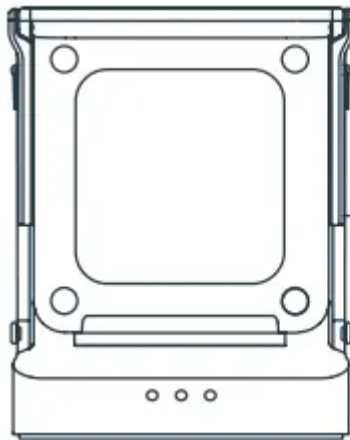


## PRODUCT



- EN MAIN PRODUCT
- FR PRODUIT PRINCIPAL
- GER HAUPTPRODUKT
- SPA PRODUCTO PRINCIPAL
- POR PRODUTO PRINCIPAL
- RUS ОСНОВНОЙ ПРОДУКТ
- JAP 主要製品
- CHI 主要产品
- KOR 주요 제품
- ARA المنتج الرئيسي



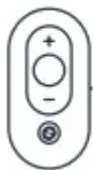
- EN POWER CABLE
- FR CÂBLE D'ALIMENTATION
- GER NETZKABEL
- SPA CABLE DE ALIMENTACIÓN
- POR CABO DE ALIMENTAÇÃO
- RUS КАБЕЛЬ ПИТАНИЯ
- JAP 電力ケーブル
- CHI 电源线
- KOR 전원 케이블
- ARA كابل الطاقة



- EN SAFETY KEY
- FR CLÉ DE SÉCURITÉ
- GER SICHERHEITSSCHLÜSSEL
- SPA LLAVE DE SEGURIDAD
- POR CHAVE DE SEGURANÇA
- RUS КЛЮЧ БЕЗОПАСНОСТИ
- JAP 安全キー
- CHI 安全钥匙
- KOR 안전 키
- ARA مفتاح السلامة

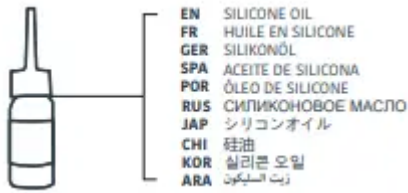


- EN LANYARD
- FR CORDON
- GER SCHLÜSSELBAND
- SPA CORDÓN
- POR CORDÃO
- RUS ШИП
- JAP 引き綱
- CHI 挂绳
- KOR 띠아드
- ARA الحزيط

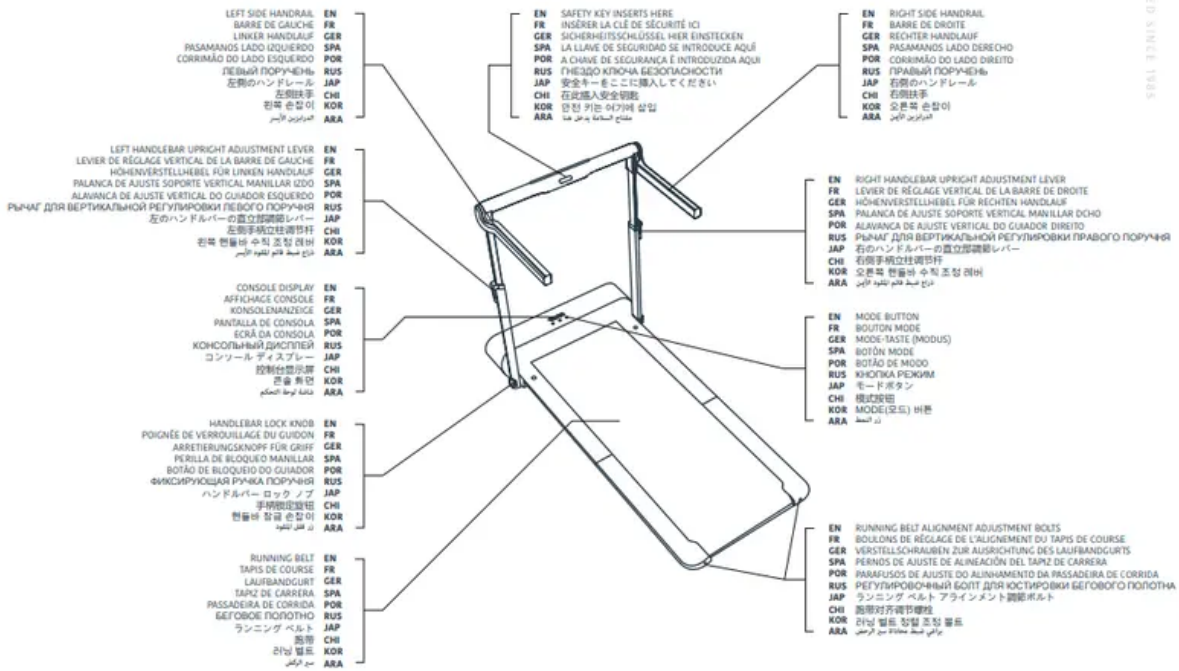


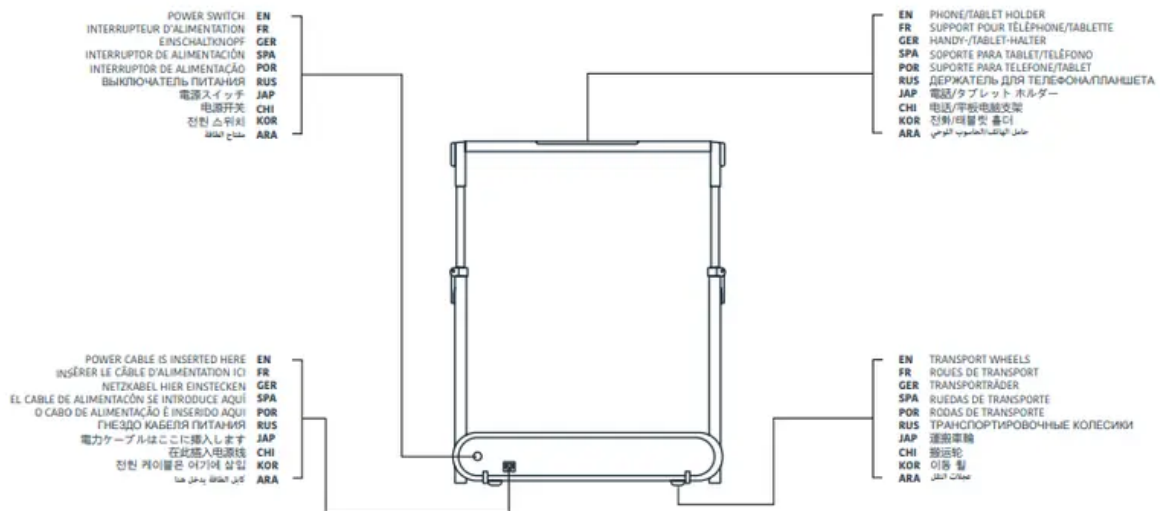
- EN REMOTE CONTROL
- FR TÉLÉCOMMANDE
- GER FERNBEDIENUNG
- SPA MANDO A DISTANCIA
- POR CONTROLÓ REMOTO
- RUS ПУЛЬТ ДИСТАНЦИОННОГО УПРАВЛЕНИЯ
- JAP リモートコントロール
- CHI 遥控器
- KOR 리모콘
- ARA التحكم عن بعد

# TOOL KIT



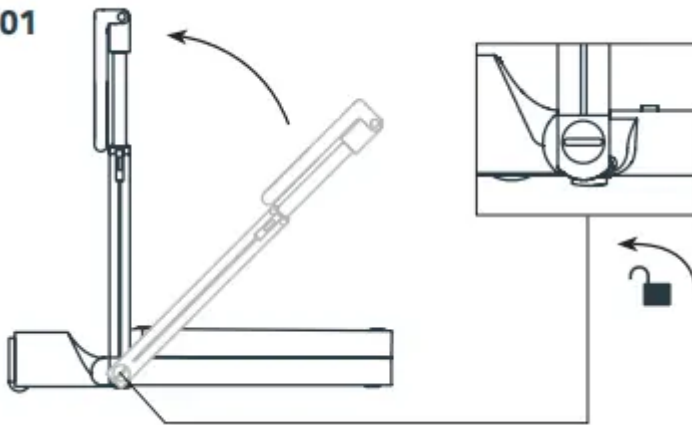
# PRODUCT ID





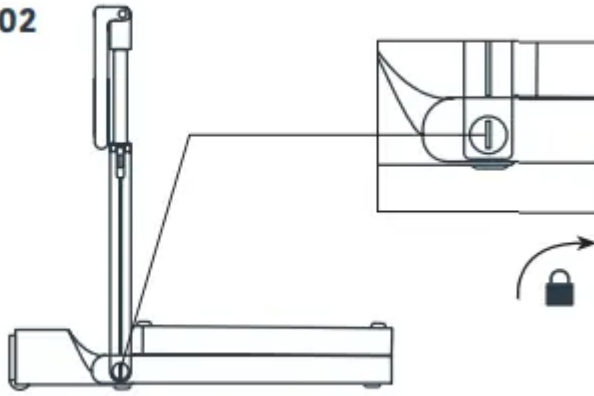
## UNFOLDING THE RUNNINGPAD

### STEP 01



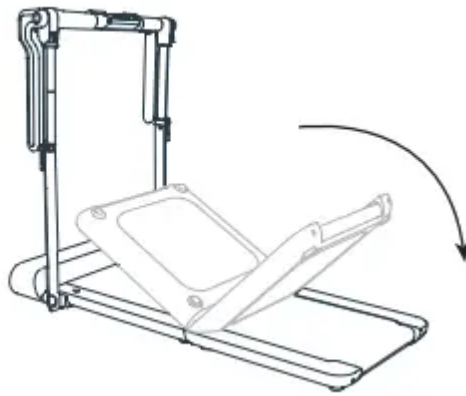
- Unlock handlebar at base of uprights by twisting the lock knobs on both sides until loose.
- Lift handlebar to upright position.

**STEP 02**



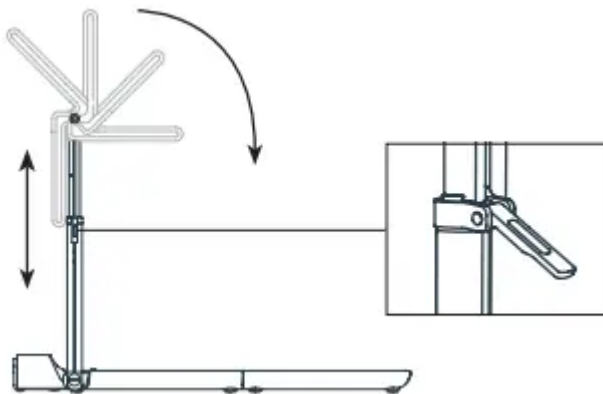
- Lock handlebar on both sides until tight (the twist knob at the base of the upright).

**STEP 03**



- Unfold deck, and ensure it's flat on the floor.

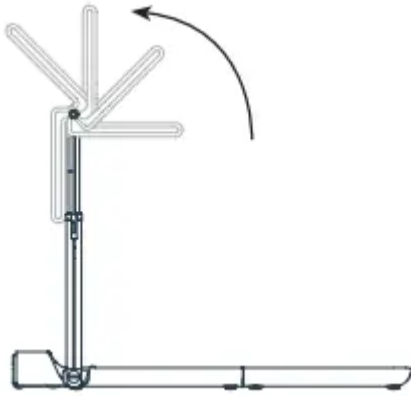
**STEP 04**



- Rotate the horizontal handlebars into position, by rotating over the uprights.
- Adjust the handlebar height using the upright lock levers. Push flat to lock into position.

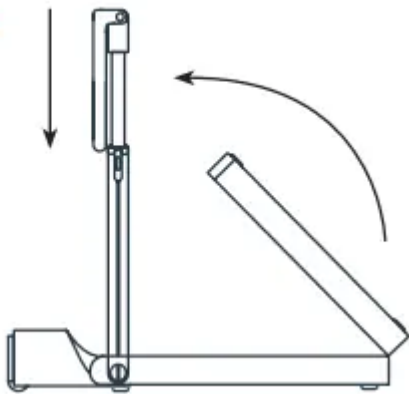
## FOLDING THE RUNNINGPAD

### STEP 01



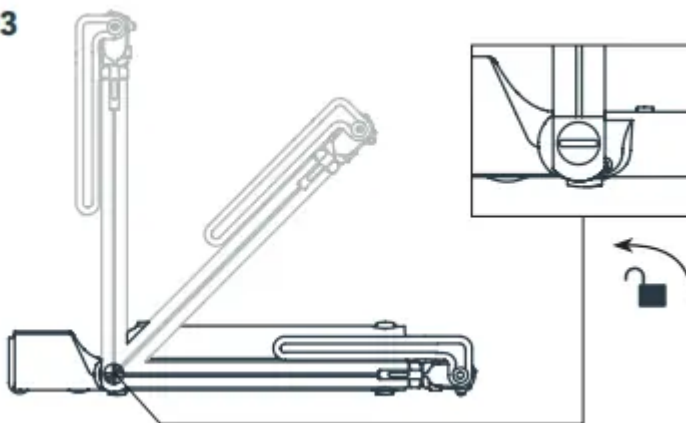
- Unplug the machine, and then rotate the handlebars up and over the crossbar

### STEP 02



- Lower the uprights and lock into position. From this you can then fold the deck.

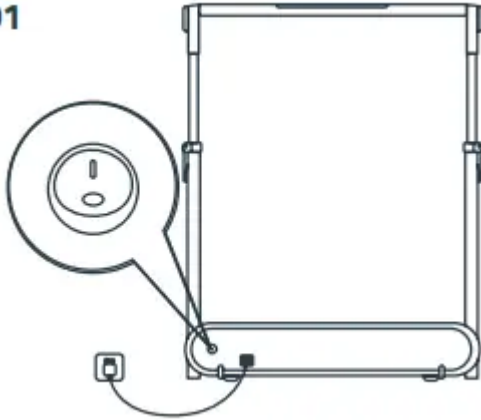
### STEP 03



- Using the twist knob at the base of the upright unlock both sides, and safely lower the uprights to the floor.
- Re-lock the uprights.

# GETTING STARTED

## STEP 01



- Connect the power cord and turn on the power switch.

## STEP 02



- Download 'WalkingPad' APP from the APP store.



[DYNAMAX.FITNESS/SUPPORT /](https://DYNAMAX.FITNESS/SUPPORT/)

- Your APP may prompt you for occasional upgrades - please follow the in App guidance and ensure you are always using the latest versions

### STEP 03



- Turn Bluetooth on, on your phone or tablet.
- Open the 'WalkingPad' APP and click 'Connect device'

### STEP 04



- When you've successfully connected your device, you can complete the RunningPad training to unlock all features of your product.
- If you are unable to connect then please refer to the [DYNAMAX. FITNESS/SUPPORT](#) website for troubleshooting guidance

## STEP 05



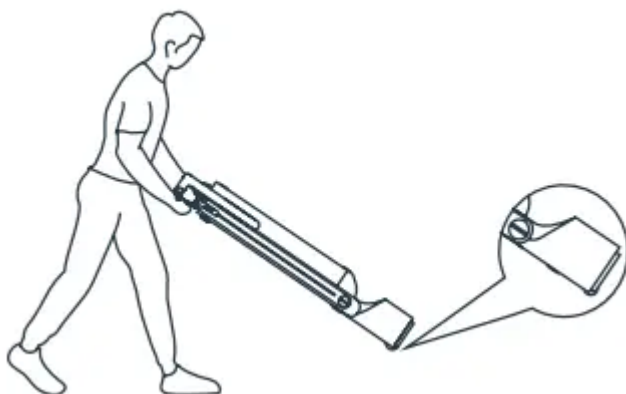
- To change the language of your APP, go to Menu > Language and select your preferred language.

## STEP 06



- Insert the safety key into the safety key slot. Connect the clip to your t-shirt or waistband.

## MOVING THE RUNNINGPAD



- Lift the RunningPad by the handle and transport using the wheels.

# DISPLAYS



TIME

EN TIME  
FR TEMPS  
GER ZEIT  
SPA TIEMPO  
POR TEMPO  
RUS время  
JAP 時間  
CHI 时间  
KOR 시간  
ARA الوقت

STEP

EN STEP  
FR PAS  
GER SCHRITT  
SPA PASO  
POR DEGRAU  
RUS ШАГ  
JAP ステップ  
CHI 步数  
KOR 스텝  
ARA خطوة

KM

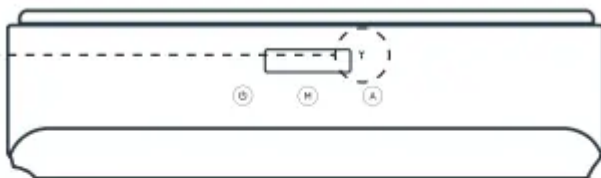
EN DISTANCE  
FR DISTANCE  
GER ENTFERNUNG  
SPA DISTANCIA  
POR DISTÂNCIA  
RUS расстояние  
JAP 距離  
CHI 距离  
KOR 거리  
ARA الوقت

CAL

EN CALORIES  
FR CALORIES  
GER KALORIEN  
SPA CALORÍAS  
POR CALORIAS  
RUS калорий  
JAP カロリー  
CHI 卡路里  
KOR 칼로리  
ARA الشُعرات الحرارية

SPD

EN SPEED  
FR VITESSE  
GER GESCHWINDIGKEIT  
SPA VELOCIDAD  
POR VELOCIDADE  
RUS скорость  
JAP スピード  
CHI 速度  
KOR 속도  
ARA السرعة



EN FAULT WARNING LIGHT  
FR TÉMOIN LUMINEUX DE DÉFAILLANCE  
GER FEHLERWARNLEUCHE  
SPA FALLO LUZ DE ADVERTENCIA  
POR LUZ DE AVISO DE FALHA  
RUS ИНДИКАЦИЯ НЕИСПРАВНОСТЕЙ  
JAP 故障警告ライト  
CHI 故障警告灯  
KOR 오류 경고등  
ARA ضوء التحذير من الأخطاء



Your RunningPad must be in range of Bluetooth to operate

1. Waiting for fast connection
2. Connection Successful



STANDBY MODE

The RunningPad is in a low power state whilst not in use. Press the Mode button to reactivate the machine. To return to standby mode, press and hold the mode button on your remote control, or press the standby button on the machine



MANUAL MODE

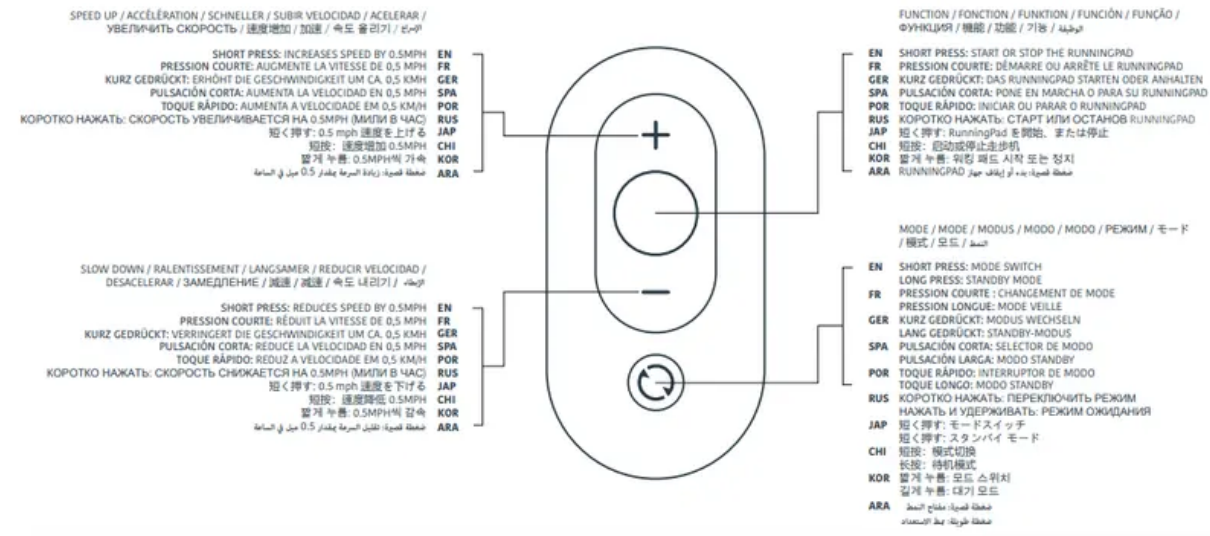
'M' is illuminated. You can control the RunningPad via remote or the RunningPad App. It is recommended that you use Manual mode when first using the RunningPad



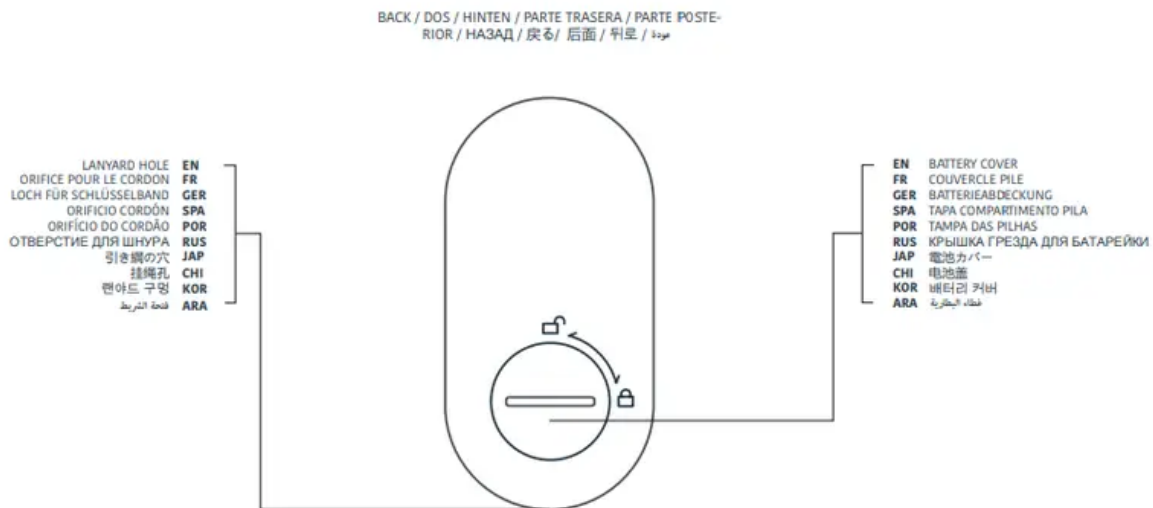
AUTOMATIC

'A' is illuminated. The speed will automatically adjust based on your position on the running belt; if you're at the front it will speed up; if you're at the back it will slow down. You should aim to always be in the centre of the running belt

# MANUAL MODE – USING THE REMOTE CONTROL



## RUNNINGPAD REMOTE CONTROL



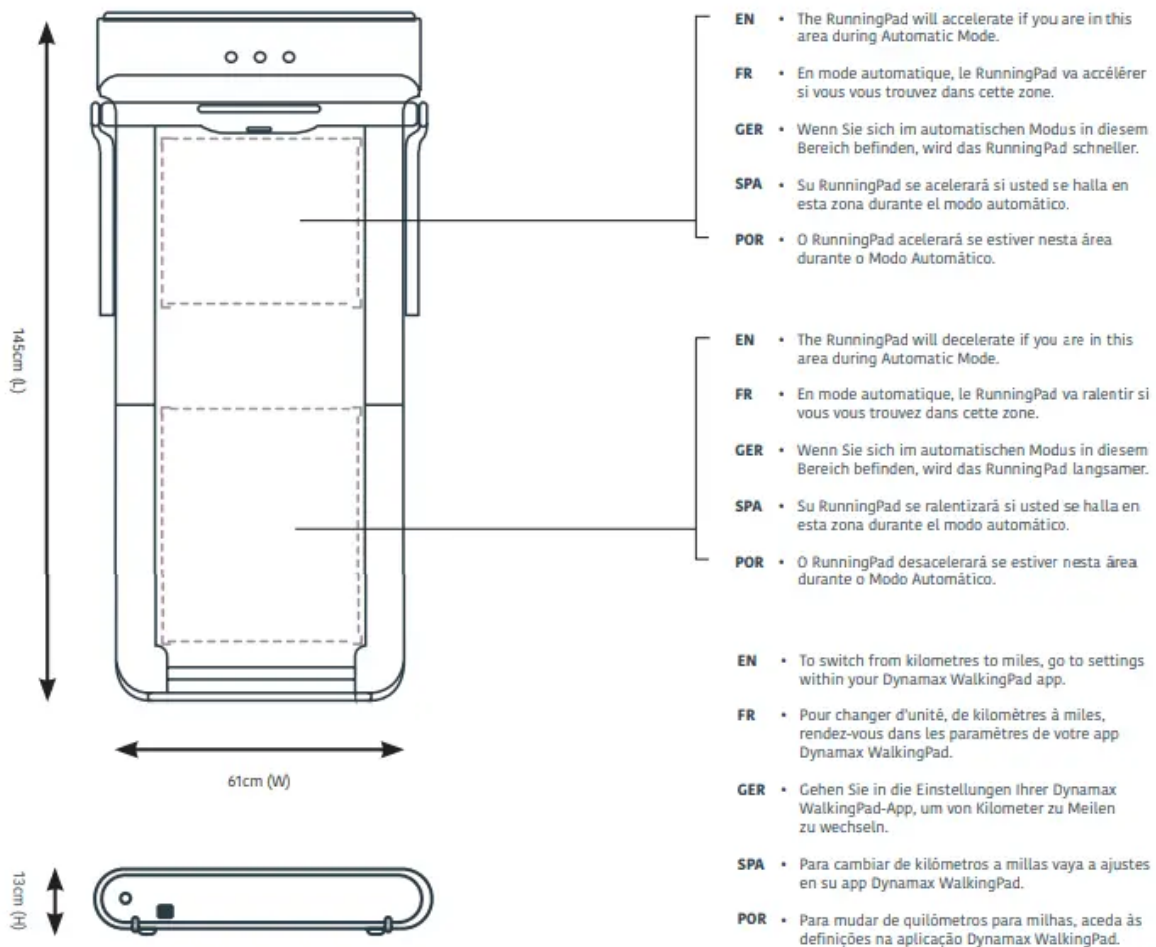
Should you need to re-pair your remote then restart the machine whilst pressing and holding the Mode button on the remote control for 5 seconds.



## Replacing the battery

- Unscrew the battery cover.
- Insert 1 button cell battery (CR2032) with the positive (+) face upwards, and the negative (-) side facing downwards.
- Replace the cover.
- Keep batteries away from children

## AUTOMATIC MODE



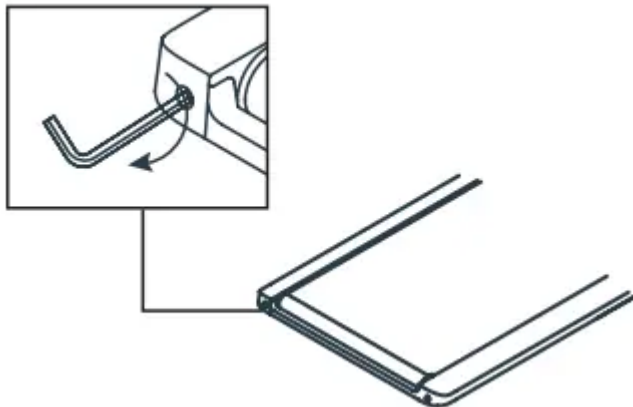
To switch from kilometres to miles, go to settings within your Dynamax WalkingPad app.

## CLEANING THE RUNNINGPAD



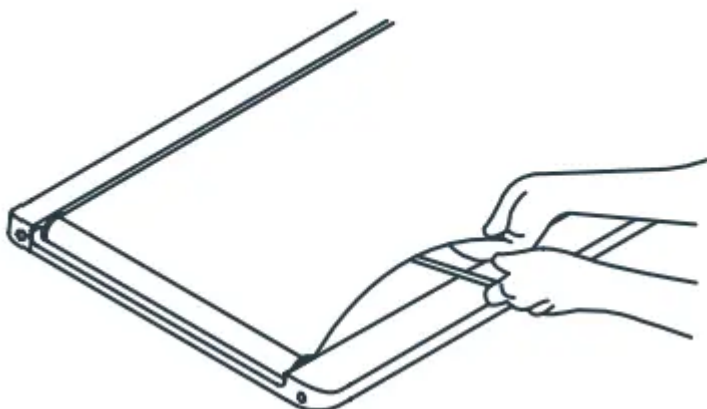
- To clean the RunningPad, use a slightly dampened cloth to wipe away dirt and marks.
- Leave the surface to dry before using the product again.

## BELT ALIGNMENT AND ADJUSTMENT



- If the belt starts to shift from its central position, you can re-align it using an Allen key to adjust the position of the belt

## LUBRICATE THE BELT



- Power off the RunningPad.
- Lift the edge of the RunningPad belt and apply a line of lubricant down both sides of the running deck. 10ml per application is advised.
- Run the treadmill at a slow speed for 5 - 10 minutes to disperse the oil.
- Repeat every 6 - 8 weeks on average.

### GENERAL EQUIPMENT MAINTENANCE ADVICE

We are pleased that you have chosen a genuine piece of Dynamax Fitness Equipment. This quality product has been designed for in-home use and has been tested and certified according to European Norm ISO20957-1 and to additional substandard parts EN957/2-10. Please carefully read the Assembly Guide prior to assembly and first use and be sure to keep all instructions for reference and maintenance.

### WARRANTY

Dynamax quality products are warranted to the original purchaser for two years against possible defects in material and workmanship. Excluded from your warranty are wearing parts and damage caused by misuse of the product. In the case of claim please contact your local technical service support team in order to organise a repair. The warranty period starts from the date the product was delivered so please carefully retain your sales receipt. Please note the sales receipt will be required in order to process a warranty claim. This warranty extends only to the original purchaser.

### WARNING

1. This equipment is made for home use only and tested up to a maximum body weight depending on the type of equipment. The maximum user weight for each product can be located on its data sticker which will be on the main body of the machine. RFE International (Group) Limited and its subsidiaries assume no responsibility for personal injury or property damage sustained by or

through the use of this equipment. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of all warnings and precautions.

2. Injuries to health may result from incorrect or excessive training.
3. Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
4. Keep children and pets away from the device at all times. Do not leave children unattended in a room with the appliance.
5. A folded treadmill should not be operated.
6. Children shall not play with the appliance.
7. Cleaning and user maintenance shall not be made by children without supervision.

### **GENERAL MAINTENANCE**

General maintenance is solely the responsibility of the owner and is vital to ensure the performance of your machine. Failure to perform this maintenance will invalidate the warranty.

1. Ensure the equipment is on a flat, level surface with at least 0.6m for bike, elliptical, rower & 2m for treadmill of clear area surrounding the equipment. Ensure that sufficient space is available to use the fitness equipment.
2. The equipment is designed to be used and stored indoors. Do not store the equipment in damp or dusty environments, outside, in a shed, outbuilding, garage or covered patio.
3. Do not use the equipment near water.
4. Ensure that training only start after correct assembly, adjustment and inspection of the product.
5. Follow the steps of the assembly instruction manual carefully.
6. Only use suitable tools and genuine Dynamax parts for assembly. Ask for assistance if necessary or contact us on [www.dynamax.fitness/support](http://www.dynamax.fitness/support).
7. If any of the adjustment devices are left projecting, they could interfere with user's movement.
8. The equipment is suitable for domestic, home use only. Free standing equipment shall be installed on a stable and level base.
9. The equipment is not suitable for high accuracy purposes. (Class HB and HC ONLY).

### **ENVIRONMENT**

1. Ensure that those present are aware of possible hazards such as moveable parts during training.
2. Always wear appropriate exercise clothing and training shoes. Do not exercise without training shoes.
3. Ensure that sufficient space is available to use the fitness equipment.

4. Ensure that liquids and perspiration are not allowed to enter the equipment. Wipe any excess with a damp cloth after each use.
5. Do not place sharp objects near the equipment.
6. The equipment is designed and manufactured for home use only. Warranty and manufacturer's liability do not extend to any product or damage to the product caused by commercial, semi commercial or personal training use. Such use will invalidate the warranty.

#### **SAFETY CHECKS BEFORE EVERY USE**

1. Tighten all adjustable parts to prevent sudden movement while training.
2. Be aware of non-fixed or moving parts whilst mounting or dismounting the equipment.
3. Do not wear loose or ill-fitting clothes that may become trapped in the equipment.
4. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points.
5. Replace defective components immediately and/or keep the equipment out of use until repair. Pay attention to components most susceptible.
6. Use the equipment on a solid flat surface with a prote

#### **Warning**

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.