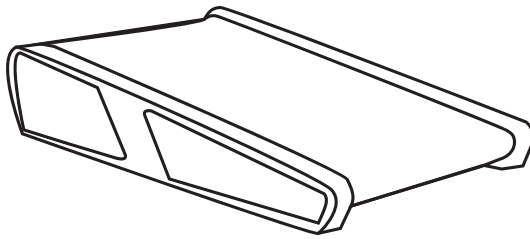


PRODUCT MANUAL



EGOFIT WALKER

Work While Walking

Egofitwalker.com
Info@egofitwalker.com

Table of Contents

Safety instructions	3-5
Equipment warning, caution & notice labels	
Before you begin	6
Getting started	
What's included	7
Assembly instructions	8
Carrying or Moving Egofit Walker	9
Remote Control	
The buttons of Remote Controller	
Replace the battery	10-11
Exercising with your Egofit Walker	
Activate Egofit Walker	12
Adjust to different speed levels	13
Tips for use	14
Finding your comfort zone	
Adjusting the speed	
Tracking your stats with the display monitor	
Care and Maintenance	
Adjust the running belt	15-19
Lubricating your Egofit walker	20
Remote Control	
Cleaning your treadmill	21
General info and specifications	22
Technical data	
Size and weight	
Environmental conditions	
Help	
Return policy and warranty	

Safety instructions

WARNING:

- Consult your physician before starting using Egofit walker. This is especially important if you are pregnant, or suffer from any health problem.
- Egofit walker should only be used after a thorough review of the product manual.
- Before using, inspect Egofit walker for worn or loose components, and securely tighten or replace any worn or loosen components prior to use.
- Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
- Follow your physician's recommendations in developing your own personal fitness program.
- Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
- Do not wear loose or dangling clothing while using Egofit walker.
- Be careful to maintain your balance while using, loss of balance may result in a fall and serious bodily injury.
- Egofit walker should not be used by persons weighing over 254lbs/115kgs.
- Egofit walker should be used only one person at a time.
- Always unplug the machine after use.
- Do not using the machine if the power cord or plug is damaged, or if the treadmill is not working properly.
- Never walk or jog backwards on the treadmill.

IMPORTANT: DO NOT OVERTIGHTEN THE TREADMILL BELT. THIS WILL VOID YOUR BELT WARRANTY.

Safety instructions

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

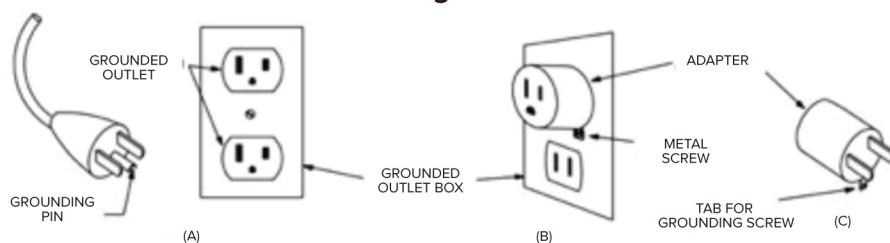
DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician. For a grounded, cord-connected product rated less than 15 A and intended for use on a nominal 120-V supply circuit, the instructions in either (1) or (2):

1) This product is for use on a nominal 120-V circuit, and has a grounding plug that looks like the plug illustrated in sketch A in Figure 86.1. A temporary adapter that looks like the adapter illustrated in sketches B and C may be used to connect this plug to a 2-pole receptacle as shown in sketch B if a properly grounded outlet is not available.

The temporary adapter should be used only until a properly grounded outlet (sketch A) can be installed by a qualified electrician. Whenever the adapter is used, it must be held in place by a metal screw.

2) This product is for use on a nominal 120-V circuit and has a grounding plug that looks like the plug illustrated in sketch A in Figure 86.1. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Grounding methods



Safety instructions

Equipment warning, caution & Notice labels

This chart is provided to help identify the warning, caution, and notice labels on Egofit walker. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.



WARNING

- DO NOT OVERTIGHTEN THE TREADMILL BELT.
This will damage the roller bearings and treadmill belt.



- Read the Manual carefully before using the product.



WARNING

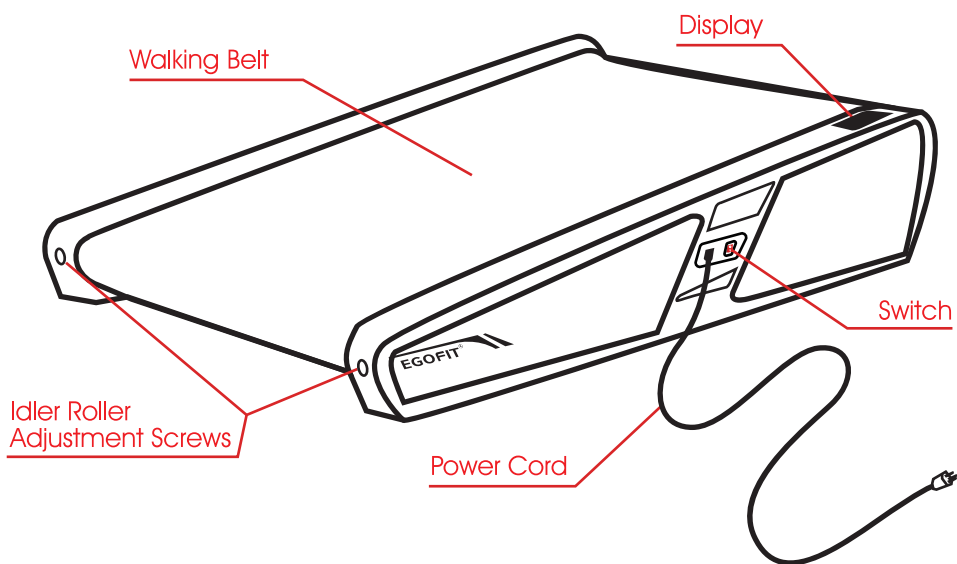
- Do not put your hand between roller and running belt, otherwise will Squeeze your fingers.



- Always unplug the power cord immediately after use.

Before you Begin

Welcome to the Egofit community. Whether you are a busy professional or a stay-home parent, you've taken a big stride towards a life more active, productive and fulfilling.



Before you begin, we want you to be familiar with important information on how to use Egofit walker safely so that you do not get hurt. Let's review the safety notes and warnings now.

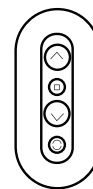
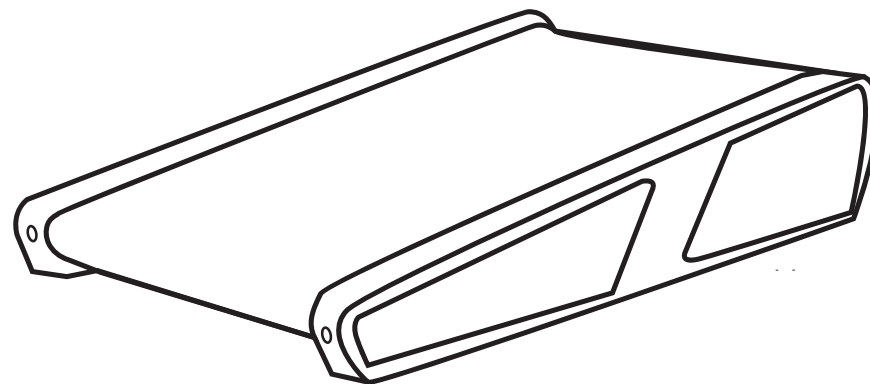
If you have any questions, please contact info@egofit-walker.com

Getting started

Your box includes:

- 1 *Egofit walker
- 1 *Allen key
- 1 *Screwdriver
- 2 *Silicone lubricant
- 1 *Remote controller

Egofit walker



Remote controller



Screwdriver



Silicone lubricant



Allen key

Getting started

If any of the component listed above are missing in your box, or broken, please reach out to info@egofitwalker.com , and indicate which component needs replacement along with photos of breakage, if applicable.

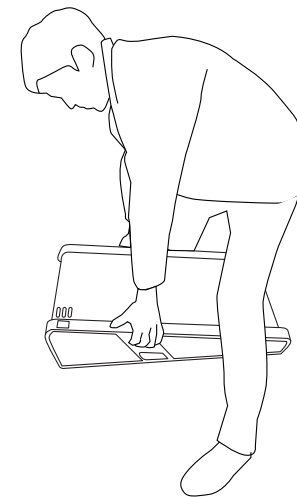
Assembly instructions

Egofit walker comes with full assembled.
To avoid damage to the treadmill, place the treadmill in a location out of direct sunlight. Make sure that there is at least 6 feet (2 meters) of open space around the treadmill.

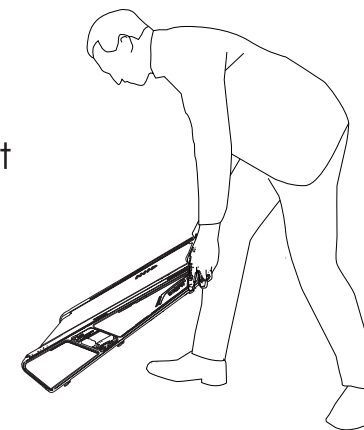
Carrying or Moving Egofit Walker

Get Egofit Walker out from the packaging box.

To move Egofit walker around, carry it by the handle at each side, ask a friend, family member or colleague for help if you find it heavy.

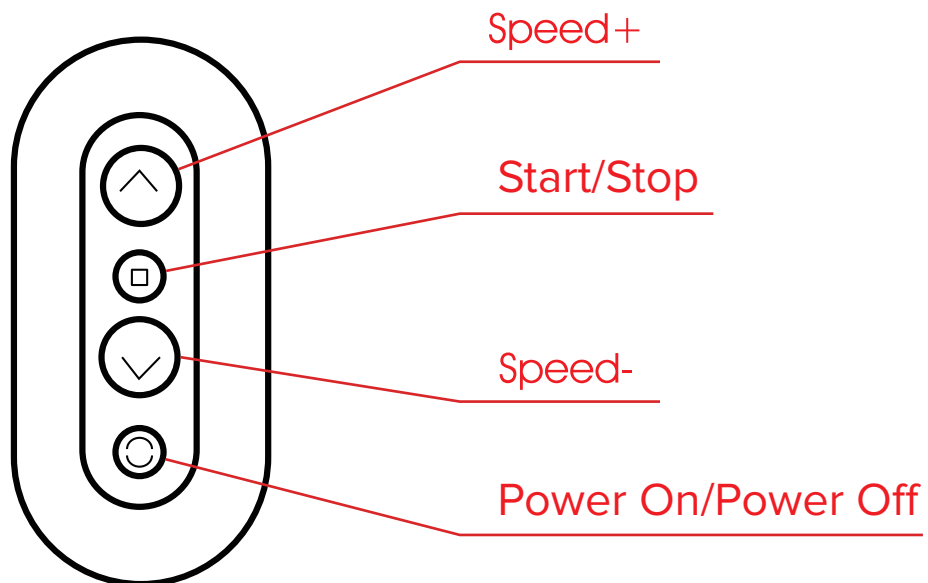


You can also move it by lift the rear end of treadmill and move to the desired location.



Remote Control

You must use the remote controller to start and stop the machine and adjust the speeds. The speed can be increased/reduced 0.62mph/ 1 kmh by each pressing. There are 9 levels adjustable in total rang 0.62-3.1mph/ 1 -5kmh.



Remote Control

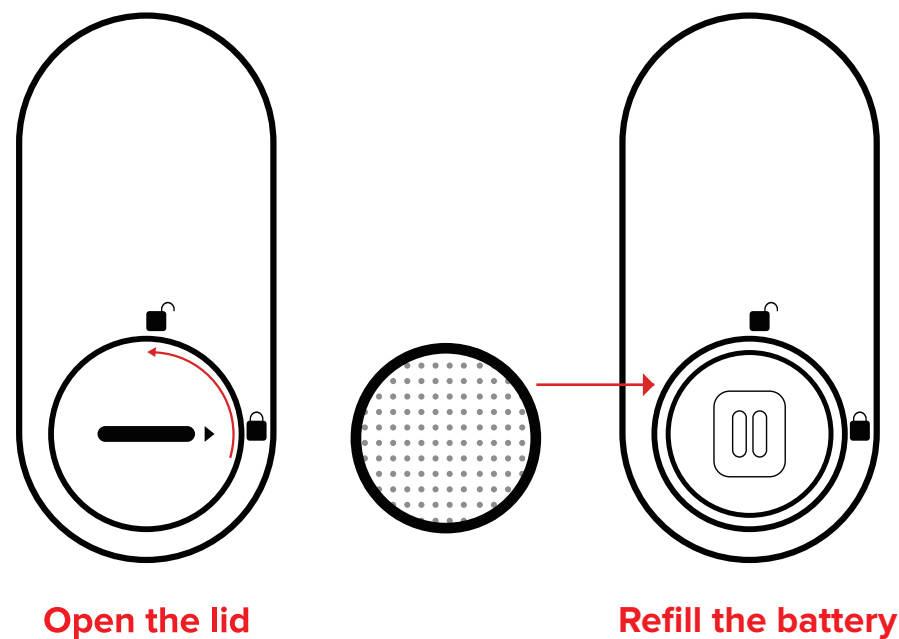
Replace the battery

Your remote controller contains a button cell with full electricity supply. Once the button cell runs out power, you will need to replace the cell with new one.

Button cell type: CR2025 3V

Open the lid at the back of remote controller

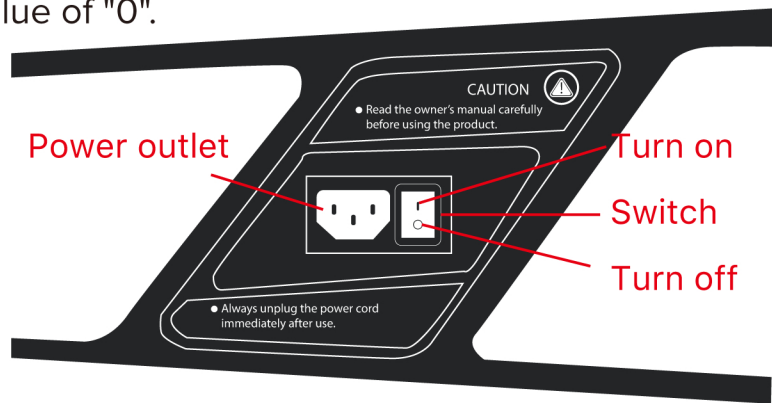
Spin the lid from the locked position to the unlocked position anticlockwise, then you will be able to move the lid, and replace the cell(see attached picture).



Exercising with your Egofit Walker

Activate Egofit Walker

Connect the plug of power cord with the power outlet of machine, access the power supply. Press the switch button on the "-" side to turn on the machine, along with a sound of beep, you will see the switch light up in orange, and the display screen light up in blue with the value of "0".



Get the remote controller and press the Start/Stop button, then the machine is activated and the belt starts to run at the speed of 0.62mph/1kmh. Step on to begin your exercise, adjust the speed by pressing "+" and "-" buttons of remote controller after you get used to the motion of belt.

When you finish your exercise, press the "Start/Stop" button to stall the motor, the running of belt will slow down until being stopped. Then press the switch button of machine on the "O" side to shut off the machine, meanwhile the light of switch and display screen will be off. Unplug the power cord, and store the machine and all other parts back the packaging box or store it at your desired position.

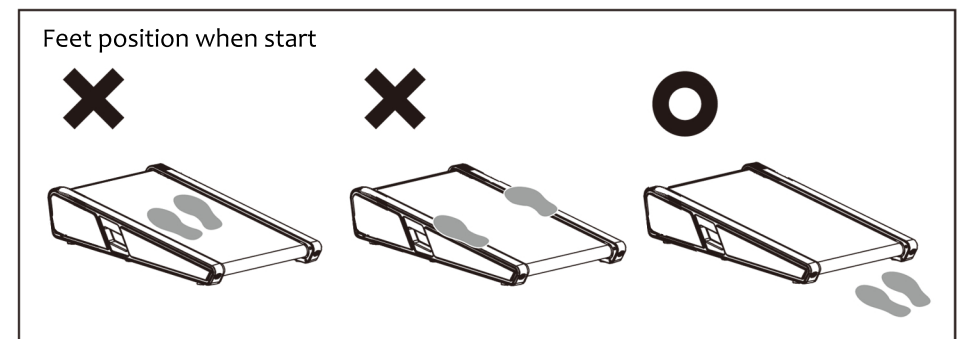
Exercising with your Egofit Walker

Adjust to different speed levels so you can concentrate on work while you exercise. 9 adjustable speed levels from intense to relaxed.



- 1-2km/h /0.6-1.3MPH: Typing And Reading.
- 2-3km/h /1.3-1.9MPH: Reading and speaking on the phone.
- 4-5km/h /1.9-3MPH: focus on Walking and Jogging.

IMPORTANT: Do not start the machine when you stand on Egofit Walker. When start the machine, make sure the belt is running steadily before you step on the belt.



Exercising with your Egofit Walker

Tips for use

Finding your comfort pace

When working with standing desk, adjust the distance between Egofit walker and your standing desk for the most comfortable position.

Adjusting the speed

Egofit walker comes with 9 levels of speed. Set the speed on the remote control, the higher number, the higher speed, we highly recommend you begin at level 1 and increase the speed as you get used to the product.

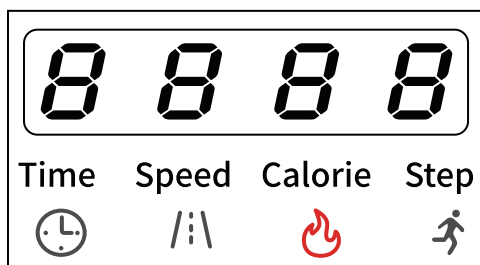
Tracking your stats with the display monitor

You can track your workout using the LCD screen. It tracks the below stats:

1. Time (0:00-99:59 min:sec)
2. Speed (0.62-3.1 mph/ 1 -5kmh)
3. Calorie (0-999.9 Kcal)
4. Step (0-9999)

How steps counting on Display?

When you walking on the machine, your body weight will be detected by the sensor and be shown on the display with accumulated steps. Note: The steps will stop counting once you get off the treadmill.



Care and Maintenance

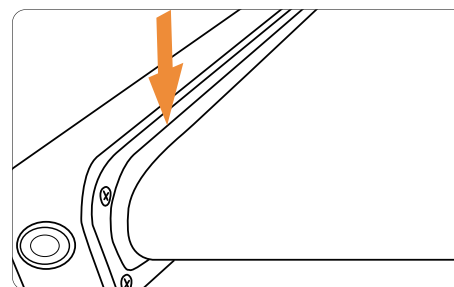
ADJUST THE RUNNING BELT

Carrying out a simple and regular maintenance in the machine will reduce the wear of the parts, remove annoying noises, increase the life of the machine and enjoy more your workouts.

An incorrect machine leveling on the contact points or weight and running styles differences can produce the running belt to shift sideways.

Needed tool: - 6mm Allen key

Check the side to examine if the running belt is offset to the side.



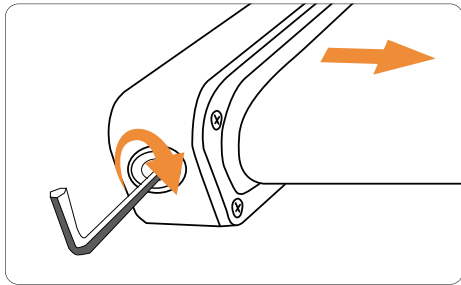
Care and Maintenance

CASE 1: BELT OFFSET TO THE LEFT

Set the unit in motion at a speed of 3km/h, if the belt has moved to the left, turn screw(L) on the left-hand side of the machine a 1/4 turn clockwise.

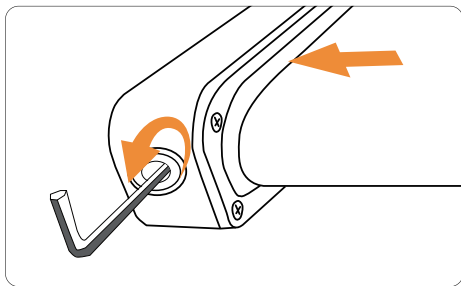
Look at the position of the belt. If after one or two minutes the belt is not totally centered, please repeat the procedure.

Once the belt is centered, you can start the workout again.



If the belt has excessively moved to the right, turn screw(L) on the left-hand side of the machine a 1/4 turn anticlockwise.

Look at the position of the belt. If after one or two minutes the belt is not totally centered, please repeat the procedure.

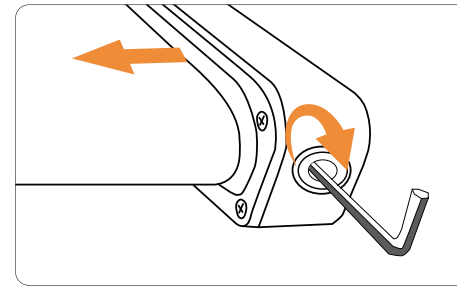


Care and Maintenance

CASE 2: BELT OFFSET TO THE RIGHT

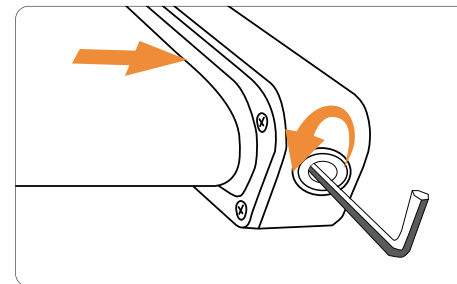
If the belt has moved to the right, turn screw(R) on the right-hand side of the machine a 1/4 turn clockwise.

Look at the position of the belt. If after one or two minutes the belt is not totally centered, please repeat the procedure.



If the belt has excessively moved to the left, turn screw(R) on the right-hand side of the machine a 1/4 turn anticlockwise.

Look at the position of the belt. If after one or two minutes the belt is not totally centered, please repeat the procedure.



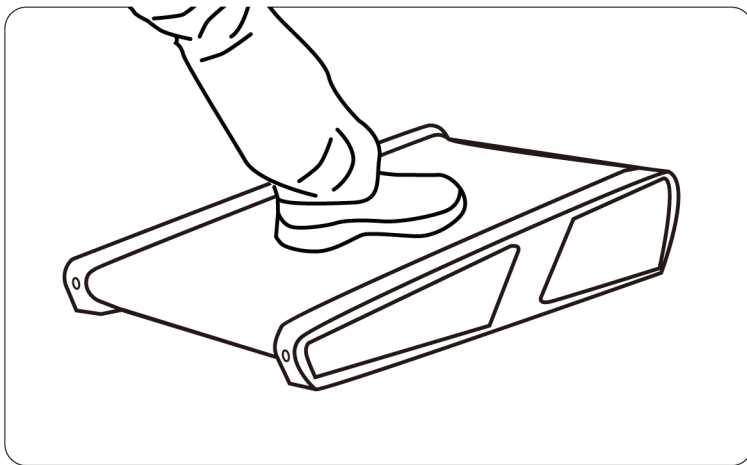
Care and Maintenance

CASE 3: BELT LOOSE

After loosening the belt for lubrication, you will need to adjust the tension of belt to suitable state. The belt may come to be loose after long use as well.

How to test if the belt is loose:

Set the unit in motion at a speed of 3km/h, and put one foot on the running belt and try to get the running belt to stall, when it stalls you can hear the front roller is still slipping which indicates that the running belt is too loose(the ideal scenario is that the belt is tight enough so that when you trying to stall the running belt, the front roller not slipping). When the belt is loose, there will be loud noise because the slipping front roller rubbing the stopped belt. In this case, you need to tighten the belt to increase the tension.



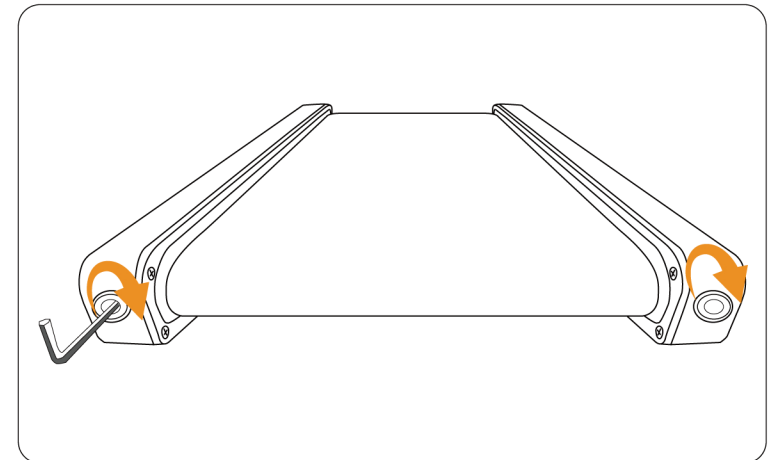
Care and Maintenance

How to tighten the belt:

Turn screw(L) and screw(R) on both sides of the machine a full 1 turn clockwise. Ensure the screws are turned with the same amount of adjustment on each side. Then put one foot on the running belt to try stopping its motion, to test the tension of belt. If you can hardly struggle to stop the running belt, and there is no sound of rubbing, then the tension is enough and just perfect for your workout. If the belt is still loose, please repeat the procedure.

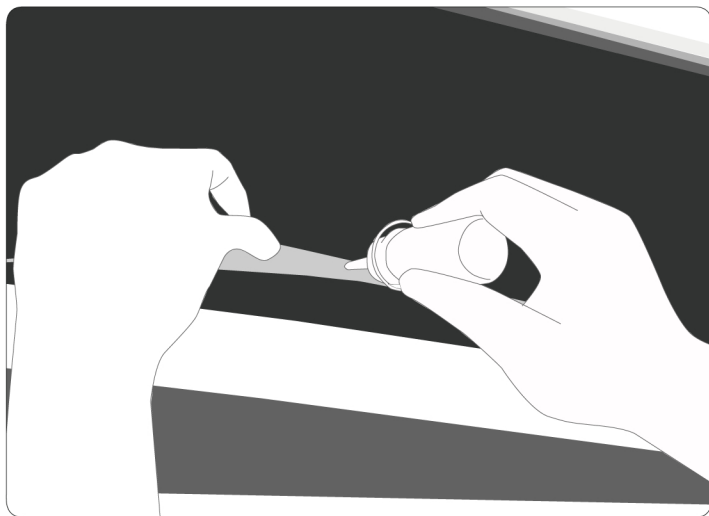
IMPORTANT: DO NOT OVERTIGHTEN THE TREADMILL BELT. THIS WILL VOID YOUR BELT WARRANTY.

Be careful not to over tighten the treadmill belt as you can create excessive pressure on the front and rear roller bearings and or tear the running belt seam. An excessively tightened running belt will damage the roller bearings and treadmill belt.



Lubricating your Egofit walker

During normal use of your treadmill, friction marks may appear between the running surface and the treadmill base. To avoid unnecessary friction and to maximize the life of your treadmill, Egofit recommends lubricating the running surface with silicone lubricant (2 tubes are included with your package) every 10 days (depends on how often using)



To apply the silicone lubricant, do the following:

1. Place the treadmill on an even and non-slippery surface.
2. Lay the treadmill down so its left side is facing up.
3. Lift the running surface up starting from the upper corner, as shown in the picture above.
4. Apply the silicone lubricant by squeezing droplets underneath the running surface, ensuring the lubricant is applied at least 4-6 inches towards the middle of the running surface.
5. Lift the treadmill back up, and lay it down so the right side is facing up.
6. Lift the running surface, and apply the silicone lubricant underneath the running surface, as you did in the steps 3 and 4.
7. Return the treadmill to its operating position.
8. Plug the treadmill into a outlet.
9. Start the treadmill and keep it working for at least 2 minutes.

Cleaning your treadmill

Before starting to clean your treadmill, make sure that its cord is unplugged from the outlet. Clean the treadmill with soft and damp cloth, using water or other basic cleaners.

Warning: do not use any harsh cleaning agents, brushes, or chemicals, such as gasoline, glass cleaner, furniture polish, or acetones on your treadmill as these may damage the unit.

General info and specifications

Technical data:

Item name	Egofit Walker
Power supply	100~120V 50/60HZ
Rated power	2.5HP
Treadmill size	29.5" x 19.7" x 6.7"/75 x 50 x 17cm
Running surface size	27.4" x 15.8"/69.5 x 40cm
Max user weight capacity	254lbs/115kgs
Net weight	43lbs/19.5kgs
Warranty	1 year

Size and weight

Length: 29.5"/75cm

Width: 19.7"/50cm

Height: 6.7"/17cm

Net Weight: 19.5kg / 43lbs

Environmental conditions

Operating temperature: 24.0°C

Non-operating temperature: 32.0°C

Help

For troubleshooting and assistance for your Egofit Walker, you can email us at info@egofitwalker.com

Return policy and warranty

Warranty information and Egofit walker return policy can be found online at www.egofitwalker.com