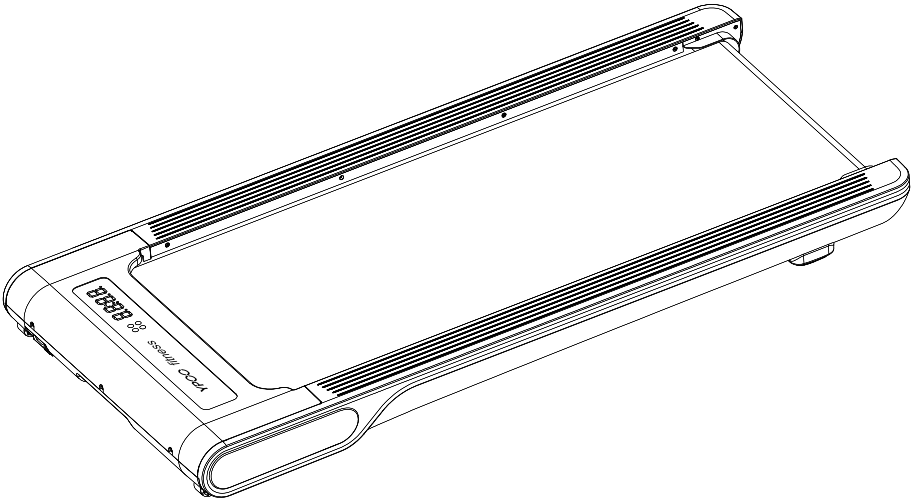
YPOO

Walking Treadmill User Manual

Product Model: M5038



Sport makes me different

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Customer Service

Thank You for Your Purchase!

For any issues such as damaged or defective products, questions about replacement parts or any other service support, please contact our customer service department using the following methods:

support@ypoo.au

12-24 Hours

1-844-977-0007

To receive the quickest response, especially during peak business hours, emailing us with your Order ID and Description of Parts (Adding photos or videos would be helpful) is the best method.

Important:

Please do not return this product and Description of Parts without first contacting our customer service.

Download and use of YPOOFIT

1. To download the YPOOFIT app, scan the QR code or search "YPOOFIT" in the Apple App Store or Google Play Store.

YPOOFIT APP Download

APP Connection Guide

2. Open the YPOOFIT app. Log In or Sign Up.
3. Please note: If your phone is Apple - iPhone, please refer to the path: Profile > Settings>Language after login to switch the desired language.
4. Follow the in-app instructions to set up your device.

01. Important Safety Instructions

DANGER -To reduce the risk of electric shock

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING -To reduce the risk of burns, fire, electric shock, or injury to persons

- Never leave electrical appliances unattended after plugging them into an outlet. Unplug the appliance when not in use, and before installing or removing any parts.
- Do not use this device under blankets or pillows. Overheating may cause fire, electric shock, or personal injury.
- Children, patients, or persons with disabilities must be supervised by an adult at all times when using this device.
- Use the device strictly according to the instructions in this manual.
  Do not use accessories not recommended by the manufacturer.
- Do not use the device if the power cord or plug is damaged, if the device malfunctions, or if it has been dropped, damaged, or submerged in water. Contact the after-sales service department for assistance.
- Do not carry the device by the power cord, nor use the power cord as a handle.
- Keep the cord away from heated surfaces.

- Never use this device with the ventilation openings blocked. Keep the ventilation openings clear and free of lint, hair, and other debris.
- Do not drop or insert any objects into any openings.
- Do not use outdoors.
- Do not operate in areas where aerosol (spray) products are being used or where oxygen is being administered.
- CAUTION: To reduce the risk of injury from moving parts, unplug before servicing.
- WARNING: To reduce the risk of electric shock, unplug before cleaning or servicing.
- WARNING: Risk of personal injury. Keep children under the age of 13 away from this walking treadmill.
- To disconnect, turn all controls to the OFF position, then remove the plug from the outlet.
- This appliance is not intended for use by persons 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.

WARNING -Keep young children away from this machine at all times. Contact with the moving surface may result in severe friction burns.

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS:

- **This product must be grounded.** If it malfunctions or breaks down, grounding provides a path of least resistance for electric current, which reduces the risk of electric shock.

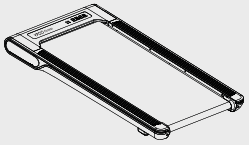
- The plug must be connected to a properly installed and grounded outlet that complies with all local electrical codes and ordinances.

DANGER

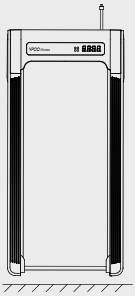
- Risk of Electric Shock: Improper connection of the equipment grounding conductor can result in a risk of electric shock. If you are unsure whether this product is properly grounded, consult a qualified electrician or service technician.

- Do not modify the plug provided with this product. If the plug does not fit your outlet, have a qualified electrician install a proper outlet.

02. Safety Notice



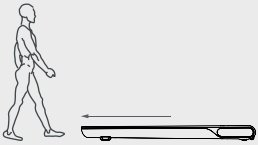
DO NOT
use during the 5-second auto-calibration cycle (after power-on).



DO NOT
store upright.



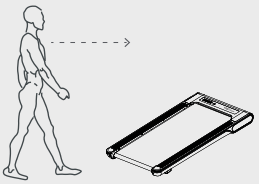
DO NOT
store sideways.



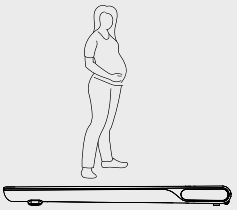
DO NOT
step on or off the walking treadmill while it is in operation.



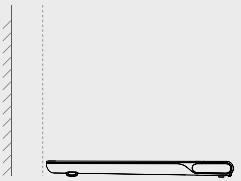
DO NOT
use on uneven ground.



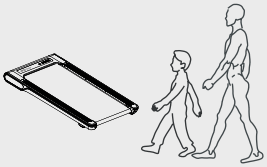
Please keep your gaze level to avoid dizziness.



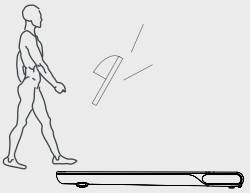
Caution:
Extra care is required for elderly and pregnant users.



Please keep a rear clearance of at least 39 inches.



Children must be supervised at all times.

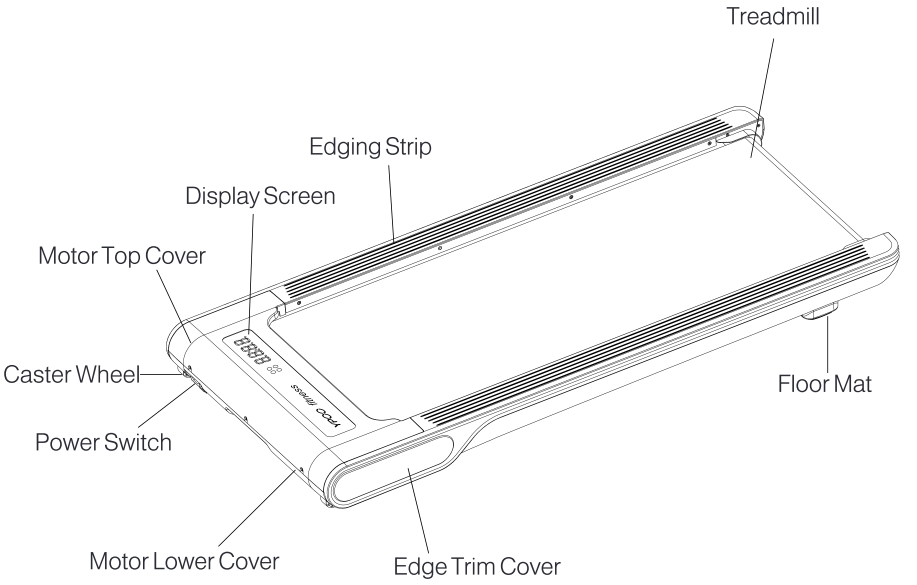


Please wear proper athletic footwear.

03. Product Introduction

Please inspect package contents on arrival.

If items are missing or damaged, please contact support@ypoo.au



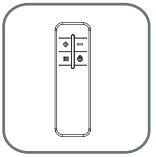
3.1 Accessories



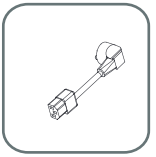
Hex Tool x1



User Manual x1



Remote Control x1



Detachable Power Cord x1



Height Spacer x2

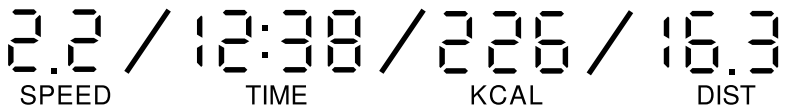
3.2 Specification

Model:	M5038
Input Voltage:	220-240V
Incline Levels:	3 Types
Speed Range:	0.8-6KM/H
Product Size:	108.8x52x9CM
Bluetooth:	YES

Note: The physical object shall prevail

04. Function Menu





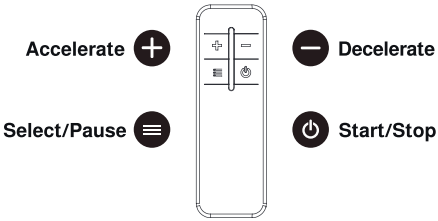
SPEED	TIME	KCAL	DIST
Display Speed 0.8-6KM/H	Display Time 0-99:59	Display Calories 0-999	Display Distance 0-99.9 KM

Setting Parameter	Initial Value	Display range
Speed （KM/H）	0.8	0.8-6
Time(Minutes: Seconds)	0:00	0-99:59
Calories (Kcal)	0.00	0-999
Distance （KM）	0.00	0.00-99.9

Tips: The workout datas (Speed; Time; Distance; Calorie) will be alternated display per 5 seconds.

05. Remote Control Operation

5.1 Remote Control Instructions



A.Manual Mode Function

In manual mode, press the "⏻" button to begin. The treadmill will start at 0.8KM/H ,and the time, distance, and calorie counters will start from 0. Press the "+"or "- " buttons to adjust the speed. After 100 minutes, the treadmill will auto-matically stop.

B.Countdown Mode Function

Press"☰" and you can use the speed "+"or "-"to set the parameter value(the initial running speed is 0.8KM/H)

After setting, press the " ⏻ " button to run which will automatically stop when it reaches the set value.

- Time Countdown Mode: The window shows 10:00 minutes, set the time (5:00 to 60:00 minutes)with the speed keys.
- Distance Countdown Mode:The window shows 1.0 mile, set the distance (1.0 to 99.0 miles) with the speed keys.
- Calorie Countdown Mode: The window shows 50 kcal, set the target (20 to 990 kcal) with the speed keys.

5.2 Remote Control Pairing Steps

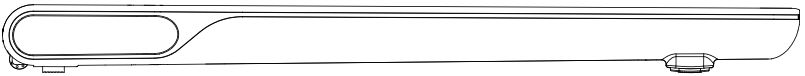
1. After the treadmillis powered off for 10 seconds;
2. Press and hold the "+" button on the remote control;
3. Simultaneously turn on the treadmill power;
4. Pairing is completed after hearing the beep sound.

5.3 Battery

2pcs AAA battery - 1.5V

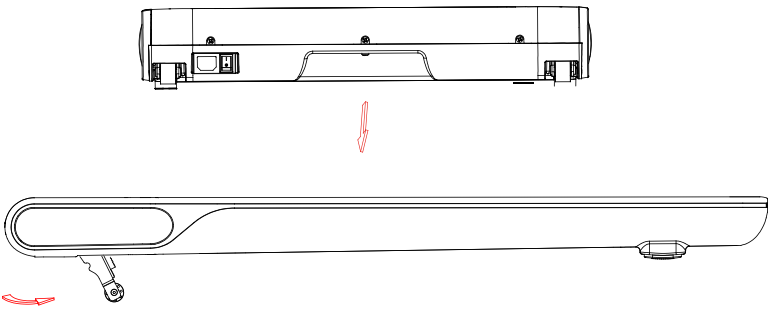
06. Incline Adjust

Gear 1



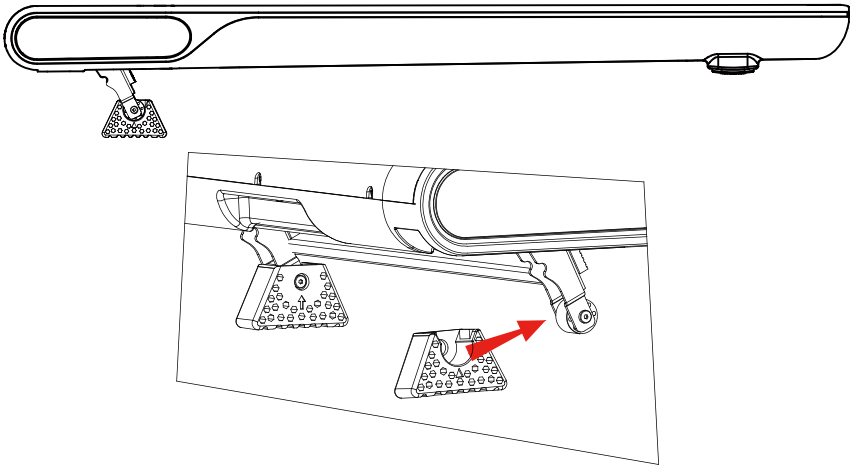
Prior to operation, ensure the treadmill is placed on firm, level flooring and that the main power is disconnected.

Gear 2



Lift the front end of the treadmill with one hand, and use the other hand to reach beneath the motor cover. Grasp the linkage rod connected to the drive roller and pull it downward until it is fully retracted (or: push it completely backward).

Gear 3



Lift the front end of the treadmill with one hand. With the other hand, insert the height spacer into the caster wheel (note: ensure the spacer is correctly oriented). Once installed, insert the caster assembly into the mounting hole.

07. Error Codes&Troubleshooting

Communication Error	Problem Description	Initial Actions & Support	
 E02	Main motor open circuit	Power off, open motor cover, check and secure all internal connections, especially the motor wires.	If wires are damaged or the issue persists, please contact us.
 E03	Motor Over-current	Motor exceeds rated working current or Lower control current-limiting system malfunction.	Please contact our customer support directly for further assistance.
 E06	Electronic meter communication error	Power off, open motor cover, check and secure all internal connections, especially the upper and lower wires.	If the error reappears, please contact us.
 E08	Lower Control Board Overheat Protection	1. Power off, check for any foreign objects stuck under the running belt or around the rollers, and perform basic lubrication simultaneously.	If the error reappears, please contact us.
 E0A	APP module malfunction	Power off, open motor cover, check the bluetooth connections wires.	If wires are damaged or issue persists, please contact us.
 E0C	Power tube breakdown with explosion-proof protection	Power off, open motor cover, check if the control indicator light is functioning properly.	Please contact our customer support directly for further assistance.

Important Safety Notice:

Power off and unplug the device before performing any checks. Do not disassemble core components or perform risky operations.

Our support team will provide you with professional solutions.

08. APP User Manual

Scan The QR Code
Download YPOO FIT APP

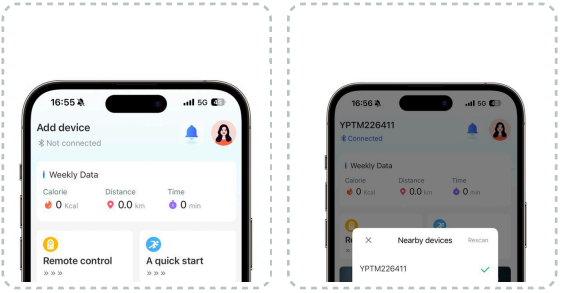
Connect the Device

Ensure Bluetooth is enabled on your mobile phone or tablet.

- 1. Download and install the YPOOFIT app on your device. You can search for “YPOOFIT” in the App Store/Google Play, or scan the QR code to download and install it.
- 2. Open the YPOOFIT app and follow the on-screen prompts to log in or create an account.
- 3.Open the app and tap the Bluetooth icon on the homepage. The app will automatically search for your treadmill.
- 4. Important: Please allow the app to handle the connection. Do not connect manually to any treadmill-related device via your phone's system settings.

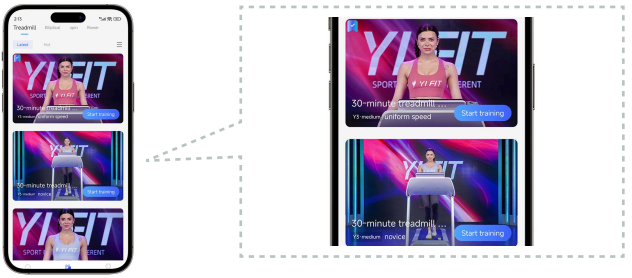
  If the app cannot find your treadmill: Please try resetting the treadmill by turning it off and on again, then repeat the steps above.

  If you continue to experience issues, please contact us for further assistance.



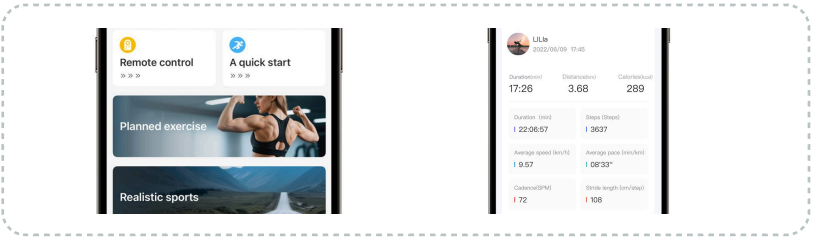
Multi-Course Library

Access a wide variety of workout courses in the app, so you can choose the programs that best align with your fitness goals.



Personalized Training Plans

Set workout plans in the app, and the treadmill automatically adjust speed and time for a smooth, rhythmic workout.



Simulated Outdoor Workouts

Experience immersive, real-world walking scenarios with vivid outdoor scenery, bringing the feeling of outdoor exercise into your home.



09. Care And Maintenance

A. Symptom : Walking Belt is Off-Center or Slipping.

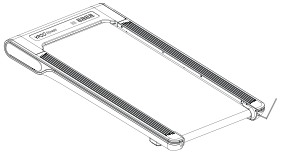


Figure 1

Walking Belt is Off-Center or Slipping:

1. Check Direction: Run the treadmill empty at low speed (2MPH). Observe which direction the belt drifts (left or right).
2. Power off appliance and unplug the power cord
3. Manual Centering:
   - If the belt drifts left, use the provided hex tool to turn the left idler roller screw clockwise ¼ of a turn (refer to Figure 1).
   - If the belt drifts right, use the provided hex tool to turn the right idler roller screw counter-clockwise ¼ of a turn (refer to Figure 2).
4. Appliance MUST work 1-2mintutes. Repeat manual centering process untill the walk belt is centered.

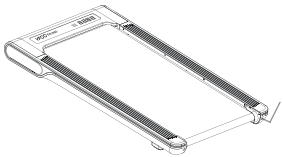


Figure 2

Walking Belt Slipping Correction:

1. Power off appliance before operation.
2. Using the hex tool, turn both idler roller screws clockwise 1/2 of turn(refer to figure 3)
3. After corrected, please plug in the treadmill and walk on it at under 1 MPH for 1–2 minutes to check for slipping. Repeat the tightening process until the belt stays securely in place.

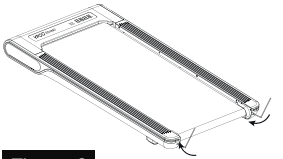
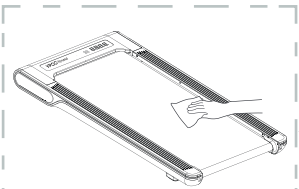


Figure 3

Attentions

1. Remove any debris around the treadmill before maintenance to prevent injury.
2. Always use the hex tool provided with the treadmill.
3. Be careful during maintenance and avoid pinching your fingers.

B: Appliance cleaning.



- Power Off & Unplug: Turn off the treadmill and unplug the power cord before cleaning.
- Wipe Down: Use a soft, damp cloth to wipe the treadmill frame and console. Do not use acidic or caustic detergents, as they can damage the surface.
- Cleaning Note: Do not clean the underside of the walking belt.
- Normal Observation: A small amount of black residual powder under the treadmill during operation is normal and comes from belt friction.

10. Warranty

MANUFACTURER'S LIMITED WARRANTY

We warrant to the original purchaser that this product is free from defects in material and workmanship when used for its intended purpose, under the conditions that it has been installed and operated in accordance with the owner's manual.

LENGTH OF WARRANTY

1. Warranty Coverage
We offer a comprehensive **One-Year Limited Warranty** from the date of purchase.

2. Customer Support
Access **24/7 Online Customer Service** for immediate assistance.

Service Details During Warranty Period:

- We provide detailed troubleshooting and technical support or other remedies that do not require you to return the product.
- Should a defect arise from materials or workmanship, we will supply replacement parts free of charge.

EXCLUSIONS FROM WARRANTY COVERAGE

YPOO does not warrant against, and shall not be responsible for, any product failure, malfunction, or damage attributable to the following:

1. Improper installation and/or failure to follow the installation instructions.
2. Use of the product beyond normal home use, or use in an application for which it was not designed.
3. Cosmetic damage, including but not limited to scratches, scuffs, or discoloration.
4. Damage caused by normal wear and tear, vandalism, accidents, or acts of nature.
5. Acts of nature or environmental conditions, including but not limited to fire, flooding, snow, ice, hurricanes, earthquakes, lightning, corrosion, mold, mildew, or staining from foreign substances such as dirt, grease, or oil.
6. Normal weathering due to exposure to sunlight, weather, or atmospheric conditions, which may cause surfaces to fade, chalk, accumulate dirt, or stain.
7. Improper operation, alteration, handling, storage, abuse, or neglect of the product.

WARRANTY SERVICE STATEMENT

Under normal home use conditions, YPOO, at its sole discretion, will repair or replace, free of charge, any part(s) proven to be defective.

Any repair or replacement does not extend or renew the original warranty period; coverage will apply only to the remaining portion of the original product warranty.

This warranty is valid only for the original purchaser and is non-transferable. Proof of original purchase is required to process all warranty claims.

INFORMATION REQUIRED FOR REPLACEMENT PARTS

When requesting replacement parts, please have the following information available:

1. Order ID;
2. Description of the part(s) (photos or videos are helpful);
3. Part number;
4. Date of purchase;

11. Workout Guide

This routine helps improve flexibility and reduce muscle tension. Remember to perform each stretch gently and avoid bouncing or pushing too hard.



1. Stretch Down:

Slightly bend your knees and slowly bend your body downward.Relax your back and shoulders, and try to extend your hands toward your toes.Hold for 10–15 seconds, then rest for a few seconds. Repeat 3 times.



2. Hamstring Stretch:

Sit on a clean mat. Straighten one leg, and bend the other leg inward so that the sole of the foot rests against the inner thigh of the straightened leg.

With the hand on the same side, reach toward the toes of the straightened leg.

Hold for 10–15 seconds, then rest for a few seconds. Switch legs and repeat.



3. Calf & Achilles Stretch:

Stand facing a wall with both hands placed against it.

Step one foot forward and keep the back leg straight, with both heels flat on the floor, while leaning toward the wall.

Hold for 10–15 seconds, then rest for a few seconds.

Repeat 3 times for each leg.



4. Quadriceps Stretch:

Hold your body steady by placing one hand against a wall.

With the other hand, reach back to grasp the ankle of the same leg and gently pull it toward your hip until you feel a stretch in the front of your thigh.

Hold for 10–15 seconds, then rest for a few seconds. Switch legs and repeat.



5. Inner thigh stretch:

Sit on the floor with the soles of your feet pressed together and your knees gently lowered toward the floor.

Hold for 10–15 seconds, then rest for a few seconds.

Repeat 3 times.

IMPORTANT : Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo, subject to change without notice.

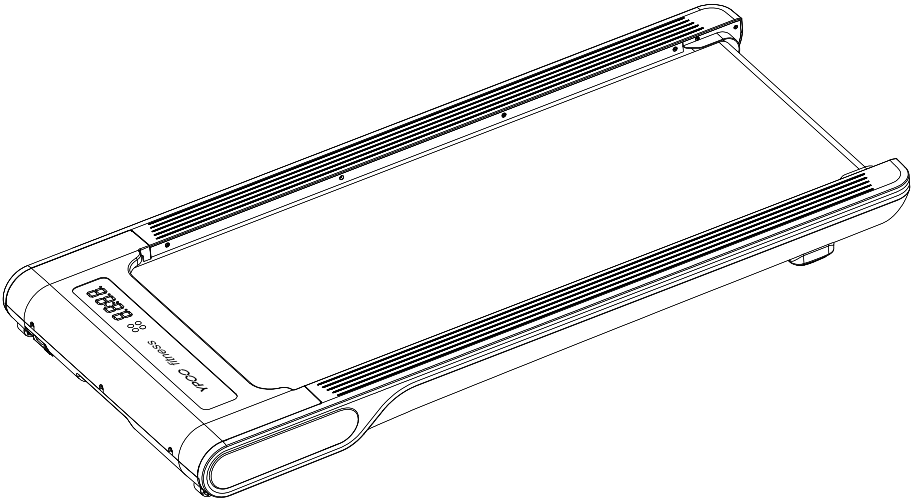
Email: support@ypoo.au
Hot line: 1-844-977-0007

support@ypoo.au

YPOO

走步机使用说明书

产品型号：M5038



Sport makes me different

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09 保养与维护 ---------- 17

10 保修说明 ---------- 18

11 运动指南 ---------- 20

客户服务

感谢您的购买！

对于任何产品损坏或有缺陷、有关更换零件或任何其他服务支持的问题，请使用以下方法联系我们的客户服务部门：

support@ypoo.au

12-24小时

1-844-977-0007

为了获得最快的回复，尤其是在高峰营业时间，通过电子邮件向我们发送您的订单 ID 和零件描述（添加照片或视频会很有帮助）是最好的方法.

重要提示：

请勿在未联系客服的情况下退回本产品.

YPOOFIT的下载和使用

1. 要下载 YPOOFIT 应用程序，请扫描二维码或在 Apple App Store 或 Google Play Store 中搜索“YPOOFIT”.

YPOOFIT APP 下载

APP 连接指南

2. 打开 YPOOFIT 应用程序. 登录或注册.
3. 请注意：如果您的手机是iPhone，登录后请参考路径：个人资料>设置>语言，切换所需语言.
4. 按照应用内说明设置您的设备.

01. 重要安全说明

危险 - 为降低触电风险

使用后和清洁前，请务必立即从电源插座上拔下本产品的插头.

警告 - 降低烧伤、火灾、触电或人身伤害的风险

- 将电器插入插座后，切勿让其处于无人看管的状态. 不使用时以及在安装或拆卸任何部件之前，拔掉电器插头.
- 请勿在毯子或枕头下使用此设备. 过热可能导致火灾、触电或人身伤害.
- 儿童、患者或残疾人士在使用此设备时，必须始终由成人监护.
- 严格按照本手册的说明使用设备. 请勿使用制造商未推荐的配件.
- 如果电源线或插头损坏、设备出现故障或者设备跌落、损坏或浸入水中，请勿继续使用该设备. 请联系售后服务部门寻求帮助.
- 请勿通过电源线搬运设备，也不要将电源线用作手柄.
- 请将电源线远离加热表面.

- 切勿在通风口被堵塞的情况下使用本设备. 保持通风口畅通，没有绒毛、头发和其他杂物.
- 请勿将任何物体放入或插入任何开口中.
- 请勿在户外使用.
- 请勿在使用气溶胶（喷雾）产品或正在供氧的区域进行操作本设备.
- 注意：为了降低移动部件造成伤害的风险，请在维修前拔掉电源插头.
- 警告：为了降低触电风险，请在清洁或维修之前拔掉电源插头.
- 警告：存在人身伤害风险. 请让 13 岁以下的儿童远离此跑步机.
- 要断开连接，请将所有控制开关转到“关闭”位置，然后从插座上拔下插头.
- 本设备不适合身体、感官或精神能力有缺陷或缺乏经验和知识的人员使用，除非他们已得到由负责其安全的人员提供的有关使用该器具的指导.

警告：
请始终让幼儿远离本设备.接触运动表面可能导致严重摩擦烧伤.

请保存这些说明

接地线操作说明：

- **本产品必须接地.** 如果发生故障或损坏，接地可为电流提供最小电阻路径，从而降低触电风险.

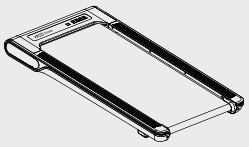
- 插头必须连接到符合所有当地电气规范和条例的正确安装并接地的插座.

危险

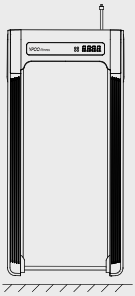
- **触电风险** 设备接地导体的连接不当可能引发触电风险.如果您不确定该产品是否已正确接地，请咨询一位合格的电工或专业维修技术人员.

- 请勿改装本产品随附的插头. 如果插头与您的插座不匹配，请让合格的电工安装合适的插座.

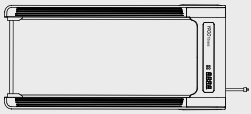
02. 安全注意事项



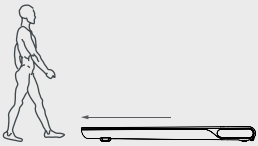
请勿
在 5 秒自动校准周期内使用（开机后）.



请勿
直立存放.



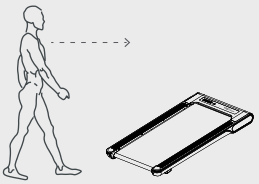
请勿
横向存储.



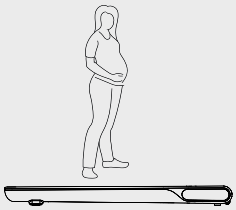
请勿
在运行中的步行跑步机上踏上或踏下.



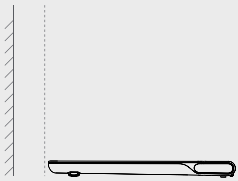
请勿
在不平坦的地面上使用.



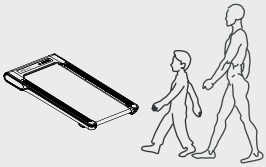
请保持视线水平，以免头晕.



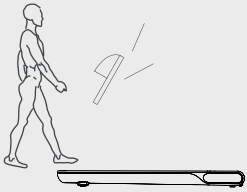
注意：
老年人和孕妇需特别注意.



请保持至少100cm的后部间隙.



儿童必须始终有人看护.

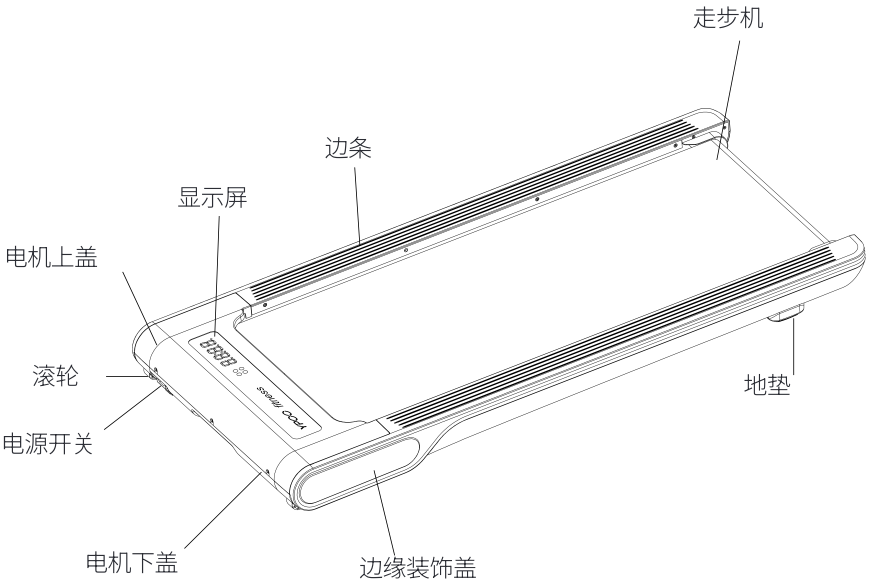


请穿合适的运动鞋.

03. 产品介绍

收到包裹后，请立即检查包装内的所有物品。

如果物品丢失或损坏，请联系 support@ypoo.au



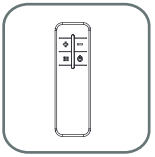
3.1 配件



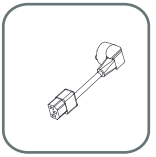
六角工具 x1



用户手册 x1



遥控器x1



可拆卸电源线 x1



高度垫片 x2

3.2 产品参数

型号：	M5038
输入电压：	220V-240V
坡度档位：	3 种类型
速度范围：	0.8-6.0 公里/小时
产品尺寸：	108.8 × 52 × 9 厘米
蓝牙：	支持

注：以实物为准

04. 功能菜单



2.2 / 12:38 / 226 / 16.3

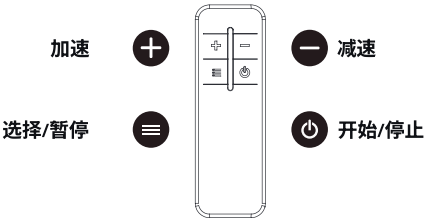
速度	时间	卡路里	距离
显示速度 0.8-6公里/小时	显示时间 0-99:59	显示卡路里 0-999	显示距离 0-99.9 公里

设置参数	初始值	显示范围
速度（公里/小时）	0.8	0.8-6
时间（分：秒）	0:00	0-99:59
卡路里（千卡）	0.00	0-999
距离（公里）	0.00	0.00-99.9

提示：锻炼数据（速度；时间；距离；卡路里）将每 5 秒交替显示.

05. 遥控器操作说明

5.1 遥控器说明



A.手动模式功能

在手动模式下，按“ ⏻ ”按钮开始. 跑步机将以 0.8公里/小时 启动，时间，距离，卡路里计数器将从0开始. 按“+”或“-”按钮调节速度.100分钟后，跑步机将自动停止.

B.倒计时模式功能

按“ ☰ ”，可使用速度“+”或“-”设定参数值（初始运行速度为 0.8公里/小时）.

设置完毕后，按“ ⏻ ”键运行，达到设定值后自动停止.

- 时间倒计时模式：窗口显示 10:00 分钟，使用速度键.
  设置时间（5:00 至 60:00 分钟）
- 距离倒计时模式：窗口显示 1.0 英里，使用速度键.
  设置距离（1.0 到 99.0 公里）
- 卡路里倒计时模式：窗口显示 50 kcal，使用速度键.
  设置目标（20 至 990 千卡）

5.2 遥控器配对步骤

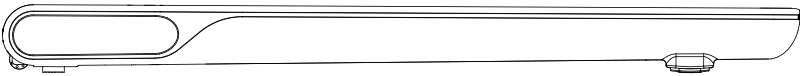
1. 跑步机断电10秒后；
. 2. 按住遥控器上的“+”键；
. 3. 同时打开跑步机电源；
. 4. 听到嘟嘟声.后配对完成

5.3 电池

2 节 AAA 电池 - 1.5V

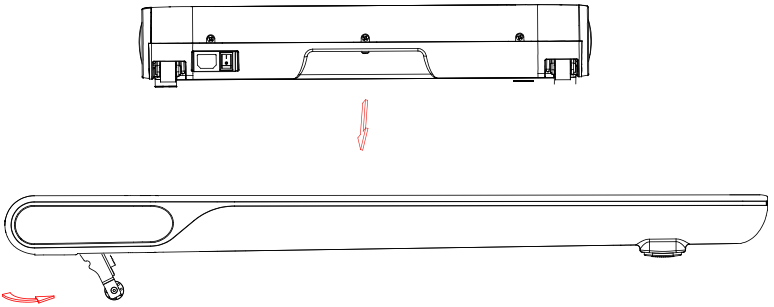
06. 坡度调节

1档



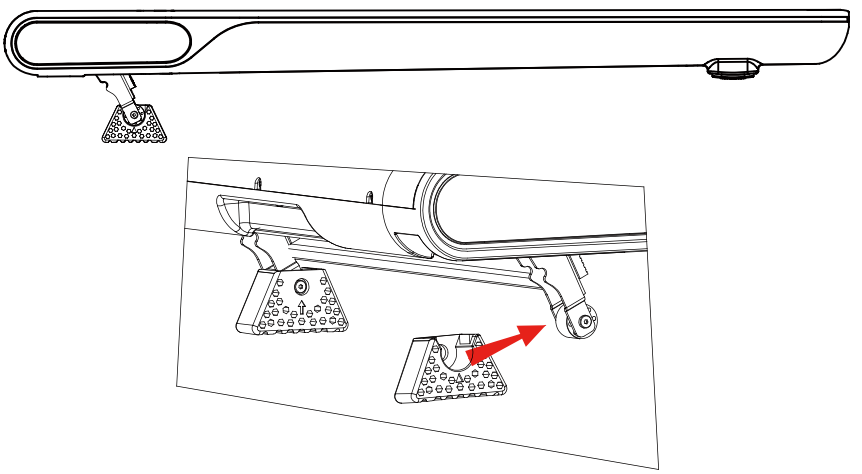
操作前，确保跑步机放置在坚固、水平的地板上，并断开主电源.

2档



用一只手抬起跑步机前端，另一只手伸到电机盖下方. 抓住连接到驱动滚轮的连杆并将其向下拉直至完全缩回（或：将其完全向后推）.

3档



用一只手抬起跑步机前端. 另一只手将高度垫片插入脚轮（注意：确保垫片方向正确）. 安装后，将脚轮组件插入安装孔.

07. 故障代码与排除

通讯 错误	问题 描述	初步行动与支持	
E02	主电机开路	断电，打开电机盖，检查并固定所有内部连接线，特别是电机线.	如果电线损坏或问题仍然存在，请联系我们.
E03	电机过流	电机超过额定工作电流或下控电流限制系统故障	请直接联系我们的客服以获取进一步帮助.
E06	电子表通讯错误	断电，打开电机盖，检查并紧固所有内部连接线，特别是上下线.	如果错误再次出现，请联系我们.
E08	下控板 过热保护	关闭电源，检查跑带下方或滚轮周围是否有异物卡住，同时进行基础润滑.	如果错误再次出现，请联系我们.
E0A	APP模块故障	断电，打开电机盖，检查蓝牙连接线.	如果电线损坏或问题仍然存在，请联系我们.
E0C	带防爆保护的 功率管故障	断电，打开电机盖，检查控制指示灯是否正常.	请直接联系我们的客户支持以获得进一步帮助.

重要安全注意事项：

执行任何检查之前，请关闭设备电源并拔掉电源插头.
请勿拆卸核心部件或进行危险操作.
我们的客服团队将为您提供专业的解决方案.

08. APP使用手册

Scan The QR Code
Download YPOO FIT APP

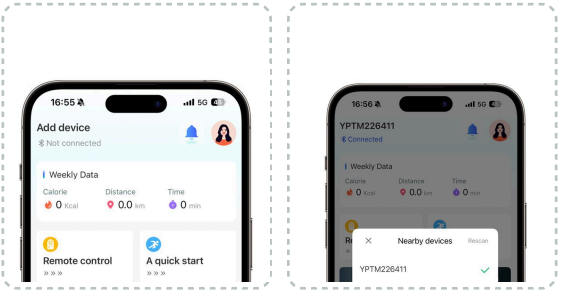
连接设备

确保您的手机或平板已启用蓝牙.

- 1. 在您的设备上下载并安装 YPOOFIT 应用程序. 您可以在App Store/ Google Play中搜索“YPOOFIT”，或扫描上方二维码下载安装.
- 2. 打开 YPOOFIT 应用程序并按照屏幕上的提示登录或创建帐户.
- 3.打开应用程序并点击主页上的蓝牙图标. 该应用程序将自动搜索您的跑步机.
- 4. 重要提示：请允许应用程序处理连接. 请勿通过手机的系统设置手动连接任何与跑步机相关的设备.

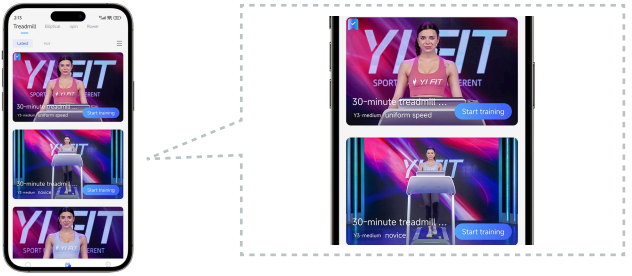
如果应用程序找不到您的跑步机：请尝试通过关并重新启动跑步机来重置跑步机，然后重复上述步骤.

如果您仍然遇到问题，请联系我们获取进一步帮助.



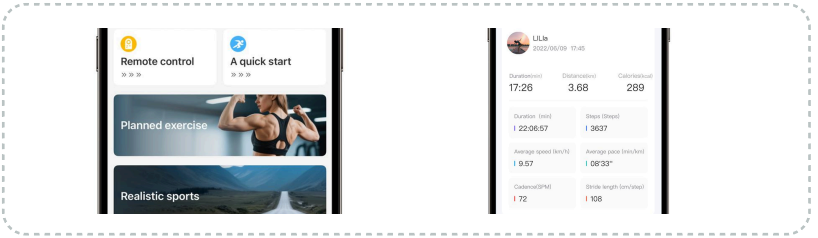
多课程库

在应用程序中访问各种锻炼课程，以便您可以选择最适合您的健身目标的计划.



个性化训练计划

在应用程序中设置锻炼计划，跑步机会自动调整速度和时间，以实现平稳、有节奏的锻炼.



模拟户外锻炼

体验沉浸式的真实世界步行场景，搭配生动的户外风景，将户外锻炼的感觉带入您的家中.



09. 保养与维护

问题：跑带偏移或打滑.

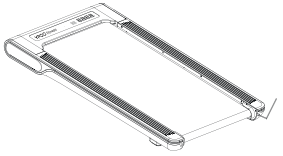


图1

跑带偏离中心或打滑：

1. 检查运行方向：以低速 (2KM/H) 空转跑步机. 观察跑带向左还是向右偏移.

2. 关闭设备电源并拔下电源线.

3.手动校准：
如果跑带向左偏移，请使用提供的六角扳手顺时针旋转左侧惰轮螺丝1/4圈(参见图1).
如果跑带向右偏移，请使用提供的六角扳手顺时针旋转右侧惰轮螺丝1/4圈(参见图2).

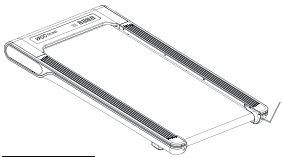


图2

4.设备必须运行1-2分钟. 重复手动校准过程，直到跑带居中.

跑带打滑校正：

1.操作前请关闭设备电源.
2.使用六角扳手，顺时针旋转两个惰轮螺丝1/2圈(参见图3)原位.
3.修正后，请将跑步机在低于1KM/H的速度下行走1-2分钟，检查是否打滑.重复拧紧过程，直到跑带牢固固定.

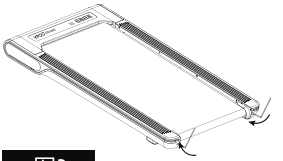
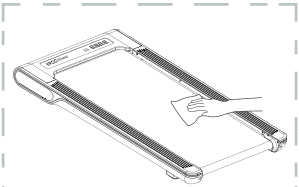


图3

注意事项

1.维护前请清除跑步机周围任何杂物，以防受伤.
2.始终使用跑步机附带的六角扳手. (参见图3)
3.维护时请小心，避免夹伤手指.

机器清洁



- 关闭电源并拔掉插头：清洁前关闭跑步机并拔掉电源线.
- 擦拭：使用柔软的湿布擦拭跑步机框架和控制台. 请勿使用酸性或腐蚀性清洁剂，以免损坏表面.
- 清洁提示：请勿清洁跑带的底面.
- 正常现象：跑步机运行时底部有少量黑色残留粉末属正常现象，源于跑带摩擦.

10. 保修说明

制造商有限保修

我们向原始购买者保证，该产品在用于其预定用途时，若按照用户手册的规定进行安装和操作，则其材料及工艺方面均不存在缺陷.

保修期限

1. 保修范围
我们提供自购买之日起为期**一年**的全面有限保修.

2.客户支持
访问**24/7在线客户服务**以获得即时帮助.

保修期内服务详情：

- 我们提供详细的故障排除和技术支持或其他无需您退回产品的解决方案.
- 若因材料或工艺缺陷导致问题，我们将免费提供替换零件.

保修范围除外情况

YPOO 不对因以下原因造成的任何产品故障、失灵或损坏提供保证，也不承担任何责任：

1.安装不当和/或未能遵循安装说明.

2.在正常家庭使用之外使用产品，或在非设计用途的应用中使用产品.

3.外观损坏，包括但不限于划痕、磨损或变色.

4.因正常磨损、人为破坏、事故或自然灾害造成的损坏.

5.自然现象或环境状况，包括但不限于火灾、洪水、雪灾、冰灾、飓风、地震、雷击腐蚀、霉菌、霉变或由泥土、油脂或油类等外来物质造成的污渍.

6.因暴露于阳光或大气条件导致的正常老化，可能导致表面褪色、粉化、积尘或污渍.

7.不当操作、改装、搬运、储存、滥用或疏忽使用产品.

保修服务声明

在正常家庭使用条件下，YPOO 将自行决定免费修理或更换任何被证明有缺陷的部件.

任何维修或更换均不会延长或更新原始保修期，保修覆盖范围仅适用于原产品保修剩余部分.

本保修仅对原始购买者有效且不可转让. 处理所有保修索赔需要原始购买证明.

更换零件所需的信息

请求更换零件时，请提供以下信息：

1. 订单ID；
2. 零件的描述（照片或视频会很有帮助）；
3. 零件编号；
4. 购买日期；

11. 运动指南

此过程有助于提高柔韧性并减轻肌肉紧张.请轻柔地进行每个拉伸动作，避免弹跳或用力过猛.



1. 向下伸展：

稍微弯曲膝盖，然后缓慢地将身体向下倾斜.放松背部和肩部，尝试将双手向脚趾方向伸展.保持此姿势10至15秒，随后稍作休息.重复3次.

2. 腘绳肌拉伸：

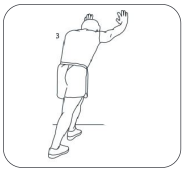


坐在干净的垫子上. 将一条腿伸直，另一条腿向内弯曲，使脚底抵住伸直腿的大腿内侧.

用同侧的手，向伸直腿部的脚趾方向伸手.

保持 10-15 秒，然后休息几秒钟. 换腿并重复.

3. 小腿和跟腱拉伸：



面向墙壁站立，双手贴墙.

一脚向前迈出，保持后腿伸直，双脚后跟平放在地板上，同时倾斜于墙壁.

保持 10-15 秒，然后休息几秒钟.

每条腿重复 3 次.

4. 股四头肌拉伸：



将一只手贴在墙上，保持身体稳定.

用另一只手向后抓住同一条腿的脚踝，轻轻地将其拉向臀部，直到感觉到大腿前侧有拉伸感.

保持 10-15 秒，然后休息几秒钟. 换腿并重复.

5. 大腿内侧拉伸：



坐在地上，双脚脚底相贴，膝盖轻轻向地面弯曲.

保持 10-15 秒，然后休息几秒钟.

重复 3 次.

重要提示:在使用本产品前，请务必仔细阅读所有说明.请保留本用户手册以备日后查阅.
本产品的规格可能与照片所示有所不同，且可能随时在事先未通知的情况下发生变更.

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