belt to run at a speed of 4 km/h for 10-20 seconds before it is ready for use.

For lubrication, you will need to use 5-10mm of the lubricant. Applying too much can cause slipping, which may affect normal use.

Apply the lubricant once every 3 months.

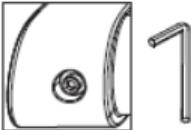
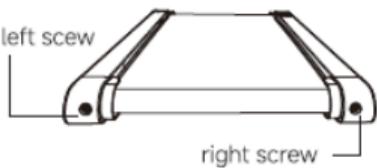
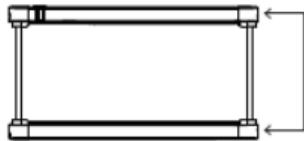
## Fixing the slipping belt

Set the walking pad to a speed of 4 km/h

Adjust the belt based on its deviation direction: If the belt deviates to the left, tighten the screw on the left side clockwise or loosen the screw on the right side counterclockwise; if the belt deviates to the right, use the same method to adjust the corresponding screws.

After each adjustment, wait for at least 30 seconds to ensure the belt moves slowly to the correct position before deciding whether further adjustments are needed.

Rear End Cover



## Troubleshooting

### **ERR02** Surge Protection

Replacing the controller & check the motor wiring connections

### **ERR05** Overcurrent Protection

The walking belt has excessive friction resistance and requires lubrication; or the controller may be damaged.

### **ERR06** Overload Protection

The walking belt has excessive friction resistance and requires lubrication; or the controller may be damaged

Certificate of Conformity.

Model:

Inspection department:

Production date:

## Warranty Card

### Purchase Info

Name \_\_\_\_\_

Product name \_\_\_\_\_

Phone number \_\_\_\_\_

Product model \_\_\_\_\_

Purchase place \_\_\_\_\_

Purchase time \_\_\_\_\_

### Maintenance Record

Report Time | Malfunction | Maintenance Time | Technician

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**Caution:** The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**FCC Compliance Statement:**

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.

**FCC Radiation Exposure Statement:**

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.



## ISED RSS Warning/ISED RF Exposure Statement

### ISED RSS Warning:

This device complies with Innovation, Science and Economic Development 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 of the device.

Le présent appareil est conforme aux CNR d'ISED applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

(1) l'appareil ne doit pas produire de brouillage, et

(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

### ISED RF exposure statement:

This equipment complies with ISED radiation exposure limits set forth for an uncontrolled environment. The device has been evaluated to meet general RF exposure requirement.

Le matériel est conforme aux limites de dose d'exposition aux rayonnements énoncées pour un autre environnement. Ce dispositif a été évalué à satisfaire l'exigence générale de l'exposition aux RF.