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Vibration Walking Pad

SQWPHV15BK - SQWPHV15BL - SQWPHV15PK - SQWPHV15WH

USER GUIDE

Please read all precautions and instructions before using this equipment, and keep this manual for future reference.

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CALIFORNIA PROP 65 WARNING

⚠ WARNING:

This product may expose you to chemicals, which is known to the state of California to cause cancer, birth defects and other reproductive harm. Do not ingest.

For more info go to: www.P65warnings.ca.gov



FEATURES

- 2-in-1 Walking Pad with Built-in Vibration Plates
- Vibration Mode Activates Muscles for Balance, Recovery, and Low-impact Exercise
- Lightweight, Space-saving Design
- Non-slip, wear-resistant walking belt
- LED Display Shows Calories, Speed, Time, and Distance
- Adjustable Speed & Timer Settings
- Spacious Walking Area: 39.3" x 14.9"
- Preset Training Modes for Quick Exercise Sessions
- Strong and durable; supports up to 264 lbs.
- No Assembly Required
- Quiet 1.0 HP brushless motor for low-noise operation
- Electric Motorized Plug-in Design
- Multiple Intensity Levels for Custom Vibration Workouts
- Remote control with included CR2032 coin battery
- Suitable for Walking, Light Jogging, and Cardio Training
- Can also be Used for Balance Training, Warm-ups, and Recovery
- Ideal for home or office use. Supports weight loss, cardio health, endurance, and stamina development.

WHAT'S IN THE BOX:

- Walking Pad Treadmill
- Remote Controller
- Silicone Oil
- L Spanner
- Power Cable with US / Canada Plug



TECHNICAL SPECS

- Construction Material: Powder Coated Steel, PP
- Motor power: 1.0 HP (motorized treadmill)
- Adjustable Speed Range: 0.5–3.7 mph
- Adjustable Timer Range: 0 - 99 Minutes
- Motor Type: Brushless DC Motor
- Battery Powered Remote Control: Requires (1) x CR-2032, Included
- Power Plug: Type B - 3 Pin (North American)
- Program: 12 Preset Programs
- Power Supply: 110-120V
- Power Cord Length: 4.92' Ft.
- Low Noise Operation: ≤45 dB
- Estimated calorie readout: 0–9999 per session
- Distance range: 0–9999 km (cumulative/session tracking)

- Display Type: LED panel (Calories, Speed, Time, Distance)
- Foldable Design: No
- Built-in Transport Wheels: No
- Vibration Mode Type: Linear Oscillation
- Intensity Levels: 1-4
- Weight Capacity: Up to 264 lbs.
- Item Weight: 30.86 lbs.
- Vibration Surface Dimensions: 39.3 x 14.9 Inches
- Walking Belt Size (T x W x L): 0.06 x 15.1 x 82.8 Inches
- Product Dimension (L x W x H): 42.5 x 21.6 x 41.34 Inches

IMPORTANT PRECAUTIONS

Carefully read the user manual before using the product.

1. The product must be properly grounded when connected to the power supply to avoid electric shock.
2. Do not replace or modify treadmill parts; this may affect safety.
3. Use the treadmill according to the user manual. Do not remove any parts, such as the motor cover or the rear roller cover, to avoid injury.
4. Keep hands, hair, and clothing away from moving parts while the treadmill is operating. Keep children at a safe distance.
5. Exercise in moderation. Stop immediately if you feel dizzy.
6. Wait for the running belt to stop completely before folding or moving the unit.
7. If the power cord is damaged, have it replaced by the manufacturer, its service department, or a qualified professional to avoid danger.
8. This product is for adults in good physical and mental condition only. Children must not use it.

Battery Guidelines

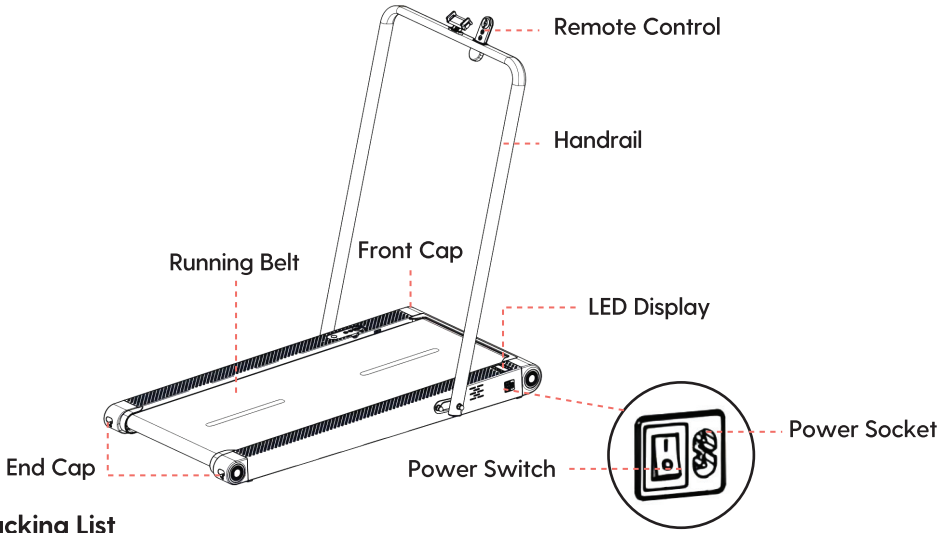
- **Initial Use:** Remove the protective film before first use.
- **Replacing the Battery:** Open the battery compartment on the back of the remote control and replace the battery with a new CR2032.
- **Battery Disposal:** Used batteries must be taken to a household hazardous waste collection site for safe disposal.

⚠ WARNING

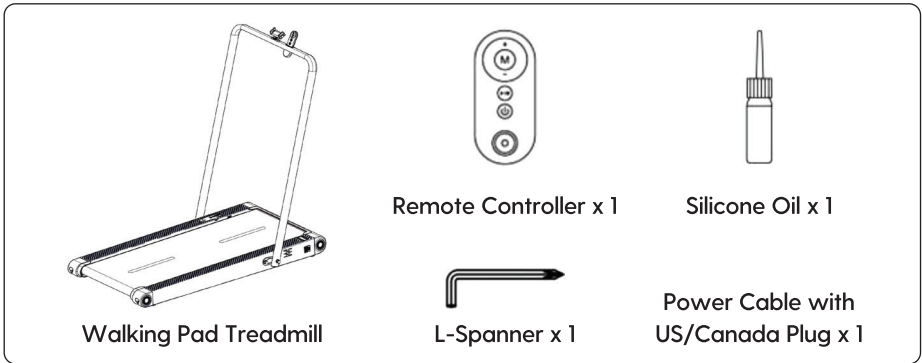
- **INGESTION HAZARD:** This product contains a button cell or coin battery.
- **DEATH** or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause **Internal Chemical Burns** in as little as **2 hours**.
- **KEEP** new and used batteries **OUT OF REACH of CHILDREN**
- **Seek immediate medical attention** if a battery is suspected to be swallowed or inserted inside any part of the body.



PARTS AND DESCRIPTION

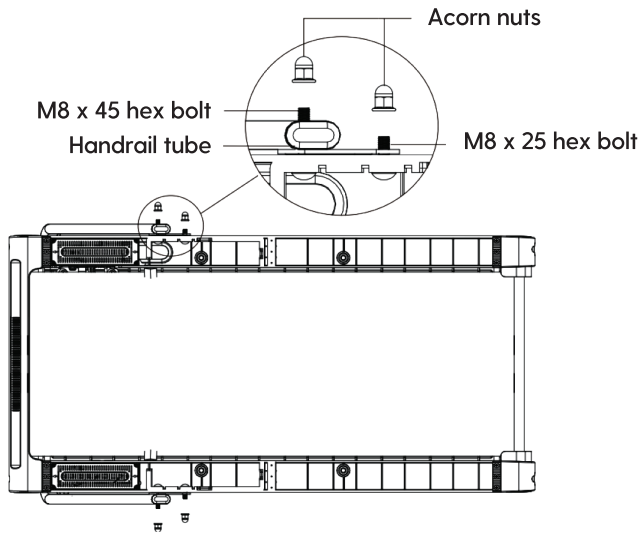


Packing List

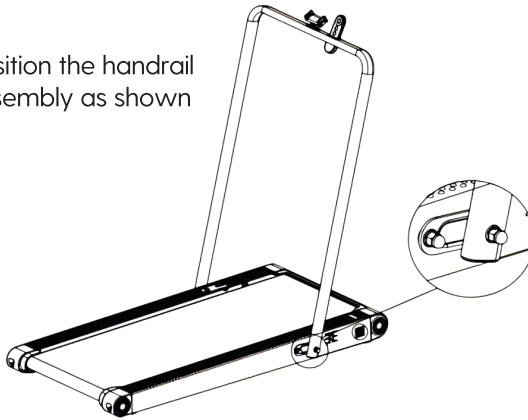


USER INSTRUCTION

1. Place the treadmill on its side and attach the handrail assembly as shown.
Insert the M8 × 25 hex bolt and M8 × 45 hex bolt upward through the hole on the underside of the treadmill base, aligning them with the holes in the main frame and the handrail tube.
2. Start threading the acorn nuts by hand, but do not tighten yet.
3. Repeat Steps 1 and 2 for the opposite handrail tube on the other side of the treadmill.
4. After installing the bolts and nuts on both the left and right handrail tubes, use a hex wrench to tighten all acorn nuts until the handrails are securely fastened and free of movement or wobble.



Position the handrail assembly as shown



HOW TO USE THE WALKING PAD

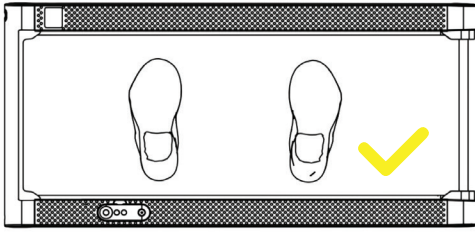
To quickly start using the walking pad, follow these steps:

1. Connect the power cable to the walking pad.
2. Turn on the power switch located on the front of the deck.
3. Press the "Start/Stop" button on the remote controller to start the walking pad.

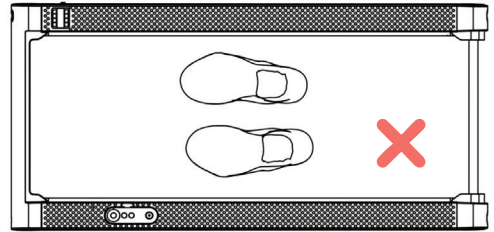
The LED monitor displays a '3-2-1' countdown, with a buzzer sounding at each count. After the countdown, the motor will start running.

4. Once the walking pad is running, use the "+" and "-" buttons on the remote controller to adjust the speed. The LED monitor automatically cycles and displays data every 5 seconds while the walking pad is in use.

5. To stop the walking pad, press the "Start/Stop" button on the remote controller.

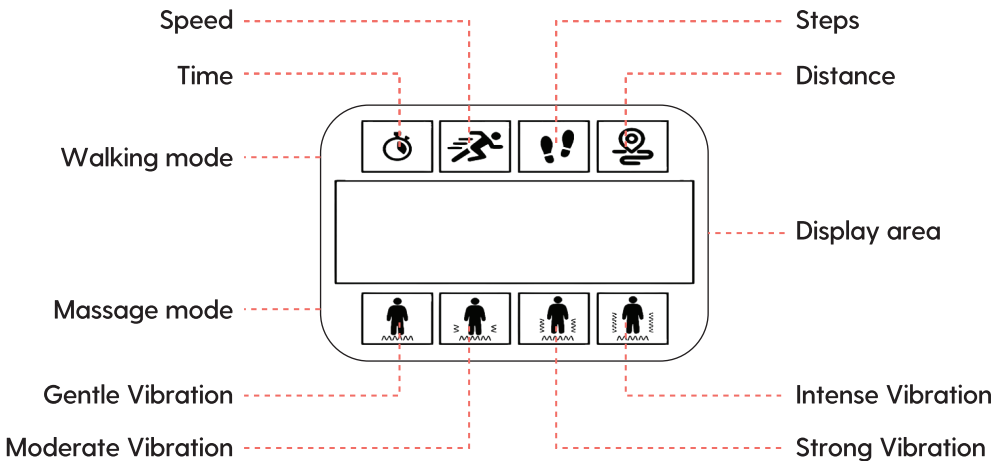


Correct stance for vibration mode
(as shown)



Incorrect stance for vibration mode
(as shown)

LED MONITOR INSTRUCTIONS

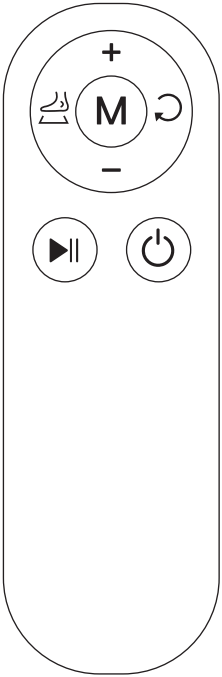


The LED display shows the following:

- A. **Time Window:** Shows time (0:00 – 99:59).
The time indicator light appears when displaying time.
- B. **Speed Window:** Shows speed (0.5 – 3.7 mph).
The speed indicator light is on when displaying speed.
- C. **Step Count Window:** Shows distance data (0 – 99,999).
The distance indicator light is on when displaying distance.
- D. **Calories Window:** Shows calories data (0 – 9,999).
The calorie indicator light is on when displaying calories.
- E. **Distance Window:** Shows distance reading (0 – 9,999).
The distance indicator light is on when displaying distance.

- F. Displays F01: Gentle vibration. Vibration Level 1 indicator light is on.
- G. Displays F02: Moderate vibration. Vibration Level 2 indicator light is on.
- H. Displays F03: Strong vibration. Vibration Level 3 indicator light is on.
- I. Displays F04: Intense vibration. Vibration Level 4 indicator light is on.

DESCRIPTION OF REMOTE CONTROL BUTTONS



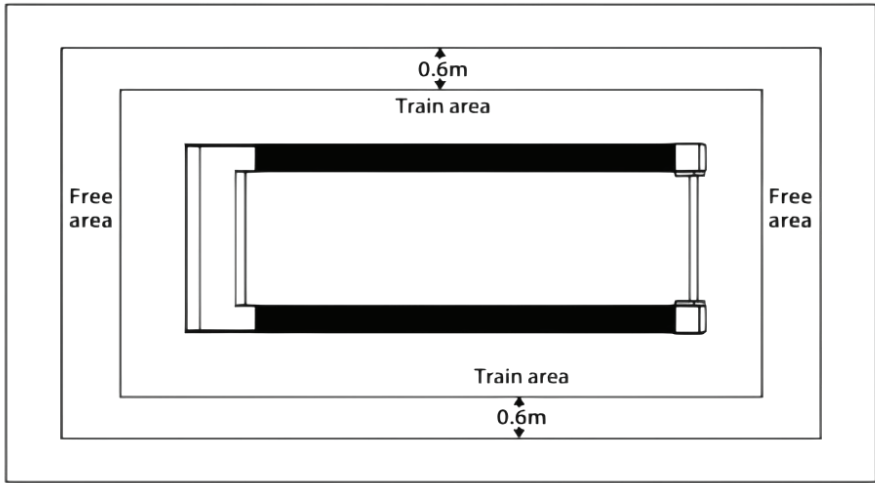
- Power:** Turns off the walking pad during use. In standby mode, pressing this button turns off the display and enters sleep mode.
- ▶|| Start/Stop:** Starts or stops the walking pad. When the power is on, pressing this button while stopped starts the walking pad. Press again while running to stop the walking pad.
- M:** Selects countdown mode (time, distance, calories) or free mode. Pressing this button cycles through “30:00” (time countdown mode), “1.0” (distance countdown mode), “50.0” (calorie countdown mode), and “0.0” (free mode).
- +**: Increases the speed of the walking pad after it starts. Press once to adjust speed by 0.1 mph, or hold for 1+ seconds to increase speed continuously.

-: Decreases the speed of the walking pad after it starts. A single press adjusts the speed by 0.1 mph. Press and hold for more than 1 second to decrease speed continuously.

Massage Switch: Switches between massage and walking modes. When the treadmill is in standby mode, massage mode can be activated, and different massage modes (F01–F04) can be selected. This mode is not available in walking mode.

Return: Exits settings when using the “M” key to set the mode.

USAGE PRECAUTIONS



1. Maintain at least 79" x 39" (2000 mm x 1000 mm) of clear space behind the walking pad.
2. Do not allow children to use the walking pad to prevent potential hazards.
3. Warm up before using the walking pad.
4. Place the walking pad on a stable, level surface.
5. While using the walking pad, stand on the front third of the walking surface for stability.
6. The free area in the direction of use must be at least 24" (0.6 m) larger than the training area, including the emergency jumping area, as shown in the figure.

TROUBLESHOOTING

Fault Code	Main Reason	Solution
Treadmill not working	A. No power B. Connection wire not working properly	Plug it in to get power. Check all connection wires.
Belt not running smoothly	A. Not enough lubrication oil B. Running belt too tight	Add some silicone oil. Loosen the running belt.

E01

Cause:

The wire from the control panel to the bottom board is loose or disconnected.

Solution:

1. If communication between the control panel and the screen is obstructed, check each connection of the communication line from the screen to the lower control board. Make sure each wire is properly connected.
2. Check for wire damage between the screen and the controller.
Replace the communication line if necessary.

E02

Cause: IGBT breakdown or motor open circuit (DC brushless motor over-voltage or under-voltage).

Solution:

1. Check if the power supply voltage is below 50% of normal.
Retest using the correct voltage specifications.
2. Check for unusual odors from the controller and replace if necessary.
3. Check if the motor wires are properly connected and reconnect if needed.

E03

Cause: Speed sensor failure.

Solution:

1. If no speed sensor signal is detected for 5–8 seconds, check whether the sensor plug is properly connected or damaged. Reconnect or replace the sensor accordingly.
2. Check for abnormal odors coming from the controller; replace it if necessary.
3. If no motor input signal is detected for 5–8 seconds, check whether the motor wires are properly connected or if the motor is defective.

E05

Cause: Over-Current Protection.

Solution:

1. The system may be drawing excessive current because the load exceeds the rated capacity, triggering protective shutdown. Restart the system after a complete shutdown.

2. If a treadmill part is stuck, the motor may not rotate, creating excess load and current flow. This can trigger system protection and shut it down. Adjust the treadmill, then restart the system.
3. Check the motor for noise or burning smell during operation.
If present, the motor may be faulty and should be replaced.
4. Check for burnt smells coming from controller components. If damaged, replace the controller.
5. Inspect the power supply voltage. Use the appropriate voltage and retest.
For DC brushless machines, also check if the motor wires are properly connected.

E08

Cause: Driver failure (internal self-test error; driver overheating).

Solution:

1. Wait until cooled, then restart the power. (only applicable for brushless controllers).
2. Replace the controller if faulty.

E09

Cause: Communication failure.

Solution: If the lower controller does not receive signals from the upper controller, replace the communication cable and check if the communication port is functioning properly.

E10

Cause: Motor circuit open

Solution:

1. Check whether the motor wires are properly connected and reconnect if necessary.
2. Check if the motor brushes are stuck.

MAINTENANCE

Regular maintenance is required to keep your walking pad in good condition.

We recommend the following:

1. Regularly check for wear or damage, especially the running belt and attachment points. After repairing any issues, ensure the equipment is safe before using it again.
2. Stop using the walking pad if it malfunctions. Contact service support and replace defective parts as needed.

(1) Running Belt Tightness Adjustment

The running belt is factory-adjusted, but may loosen with use.

Over time it may loosen, causing the belt to slip or pause. Adjust the running belt by turning the adjustment bolts clockwise in half-circle increments.

- If the running belt is too loose, it will slip when stepped on.
- If too tight, it increases electrical load and may damage the motor, belt, or rollers.

(2) Running Belt Deviation Adjustment

All treadmills are adjusted before leaving the factory and after installation, but misalignment can still occur due to:

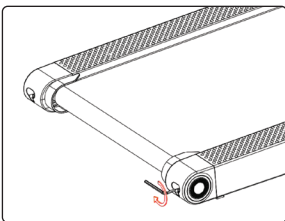
- Uneven placement of the walking pad.
- The user's feet not being centered on the running belt.
- Uneven foot pressure during use.

Minor deviations may self-correct after a few minutes of no-load use.

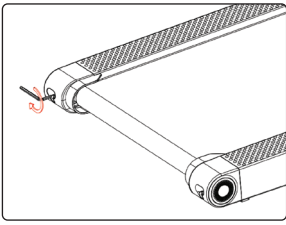
If it persists, use a T-type wrench to gradually adjust it in quarter-turn increments.

Deviation of the running belt is not covered by warranty. Prompt correction is required to avoid serious belt damage.

To adjust belt deviation, start the walking pad at a speed of 5KM/H and follow the method shown in the figure.



If it deviates to the right, adjust the screw on the right side clockwise or the screw on the left side counterclockwise.



If it deviates to the left, adjust the screw on the left side clockwise or the screw on the right side counterclockwise.

(3) Lubrication

Lubricate the running belt periodically with methyl silicone oil.

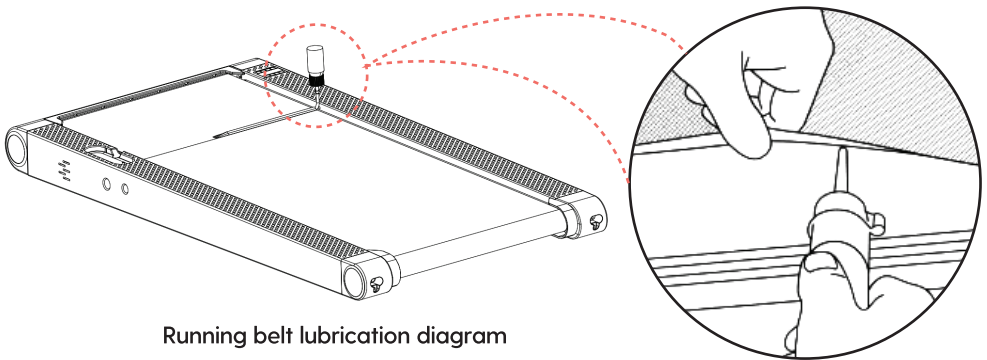
Apply 2–4 drops of methyl silicone oil as needed. Avoid over-lubrication; excess oil can cause issues. Proper lubrication extends belt life.

Lubrication Frequency:

- Less than 3 hrs/week → every 5 months
- 4–7 hrs/week → every 2 months
- More than 7 hrs/week → monthly

Lubrication Method:

- Lift the middle of the running belt with both hands and squeeze the lubricant between the running deck and the running belt as shown in the figure.
- After applying the lubricant, gently lower the belt and run the treadmill at a low speed (1–2 mph) for 3–5 minutes to evenly distribute the lubricant across the deck surface.

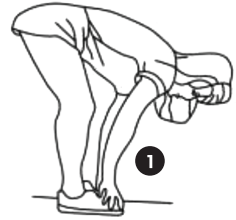


Running belt lubrication diagram

Suggested Stretches

1. Stretch Down:

Slight knee bend, lean forward, relax shoulders, reach for toes. Hold 10–15 sec, relax. Repeat 3x. (Picture 1)



2. Hamstring Stretch:

Hamstring Stretch Sit with one leg straight, the other bent inward. Reach for toes. Hold 10–15 sec, relax. Repeat 3x per leg. (Picture 2)



3. Calf and Achilles Tendon Stretch:

Stand with hands on wall/tree, one leg back, heel down. Lean forward. Hold 10–15 sec, relax. Repeat 3x per leg. (Picture 3)



4. Ankle Stretch:

Hold wall/table for balance, grab ankle, pull toward buttocks. Hold 10–15 sec, relax. Repeat 3x per leg. (Picture 4)



5. Inner Thigh Stretch (Sartorius):

Sit with feet together, knees out. Hold feet, pull gently toward abdomen. Hold 10–15 sec, relax. Repeat 3x per leg. (Picture 5)



Exercise Guidelines

Warm-Up: 5–10 min before use.

Breathing:

Inhale through nose, exhale through mouth. Stop if breathing becomes too rapid.

Frequency: Rest 24 hrs before training same muscles again.

Load: Increase gradually. Mild soreness is normal.

Diet:

Exercise 1 hr after meals; wait 30 min before eating again.

Drink small amounts of water.

Stretching: Warm up 5–10 min, then stretch 5× for 10+ sec. Repeat post-workout.



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Keeps your SQUATZ product in top condition.

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