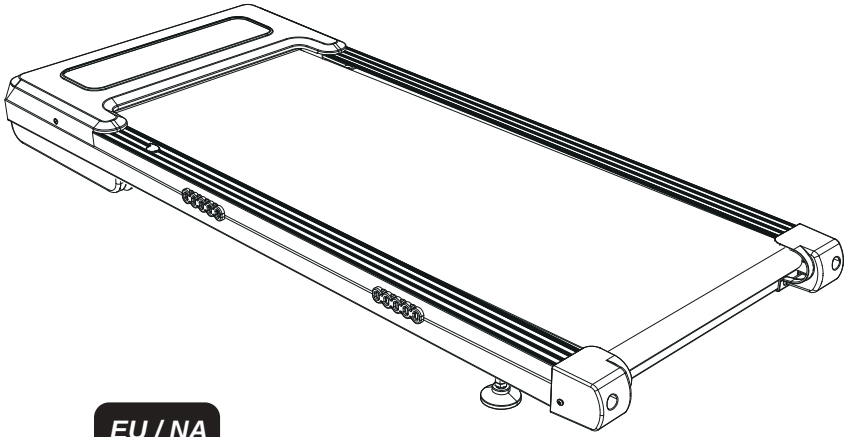
ELECTRIC WALKING PAD



104A-403

User Manual

Read all instructions carefully before using this product.
Retain this user manual for future reference.

EU / NA

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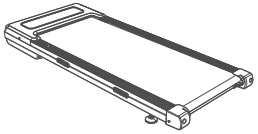
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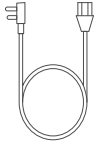
Package Contents / Contenu du paquet / Contenido del paquete / Inhalt des Pakets



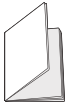
EN Treadmill x1
FR Tapis de course x1
ES Cinta de correr x1
DE Laufband x1



EN Remote Control x2
FR Télécommande x2
ES Mando a distancia x2
DE Fernbedienung x2



EN Power Cord x1
FR Cordon d'alimentation x1
ES Cable de alimentación x1
DE Netzkabel x1

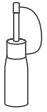


EN User Manual x1
FR Manuel de l'utilisateur x1
ES Manual del usuario x1
DE Benutzerhandbuch x1

Toolkit contents / Contenu de la boîte à outils / Contenido de las herramientas/ Inhalt des Toolkits

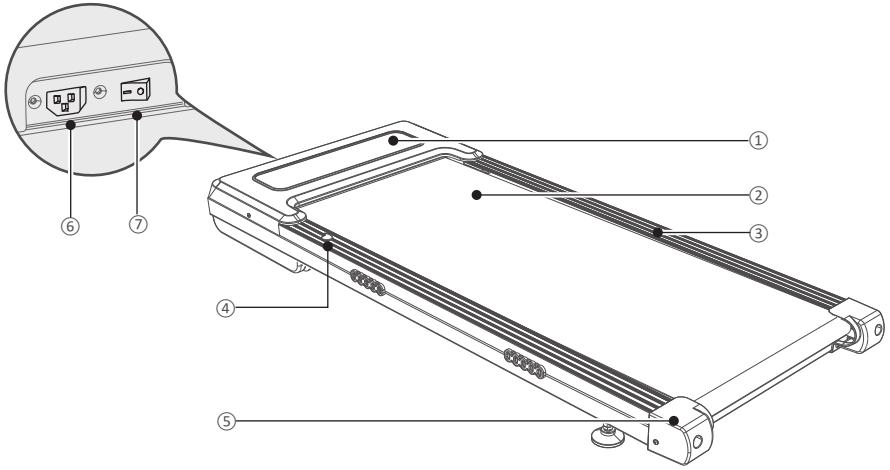


EN Allen Key with Cross-head Screwdriver x1
FR Clé Allen avec tournevis cruciforme x1
ES Llave Allen con destornillador de estrella x1
DE Inbusschlüssel mit Kreuzschlitzschraubendreher x1



EN Silicone Oil x1
FR Huile de silicone x1
ES Aceite de silicona x1
DE Silikonöl x1

Product Overview / Aperçu du produit / Productos / Produktübersicht



EN

1) Display
2) Walking Belt
3) Foot Edge Strip
4) Lubricating Oil Injection Hole
5) End Caps
6) Power Input Port
7) Power Switch

FR

1) Écran
2) Courroie de marche
3) Bande de protection pour les pieds
4) Trou d'injection d'huile lubrifiante
5) Embouts
6) Port d'alimentation
7) Interrupteur

ES

1) Pantalla
2) Banda para caminar
3) Banda para el borde del pie
4) Orificio de inyección de aceite lubricante
5) Tapas de los extremos
6) Puerto de entrada de energía
7) Interruptor de encendido

DE

1) Display
2) Laufband
3) Fußkantenleiste
4) Schmieröl-Einspritzöffnung
5) Endkappen
6) Stromanschluss
7) Netzschalter

IMPORTANT SAFETY INSTRUCTIONS

Thank you for purchasing our electric walking pad. For your safety and convenience, please read the following instructions carefully before using the walking pad.

General Safety

- This walking pad is for indoor use only. Do not use it outdoors or in high-humidity environments.
- Place the walking pad on a level surface near a grounded outlet. Keep at least 3.3 ft (1 m) of clearance in front and on both sides, and 6.6 ft (2 m) x 3.3 ft (1 m) of space behind for safety.
- Do not power on and operate the walking pad until you are ready.
- Do not use the walking pad on deeply padded, plush, or shag carpet, as it may affect air circulation and damage the walking pad.
- Do not wear loose clothing or jewelry while exercising to avoid entanglement. It is recommended to wear running or fitness shoes with rubber soles.
- Use this walking pad only for its intended purpose as described in this manual.

Power and Electrical Safety

- Ensure that the voltage of your power supply matches the walking pad's requirements.
- Use only the provided power cord or one that meets safety standards and is compatible with both the walking pad and power supply.
- Never drop or insert any object into any openings on the walking pad.
- Do not operate the walking pad if the power cord is damaged or the plug is wet.
- Always unplug the power cord when the walking pad is not in use and store it safely.
- Always turn off the walking pad before removing its power plug from the outlet.
- Keep the power cord away from any moving parts of the walking pad.

Operation Precautions

- Keep children away from the walking pad during use to prevent accidents. Minors must be accompanied by an adult when using the walking pad.
- Keep all body parts away from moving parts.
- Do not let go until you feel balanced and confident. Avoid actions that may affect your stability.
- If the walking pad cannot be stopped due to an electronic system failure, quickly step off the walking belt and turn off the power.
- Do not modify the walking pad for other uses.

GROUND PROTECTION SYSTEM!

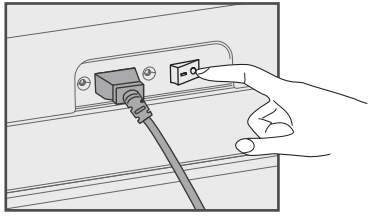
- This walking pad must be grounded. Grounding provides a safe path for electric current in case of a malfunction, reducing the risk of electric shock.
- The power cord comes equipped with a plug containing a grounding conductor. Ensure the plug is fully inserted into a standard power outlet.
- If you are unsure whether your outlet is grounded, check with a qualified electrician or service personnel.
- Do not use a plug adapter. Always use a power outlet that matches the shape of the grounding plug.

OPERATING INSTRUCTIONS

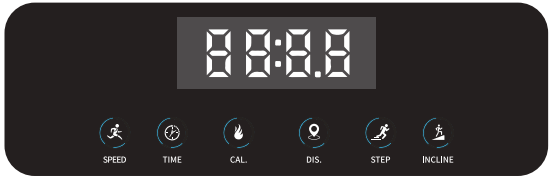
I. Power ON

This walking pad comes fully assembled and ready to use right out of the box.

1. Connect the power cord to the walking pad and your power outlet.
2. Toggle the power switch to the “I” position to power on the walking pad. Once powered on, the display panel will light up automatically.



II. Display Panel



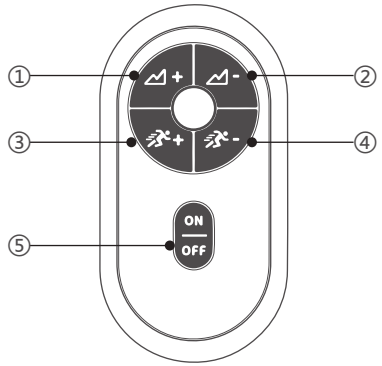
The display panel shows different information depending on the walking pad’s status and your operation:

- **SPEED:** Current workout speed
- **TIME:** Workout duration
- **CAL.:** Calories burned
- **DIS.:** Total distance covered
- **STEP:** Number of steps taken
- **INCLINE:** Incline level

Note:

The display panel cycles every 5 seconds through TIME → CAL. → DIS. → STEP → INCLINE → SPEED. The value for the active category is shown when its indicator light is on.

III. Remote Control



1) Incline Up
2) Speed Up
3) Incline Down
4) Speed Down
5) Start/Stop Button

Note:

- The remote control requires 2 x AAA batteries.
- Do not mix the old and new batteries.
- Remove the batteries if the remote control will not be used for an extended period.

IV. Operation

Operate the walking pad using the remote control, which manages all functions. The remote control is pre-paired with the walking pad before shipment. If pairing is lost, power on the walking pad and press and hold the Speed Down button on the remote control to reconnect.

ON / OFF	• When the display panel is on, press this button to start the walking pad. It will begin at the lowest speed and zero incline. • When you need to end your workout, press this button stop the running belt. **Note:** Before stopping, gradually reduce your speed to the lowest setting to prevent injury from sudden deceleration.
+	When the display panel is on, press this button to raise the incline.
-	When the display panel is on, press this button to lower the incline.
+	When the display panel is on, press this button to increase speed.
-	When the display panel is on, press this button to decrease speed.

V. Application Control

After powering on the walking pad and entering standby mode, you can control it via the application:

1) Scan the QR code to download the **FitShow** application.

2) Open the application and follow the on-screen instructions.

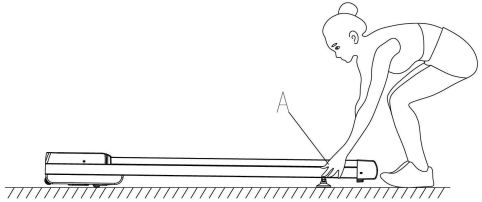
3) When prompted to select a device type, choose "**Treadmill**."

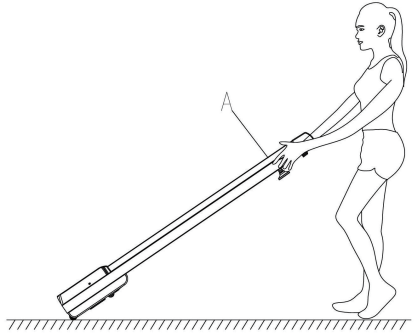
4) Tap "**Quick Start**" to search for available devices.

5) Select the device named "**FS-XXXXXX**" to connect.

VI. Transportation

The walking pad is equipped with transport wheels for easy movement. Unplug the power cord, hold the frame on both sides of the rear end, and lift the walking pad to about a 40° angle until the wheels touch the ground. You can then push it forward or pull it backward.





TECHNICAL SPECIFICATION

Model	140A-403
Input Voltage	AC 100–120 V, 60 Hz (North American) AC 220–240 V, 50–60 Hz (European)
Walking Speed	0.6–4 mph (North American) 1–6 km/h (European)
Incline Level	0%–12%
Product Dimensions	47.8 x 20.5 x 5.1 in (121.5 x 52 x 13 cm)
Effective Walking Area	38.6 x 15.8 in (98 x 40 cm)
Product Weight	48.5 lbs (22 kg)

EXERCISE ADVICE & GUIDE

For first-time use of the electric walking pad, carefully read the following guidelines to ensure safe and proper operation.

Preparation

Before starting your exercise, assess your health condition to create a suitable exercise plan. It is recommended to consult a doctor or professional, especially if you are over 45 years old or have pre-existing health conditions.

Exercise

Familiarize yourself with the controls, including how to start, stop, and adjust the speed and incline. Before stepping onto the walking belt, stand on the foot edge strip and start the walking pad at a low speed. Then,

- Stand upright, look forward, and step onto the walking belt.
- Relax your body and allow yourself to adjust to the movement.
- Gradually increase speed and maintain it for about 10 minutes.
- Slowly reduce speed and stop the walking belt.

IMPORTANT:

Avoid walking at high speed during your first exercise to prevent falls.

Exercise frequency

Aim for 3–5 exercises per week, lasting 15–60 minutes per session. It is best to follow a structured schedule based on your fitness level rather than exercising randomly. Adjust speed and duration to control exercise intensity.

Wearing

- Wear good-quality running shoes or fitness shoes with clean soles to prevent debris from damaging the walking belt.
- Choose breathable, comfortable sportswear that allows free movement.

Stretching Exercises

Regardless of your pace, always warm up before exercising. Walk for 5–10 minutes, then perform the following stretches. Repeat each 5 times per leg, holding for 10+ seconds. Stretch again after your exercise to prevent stiffness.

1. Stretch down

Bend your knees slightly, bend your body forward slowly, relax your back and shoulders, and try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.

2. Hamstring stretch

Sit on a clean cushion and straighten one leg. Pull the other leg inward so that it is close to 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. Foot and Achilles tendon stretch

Stand with your hands on a wall or tree and one foot behind. Keep your back leg straight and its heel on the ground, and lean toward the wall or tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.

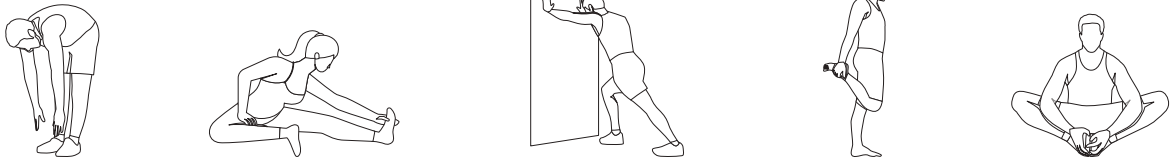
4. Quadriceps stretch

Use your right hand to hold the wall or table for balance, then reach your left hand back, grab your left ankle and slowly pull it toward your hips until you feel the muscles in the front of your thigh are very tense. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.

5. Sartorius muscle (inner thigh muscle) stretch

Sit down with your soles facing each other and your knees facing outward. Grab your feet with both hands and pull them toward your groin. Hold for 10-15 seconds, then relax. Repeat 3 times.

① ② ③ ④ ⑤



COMMON ERRORS & TROUBLESHOOTING

Error Code	Cause	Solution
E01	No signal received by the display panel	● Check or replace the communication line. ● Replace the electronic meter. ● Replace the lower control board.
E03	Overvoltage	Replace the lower control board and wait for repair.
E04	IGBT short circuit	Replace the lower control board.
E05	Overload	Replace the lower control board.
E06	Motor disconnected	Check if the motor wires are connected or short-circuited, and reconnect the motor wires.
E07	Motherboard not receiving a signal	● Check or replace the communication line. ● Replace the electronic meter and/or the lower control board.
E13	Overcurrent	● Reduce the load. ● Reset parameters. ● Add lubricating oil. ● Replace the lower control board.
E14	Load short circuit	Replace the motor and/or lower control board.

CARE & MAINTENANCE

To prolong the lifespan of your walking pad, it is recommended to turn it off after 2 hours of continuous use and let it rest for 10 minutes before using it again.

Cleaning

- Regular cleaning helps extend the lifespan of your walking pad and maintain optimal performance.
- Sweep the exposed edges of the walking belt to minimize debris accumulation underneath.
- Ensure shoes are clean before using the walking pad to prevent dirt and foreign objects from wearing down the running deck and belt.
- Wipe the walking belt with a soapy damp cloth to remove sweat and dirt.
- Avoid splashing water on electrical components or beneath the walking belt to prevent damage.

Walking Belt Lubrication

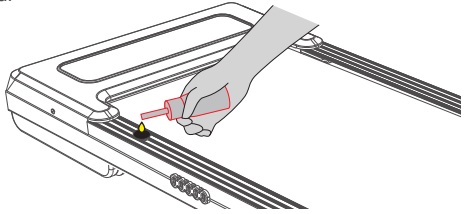
Your walking pad has been pre-lubricated with lubricating oil to reduce friction between the walking belt and deck. Proper lubrication is essential for maintaining performance and longevity, but excessive lubrication is not recommended.

When to Lubricate:

Power off the walking pad. Lift the walking belt and reach your hand underneath toward the center. If your hand feels slightly oily, lubrication is not required. If the deck feels dry and there is no lubricating oil residue, lubrication is needed.

How to Lubricate:

- Uncover the lubricating oil injection hole.
- Pour approximately 10 ml of lubricating oil into the hole, then cover the hole.
- Power on the walking pad and start the walking belt at its lowest speed to distribute the oil evenly.
- Step gently on the front of the walking belt from left to right to aid absorption.
- Let the walking pad run for 8–10 minutes to ensure the oil is fully absorbed.



Lubrication Frequency:

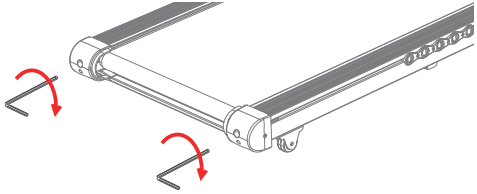
- Light use (< 3 hours/week): Every 6 months
- Moderate use (3–5 hours/week): Every 3 months
- Heavy use (> 5 hours/week): Every 1.5 months

WARNING:
Always unplug the walking pad before cleaning or servicing it.

Walking Belt Adjustment

Proper tension in the walking belt is essential for safe and efficient walking pad performance.

- If the walking belt is too loose, it may slip while running, which can be dangerous.
- If the walking belt is too tight, it may strain the motor, reduce performance, and cause excessive wear and tear on the rollers and belt.

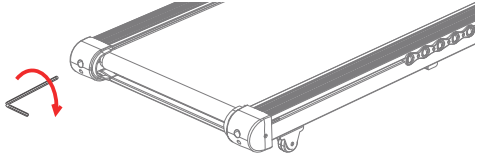


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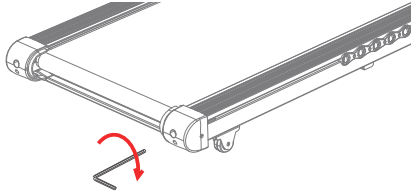
- The walking belt has been pre-adjusted before shipping. Please check it upon receiving the walking pad.
- If the belt stops or slips during use, gradually tighten both adjustment bolts clockwise with the Allen key until the issue is resolved.

Walking Belt Centering

1. Place the walking pad on a flat and stable ground.
2. Power it on and set the walking belt to a low speed.
3. If the walking belt shifts to left, turn the left adjustment bolt clockwise 1/4 turn at a time using the Allen key. Wait 30 seconds for the belt to realign. Repeat as needed until the belt is centered.



4. If the walking belt is too close to the right side rail, turn the right adjustment bolt clockwise 1/4 turn at a time. Wait for 30 seconds, and the walking belt will automatically return to the right position. Please repeat until the belt is centered.



NOTE:

When the walking belt deviates, it will automatically re-center at a moderate speed without a load. If it does not center automatically, follow the steps above to adjust it manually.

FCC ID: 2BCK4-HJ4366-7J

NOTE: This equipment has been tested and found to comply with the limits for Class B digital devices, in alignment with section 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.

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.

RF Exposure Information

The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure condition, compliance with exposure requirements.



Disposal of Electrical and Electronic Equipment

The crossed-out garbage can means that you are legally obliged to dispose of these devices separately from unsorted municipal waste. Disposal via the residual waste bin or the yellow bin is prohibited. If the products contain batteries or rechargeable batteries that are not permanently installed, they must be removed before disposal and disposed of separately as a battery.

Options for Returning Old Devices (EAR)

Owners of old devices can hand them over within the scope of the options for returning or collecting old devices that have been set up and made available by public waste disposal authorities, so that proper disposal of the old devices is ensured.

CE WARNING

This appliance is not to be used by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
Children should be supervised to ensure they do not play with the appliance.

Declaration of Conformity

To obtain the full text of the EU Declaration of Conformity, please contact our support team.