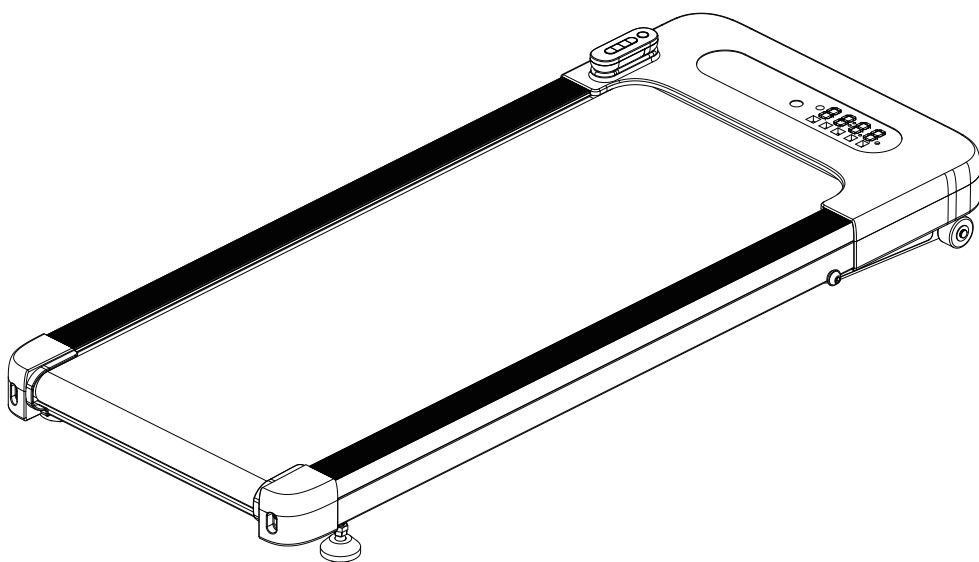




W2 LITE WALKING PAD

Before using this product,
carefully read and properly
keep this manual.



Product model: YS-TW2
Item NO.: W2LITE

YESOUL WALKING PAD W2 LITE Product Manual

1. Safety Precautions and Warning Instructions



Note: Please read the instruction manual carefully before use and pay attention to the following safety precautions:

- ★ The walking pad should be placed indoors to avoid moisture. Do not splash water on the walking pad or place any foreign objects on it.
- ★ Before exercising, wear appropriate sportswear and athletic shoes. Perform full-body stretches. Do not use the walking pad barefoot.
- ★ The power plug must be securely grounded. Use a socket with a dedicated circuit, and avoid sharing it with other electrical devices.
- ★ Keep children away from the walking pad to prevent accidents.
- ★ Avoid prolonged overloaded operation, as this may damage the motor and controller, accelerate wear and aging of bearings, running belts, and deck components. Regular maintenance is required.
- ★ Reduce indoor dust and maintain moderate humidity to prevent strong static electricity, which may interfere with electronic instruments and the controller.
- ★ Ensure proper indoor ventilation while using the walking pad.
- ★ Turn off the walking pad's power after exercise.
- ★ Store silicone oil in a child-inaccessible location to prevent severe consequences from accidental ingestion.
- ★ If you experience discomfort or abnormalities during use, stop exercising immediately and consult a physician.
- ★ The safety area behind the walking pad must be: 39.37×78.74 inch (1000×2000 mm).
- ★ This machine is for walking only, Running is prohibited. Running may cause frame damage, system malfunction, or safety risks such as falls.

Warning: To reduce accidents, please follow these regulations:

- ★ Before using the walking pad, check if clothing is properly fastened or zipped up.
- ★ Avoid wearing items that may be caught by the walking pad.
- ★ Keep the power cord away from heat sources.
- ★ Prevent children from approaching the walking pad.
- ★ Do not use the walking pad outdoors.
- ★ Disconnect the power before moving the walking pad.
- ★ Do not open the upper cover and left/right rear seats without professional supervision.
- ★ Restricted to one person exercising on the walking pad.
- ★ If you feel dizziness, chest pain, nausea, or shortness of breath during exercise, stop immediately and consult a medical professional.

Safety Precautions and Warning Instructions

- ★ When adjusting the incline, stand on the side platforms of the walking pad with both feet. Begin exercising only after the adjustment is complete.
- ★ Do not make significant incline adjustments while the walking pad is operating at high speed, as sudden changes may cause imbalance and lead to falls.
- ★ When using high incline mode, adjust the speed according to your physical fitness level to avoid overexertion.
- ★ The incline motor is not allowed to be used continuously and repeatedly for a long time. Continuous repeated operation may cause increased noise, which is a normal phenomenon



Warning! Mandatory!

When you are undergoing medical treatment or belong to the following patient types, be sure to consult a professional doctor before using.

- (1) Patients experiencing lower back pain or those who have suffered injuries to the legs, lower back, or neck, or those experiencing pain in the legs, lower back, neck, and arms (such as chronic patients with disc herniation, spinal slippage, cervical protrusion, etc.).
 - (2) Patients with osteoarthritis, rheumatism, or painful rheumatism.
 - (3) Individuals with abnormalities such as osteoporosis.
 - (4) Individuals with circulatory system diseases (heart disease, vascular disease, high blood pressure, etc.).
 - (5) Individuals with respiratory organ disorders.
 - (6) Individuals using artificial pacemakers or implanted medical electronic devices.
 - (7) Individuals with malignant tumors.
 - (8) Individuals with thrombosis or severe blood circulation disorders, acute venous inflammation, etc.
 - (9) Individuals with peripheral circulation disorders caused by conditions such as diabetes.
 - (10) Individuals with skin wounds.
 - (11) Individuals with fever due to diseases (skin temperature reaching 38°C or above).
 - (12) Individuals with abnormal or bent backs.
 - (13) Pregnant or potentially pregnant women, or women in menstruation.
 - (14) Individuals feeling physically abnormal and in need of rest.
 - (15) Individuals with obvious poor physical condition.
 - (16) Individuals using the equipment for rehabilitation purposes.
 - (17) Individuals who feel any abnormality in their body other than the above situations.
- Use may cause accidents or worsening of physical condition.
- ◆ If you experience unusual pain, such as lower back pain, leg numbness, dizziness, abnormal heartbeat, or a sense of discomfort different from usual during exercise, stop immediately and consult a medical professional.
 - ◆ Supervisors of children should be careful not to let them play around this product.
 - ◆ Non-compliance with this regulation may result in injury.
 - ◆ During use or when loading and unloading the product, ensure that there are no people or pets around (rear, bottom, front of the product).

Safety Precautions and Warning Instructions

Prohibited!

- ◆ Do not use this device if the housing is cracked, broken, or detached (exposing internal structures) or if welded parts are detached.
—Otherwise, accidents or injuries may occur.
- ◆ Do not jump on or off the walking pad during exercise.
—Doing so may cause falls and injuries.
- ◆ Do not use or store the walking pad outdoors, in the bathroom, or in damp or easily wet places.
- ◆ Do not place the walking pad in direct sunlight or in a high-temperature environment, such as around a fireplace or on heating devices such as electric blankets.
—Otherwise, electrical leakage or fire may occur.
- ◆ If the power cord or power plug is damaged, or the socket is loose, do not use the walking pad.
—Otherwise, electric shock, short circuit, or fire may occur.
- ◆ Do not damage, bend, or twist the power cord. Also, avoid placing heavy objects on the power cord or pinching the wire.
—Otherwise, leakage or fire may occur, or even electric shock, short circuit.
- ◆ Do not allow two or more people to use the walking pad simultaneously. Be mindful of others nearby during use.
—Otherwise, accidents or injuries may occur.
- ◆ Do not allow individuals who cannot express their consciousness or operate the walking pad independently to use it.
—This may result in accidents or injuries.

Do not disassemble the Walking Pad!

- ◆ Absolutely prohibited to disassemble, repair the walking pad, or replace the walking pad's components.
—There is a risk of injury due to mechanical failure.

Avoid contact with water!

- ◆ Do not allow the main body or control components to come into contact with water or other conductive liquids.
—This may result in electric shock or fire.

Prohibited!

- ◆ People who do not exercise regularly should not engage in strenuous exercise suddenly.
—This may cause harm to health.
- ◆ Do not use after drinking water, feeling fatigued, during the early stages of exercise, or when the body is in an abnormal condition.
—This may lead to injury.
- ◆ This product is suitable for home use and is not suitable for places with multiple non-specific users, such as schools or gyms.
- ◆ Do not use during drinking, eating, or other activities.

Safety Precautions and Warning Instructions

- ◆ Do not use when feeling sluggish after drinking.
 - This may cause accidents or injuries.
- ◆ Do not use with hard objects in the pockets of pants.
- ◆ This may cause accidents or injuries.
- ◆ Do not allow needles, garbage, or water to attach to the power plug.
 - This may cause electric shock, short circuit, or fire.
- ◆ Do not pull out the power plug or switch the power switch to "off" during use.
 - This may cause injury.

Caution with wet hands!

- ◆ Do not pull out or insert the power plug with wet hands.
 - This may cause electric shock and injury.

Pull out the power plug!

- ◆ When the equipment is not in use, pull out the power plug from the socket.
 - Dust and humid air may cause insulation degradation, leading to electrical leakage or fire.
- ◆ When maintaining, be sure to pull out the power plug from the socket.
 - Non-compliance may result in electric shock or injury.
- ◆ When the equipment cannot start or abnormalities occur, stop using it. Immediately pull out the power plug, and entrust a professional to inspect and repair.
 - Non-compliance may result in electric shock or injury.
- ◆ During a power outage, pull out the power plug immediately.
 - Otherwise, there may be accidents or injuries when power is restored.
- ◆ When pulling out the power plug, do not pull the wire portion; grip the plug to pull it out.
 - Otherwise, short circuits, electric shock, or fire may occur.

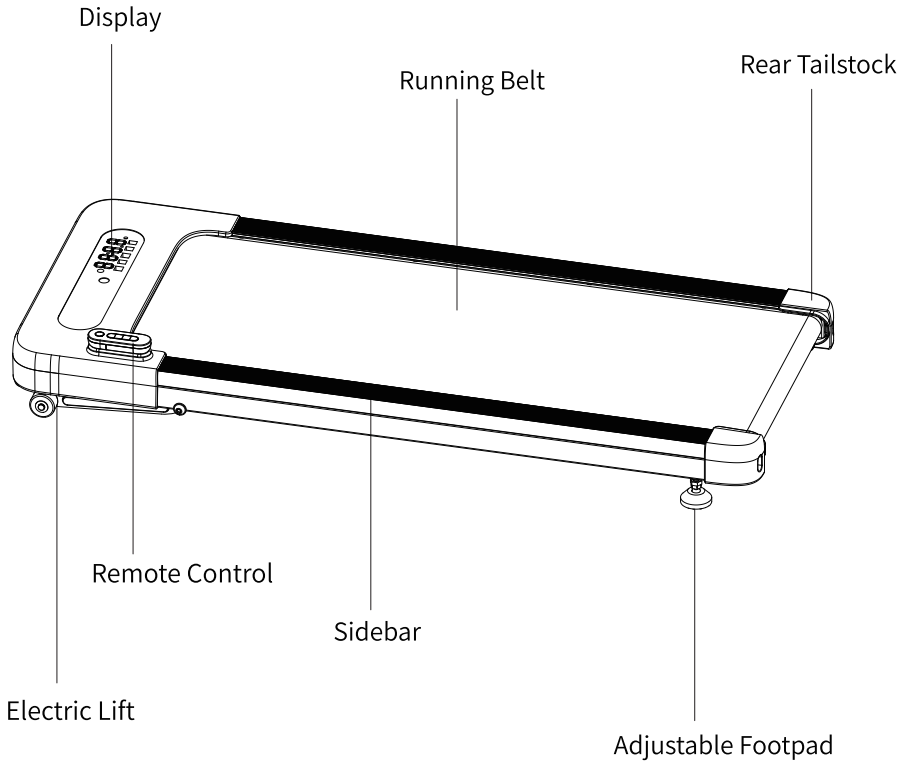
Grounding instructions!

- ◆ This product requires grounding. If the equipment malfunctions, grounding will provide the minimum resistance path for current, reducing the risk of electric shock.
- ◆ The product is equipped with a wire for grounding the device and a grounding plug. This plug must be inserted into a properly installed and grounded socket that fully complies with local regulations or legal requirements.

Danger!

- ◆ Improper connection of the grounding conductor of the device may result in an electric shock hazard. If you have any doubts about the grounding of the product, please entrust a professional electrician for inspection. Even if the plug provided with the equipment does not match the socket, do not modify it.
 - Please have a professional electrician install the appropriate socket.
- ◆ This product has a grounding plug. Ensure it is connected to a socket that matches its plug shape.
 - This product cannot be plugged to an adapter.

2.Product Instructions



Statement:

This manual includes a comprehensive introduction to the product's functions and operating instructions as of the time of printing. However, due to ongoing improvements in hardware, software, and design, there may be differences between this manual and the product you purchased. In the event of any discrepancies in appearance, interface, or color, please refer to the actual product.

Product Instructions

Packing List:

NO.	Name	Qty.	Remarks
1	Main Unit	1	
2	Spare Parts Package	1	

Technical Parameters:

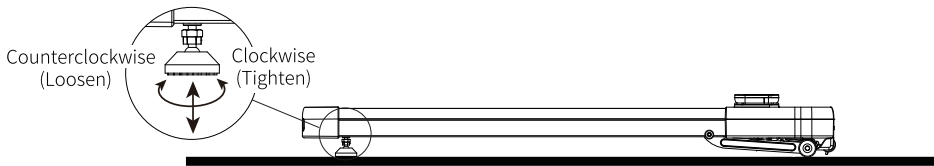
Gross Weight	49.6lbs(22.5kg)
Net Weight	45.2lbs(20.5kg)
Maximum Load Capacity	265lbs(120kg)
Product Size	47.8*20.9*4.9in(1215*530*125mm)
Running Area	15.35*39.37in(390*1000mm)
Operating Voltage	110V
Rated Frequency	60Hz
Motor Power	2.5HP(MAX)
Displayed Speed	0.3-3.8mph(0.5-6.1kph)
Control Method	Remote Control (Battery Type: AAA Battery(Size 7))

Attachment (Spare Parts Package List) :

NO.	Picture	Name	Qty.	Remarks
①		5#Hex Wrench	1	Adjusting Belt
②		Remote Control	1	
③		AAA Battery (Size 7)	2	
④		Methyl Silicone Oil	1	
⑤		Product Manual	1	

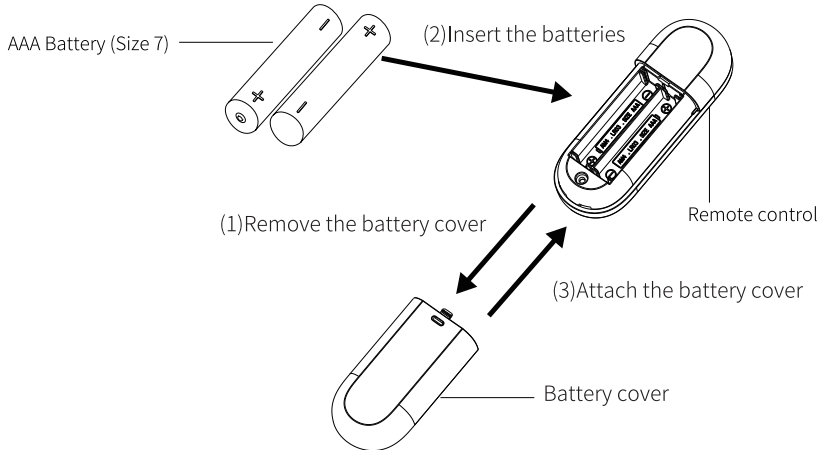
3. Instructions for Use

1. After removing the walking pad from the packaging box, place it flat on the floor. If the floor is uneven or the walking pad exhibits instability, rotate the adjustable footpad clockwise or counterclockwise until the desired height is achieved. Once adjusted, the adjustable footpad will automatically adapt and securely conform to the floor surface upon contact. (As shown below)



2. Installing the Batteries: Slide open the battery compartment of the remote control. Insert the AAA battery (Size 7) in accordance with the polarity indicators inside the compartment. Close the battery compartment until you hear a "click", indicating the batteries are properly installed.

Replacing the Batteries: If replacement is needed, slide open the battery compartment, remove the old AAA battery (Size 7), and insert the new ones following the polarity indicators. Finally, slide the battery cover closed and ensure it is securely fastened.

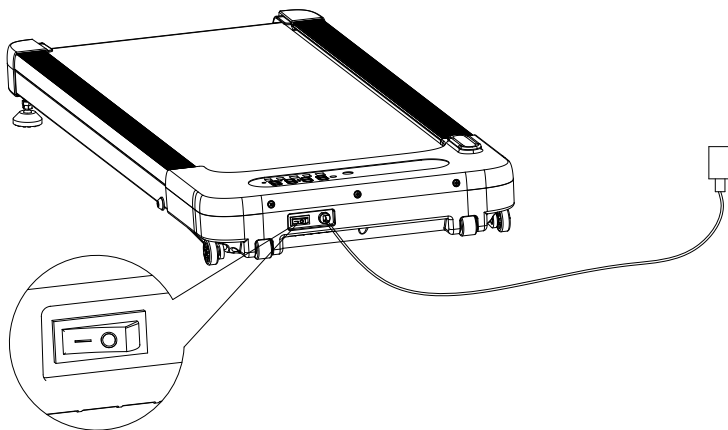


Safety Tips:

Install the batteries with the correct polarity ("+" to "+", "-" to "-"). Incorrect installation may cause short circuits, overheating, or damage to the device. It is recommended to replace the batteries every 3 months.

Instructions for Use

3. Connect the power supply, turn on the power switch on the side of the machine, and the walking pad will enter standby mode. (As shown below)



Pairing the Remote Control with the Device

1. When using the walking pad for the first time, first turn on the power.
2. After the power-on buzzer beeps once, press the remote control's start/stop button within 10 seconds. The walking pad will begin automatic operation, and a second buzzer beep will confirm successful pairing. (If the remote control fails, repeat the entire pairing process.)

Note: If the remote control operates normally after powering on the walking pad, skip this pairing step.

4. Exercise Recommendations and Guidelines

Warm-up

Engage in 5-10 minutes of warm-up exercises before each workout.

Breathing

Don't hold your breath during exercise. Inhale through your nose when preparing to return to the starting position, and exhale forcefully through your mouth.

If you experience rapid breathing, stop exercising.

Frequency

Allow 48 hours of rest between training sessions for the same muscle group. Wait one day before training the same muscles again.

Load

Determine the training load based on your physical condition, and gradually increase it. It's normal to experience muscle soreness initially, but it will fade with continued exercise.

Relaxation

Do 5 minutes of cool-down exercises after each session, especially stretching leg muscles to prevent stiffness and maintain flexibility.

Diet

Wait one hour after meals before exercising, and at least half an hour after exercise before eating.

Drink small amounts of water during exercise to avoid overloading your heart and kidneys.

Warm up

Before exercising, it is best to do stretching exercises. Warm muscles stretch more easily, so warm up for 5 to 10 minutes first. Then stop and stretch as follows - 5 times for 10 seconds or more on each leg, then do it again at the end of the exercise.

1.Stretching by touching toes

Stand with your knees slightly bent and your hips moving slowly forward. Touch your toes as far as possible, while relaxing your back and shoulders. Keep this posture for 15s and then relax. Repeat the exercise three times. Stretched parts: Ligaments, internal parts of knees, and back. (See Figure 1)

2.Ligament stretching exercise

Sit with one leg stretched forward. Put the other sole close to your body and on the inner side of the thigh of the stretched leg. Touch your toes as far as possible. Keep this posture for 15s and then relax. Exercise both legs three times, respectively. Stretched parts: Ligaments, back and groin. (See Figure 2)

3.Calf/heel stretching exercise

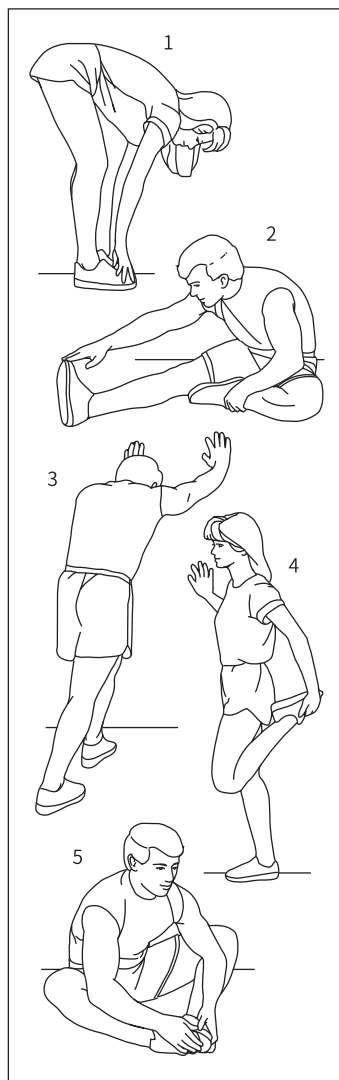
Stand with one hand against the wall for balance and the other hand reaching back to grab your foot. Pull your heel as close to your buttocks as possible. Keep this posture for 15s and then relax. Repeat the exercise three times for each leg. Stretched parts: Quadriceps and hip muscles. (See Figure 3)

4.Quadriceps femoris stretching exercise

Stand with one hand against the wall for balance and the other hand reaching back to grab your foot. Pull your heel as close to your buttocks as possible. Keep this posture for 15 seconds and then relax. Repeat the exercise three times for each leg. Stretched parts: Quadriceps and hip muscles. (See Figure 4)

5.Inner thigh stretching exercise

Sit with the soles of your feet together and your knees turned out. Make your feet as close as possible to the groin. Keep this posture for 15s and then relax. Repeat the exercise three times. Stretched parts: Quadriceps and hip muscles. (See Figure 5)

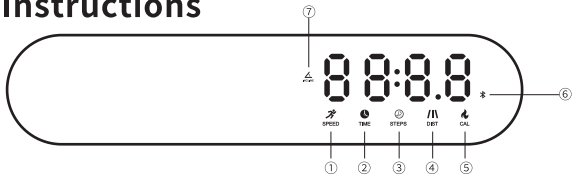


Note: This product is a full-body training equipment, please follow the above steps to perform warm-up exercises.

Operation Instructions

5.Operation Instructions

Display Window



Display Description for LED Window (Speed, Time, Steps, Distance, Calories, Auto-Switch Every 5 Seconds During Operation):

- ①**Speed Display:** When the SPEED LED is lit, the window shows the current speed. (Initial unit: MPH,switch able to KPH via app).
- ②**Time Display:** When the TIME LED is lit, the window shows the elapsed time in seconds (unit: S).
- ③**Steps Display:** When the STEPS LED is lit, the window shows the current step count.
- ④**Distance Display:** When the DIST LED is is lit, the window shows the distance. (Initial unit: MI,switches to KM if metric units are selected).
- ⑤**Calories Display:** When the CAL LED is lit, the window shows the calories burned (unit: KCAL).
- ⑥**Bluetooth Connection:**Icon stays lit when connected, flashes when disconnected.
- ⑦ **Incline Display:** When the "Incline +/-" button is pressed, the slope icon illuminates.The window displays "UP/drop".



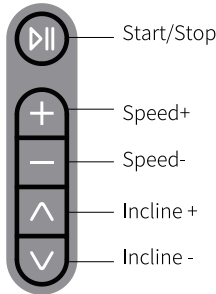
When the "Incline +"



When the "Incline -"

Sleep Mode: Enters sleep mode after 10 minutes of inactivity. Wake up by pressing any button on the remote.
End of Exercise: Enters sleep mode 10 minutes after exercise ends and Bluetooth disconnects.

Remote Control



	Start/Stop Button: The walking pad starts at the lowest speed after a 3-second countdown. During operation: Press once to pause; Press and hold for 3 seconds to stop; the walking pad gradually decelerates to a full stop.
	Speed +/- Buttons: Adjust the speed (increase/decrease) during operation.
	Incline +/- Buttons: Adjust the walking pad's incline level during exercise.

Display Range

Setting Parameters	Initial	Display Range
Time (min:sec)	0:00	0:00-99:59
Speed (mph)/(kph)	0.3(mph)/ 0.5(kph)	0.3-3.8(mph)/ 0.5-6.1(kph)
Distance (mi)/(km)	0.00	0.00-9999(mi)/ 0.00-9999(km)
Calories (kcal)	0.0	0.0-9999

Note: Due to equipment manufacturing deviations exist, the above data may differ slightly from actual values and are for reference only.

Operating Instructions

Walking Pad Operation: Remote Control

A. Starting

Short press the "Start/Stop" button for 1 second: A 3-2-1 countdown begins; a prompt tone sounds, and the walking pad starts operating.

B. Stopping

Short press the "Start/Stop" button for 1 second to pause the walking pad; long press the "Start/Stop" button for 3 seconds to stop the walking pad.

C. Speed Adjustment

Short press the "Speed +/-" button for 1 second to adjust the speed value; continuously press and hold the "Speed +/-" button to rapidly adjust the speed value to the desired speed.

D. Incline Adjustment

Short press the "Incline +/-" button for 1 second to adjust the elevation height; continuously press and hold the "Incline +/-" button to rapidly adjust the elevation height to the desired position.

Note: This machine is for walking only, Running is prohibited. Running may cause frame damage, system malfunction, or safety risks such as falls

E. Workout Parameters

The walking pad displays exercise parameters.

F. Auto Shutdown

The device automatically powers off after running >90 minutes without operation; any user input during operation resets the timer.

6.Common Issues and Solutions

If you have any other questions, please contact the local dealer or our company's after-sales service.

Issues	Possible Causes	Troubleshooting Steps
Walking pad cannot operate.	Power not connected.	Plug the power cord into the socket.
	Power not turned on.	Turn the power switch to the ON position.
	Circuit signal system malfunction.	Check the controller input and signal lines.
The remote-control doesn't work (not paired).		Check the battery level and replace the batteries; Repeat the pairing.
Running belt does not run smoothly.	Insufficient lubrication.	Apply methyl silicone oil lubricant.
	Running belt too tight.	Adjust the tightness of the running belt.
Running belt slipping.	Running belt slips.	Adjust the tightness of the running belt.
	Loose belt.	Adjust the tightness of the running belt.

Display Error Messages and Solutions

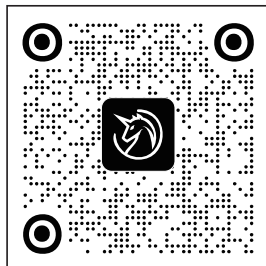
Fault Codes	Possible Causes	Troubleshooting Steps
E01	Communication abnormality between lower control and electronic board.	Check if the communication cable between the lower control and the electronic board is loose or disconnected.Turn off the power and restart. If it cannot be reset, the electronic watch and controller need to be replaced.
E02	Overload protection.	If there is an overload, exceeding the rated current, turn off the power and restart,If it cannot be reset, the controller needs to be replaced.
E05	Motor wires are loose or disconnected.	Inspect the motor wires for looseness or disconnection. Clf there is no abnormality, turn off the power and restart it. If it cannot be reset, the controller needs to be replaced.
	Stall protection activated.	Check whether the motor wiring is normal or if there is anything stuck. If it is normal but cannot run, the motor needs to be replaced.
E06	Overvoltage protection. Undervoltage protection.	The user's power grid voltage is unstable, with peak voltage being too high or too low. Add an external filter stabilizer. If the controller is damaged, replace the controller.
Display Abnormalities	External interference.	Turn off the power switch, wait for 1 minute, and then power on and restart.

Note: Please perform the above operations under power off condition.

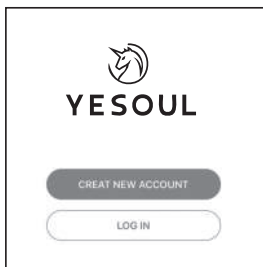
7.APP Usage Instructions

APP installation registration

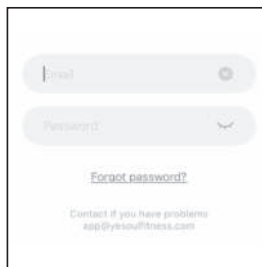
·You can scan the QR code below to download the YESOUL FITNESS APP and register an APP account.



1. Scan the QR code and download the APP



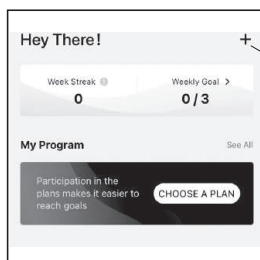
2. Enter the APP login page



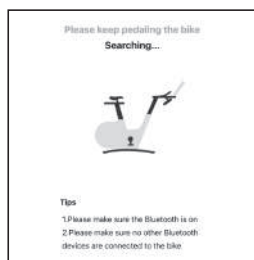
3. Register an APP account

Connect devices

·When using for the first time, click the 「+」 in the upper right corner of the 「Home」 or enter the course and connect the device according to the interface prompts.



4. Enter the APP homepage



5. Search for devices

- Turn on the  ( ) button for the sports mode or course in the APP to establish connection automatically.
- The device does not support connecting multiple cell phones at the same time.
Please confirm that no other users are connected to the device at this time before use.
- After shutting down, Bluetooth will be automatically disconnected.
- In addition to connecting with YESOUL FITNESS APP, Bluetooth can also be connected with Kinomap and Zwift software.
- The display will automatically go into sleep mode 10 minutes after the exercise ends.



Kinomap



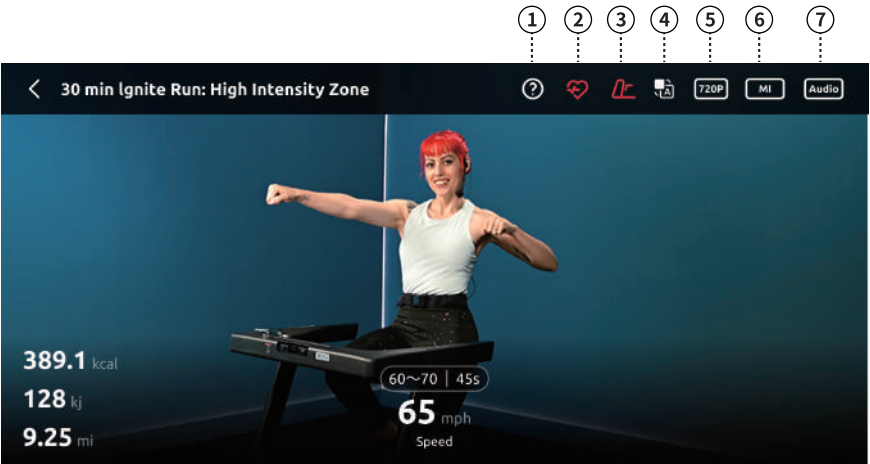
Zwift

Purchase APP membership

Open the APP and find 「Homepage」 - 「Settings」 - 「Member Rights」, and follow the interface prompts to complete the membership purchase.

APP Usage Instructions

APP course icon descriptions



- 1 ? Step-by-step Exercise Guide
- 2 ❤️ Connect & Monitor Heart Rate
- 3 ⌚ (🔌 / 🏠) Sync Data with Gym Equipment
- 4 🗣️ Translate Audio & Subtitles
- 5 720P Adjust Video Quality On Screen
- 6 MI Switch Imperial/Metric Display
- 7 Audio Adjust Voice & Music Volume

- The "Bluetooth Device Connection" icon may vary depending on the type of device supported by each course. Please follow the on-screen instructions to connect the appropriate device.
- The above illustrations are for reference only. Since the software is constantly updated and iterated, please refer to actual use.
- Due to variations in terminal device configurations, certain features may not function properly. Please select a compatible device based on your actual situation.

8.Product Maintenance

1. Lubrication:

After using the walking pad for a period, lubricate it with dedicated methyl silicone oil.

Recommendation:

- | | |
|----------------------------------|-------------------------------|
| ★ Weekly usage less than 3 hours | Lubricate once every 5 months |
| ★ Weekly usage between 4-7 hours | Lubricate once every 2 months |
| ★ Weekly usage more than 7 hours | Lubricate once every 1 month |

Remember: Excessive lubrication is not better.

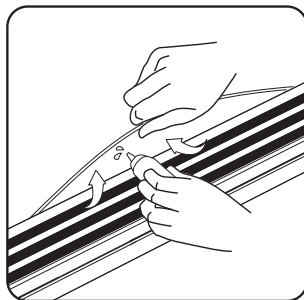
Proper lubrication is a crucial factor in improving the walking pad's lifespan.

2. Checking if Lubrication is Needed:

To check if lubrication is needed, lift the walking pad belt and touch the center of the belt's back with your hand.

If your hand has a slight moist feeling from silicone oil, no lubrication is needed. If the running board is dry and your hand doesn't get any silicone oil, lubrication is required.

- ★ Steps to apply lubricant to the running board (as shown in the right image).
- ★ Stop the walking pad running
- ★ Lift a small portion of the running belt and spray methyl silicone oil on the inner side of the belt, close to the center.
- ★ Run the walking pad at 0.3mph(0.5kph) to evenly spread the oil across the running board. Lightly step on the belt from left to right. This process takes a few minutes to ensure complete absorption.



3. Running Belt Tension Adjustment:

All walking pads should be adjusted for running belt tension before out of factory and after setup at home. However, after some usage, the belt may become loose. If users experience a slipping phenomenon while running, the belt needs adjustment. Turn the belt adjustment bolts clockwise, in half-turn increments, synchronously on both sides.

If the walking pad is too loose, when stepping on the running belt, there may be slippage between the running belt and the roller. However, if it is too tight, this is not recommended, as it can increase the load on the motor, leading to damage to the motor, running belt, roller, and other components.

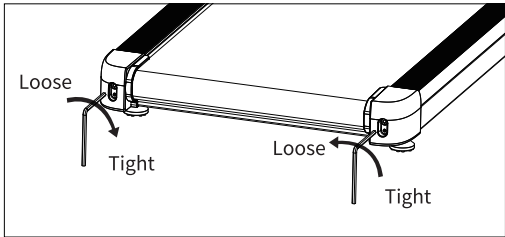
4. Running Belt Deviation Adjustment:

All walking pads should be adjusted for running belt tension before out of factory and after setup at home. However, deviation may still occur after some usage, caused by:

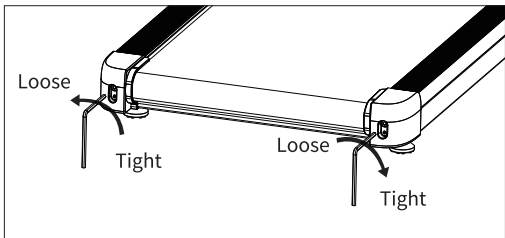
- ① unstable placement
- ② uneven foot pressure
- ③ uneven force applied by the user with the two feet.

Product Maintenance

If the running belt is deviated by usage, running without load for a few minutes can restore normal operation. For cases where automatic recovery is not possible, use the provided 5#hex wrench to adjust gradually in half-turn increments.



If the belt deviates to the left: Adjust the left bolt clockwise or the right bolt counterclockwise.

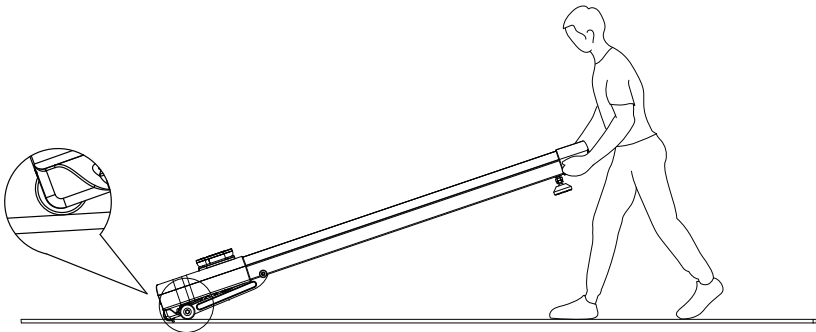


If the belt deviates to the right: Adjust the right bolt clockwise or the left bolt counterclockwise.

Note: Running belt deviation is not covered by the warranty. Users need to perform maintenance according to the instruction manual. Prompt detection and correction are necessary to prevent serious damage.

5. Position Adjustment

To move the walking pad, ensure the power plug is securely disconnected. Then, lift the rear end of the walking pad by hand and gently place its wheels on the ground. The walking pad can now be rolled forward or backward for repositioning.



UK
CA

FC



CE

IC



此页为备注页，不用印刷

骑马钉

共20页

148*210mm

铜版纸105g

双面印刷

单色印刷